

Where to Access Free and Low-cost Groceries and Prepared Meals on the North Shore



This list is dated April 2022. Please send updates to this list to coordinator@tablematters.ca. Additional resources: Food asset map on www.tablematters.ca & <http://www.vch.ca/public-health/nutrition/food-asset-map>

Legend:  Available to everyone  Available to seniors  Free  There is a cost

Groceries - Assistance

	North Shore Community Resources - Better At Home Volunteer grocery shopping and prescription pick up (client pays the cost) and free delivery service for seniors. Free delivery of prepared meals with advance notice.	Sign up at http://www.bc211.ca or phone 211. Better at Home - 604-982-3313 or 604-982-3321 (Monday to Friday 9:00-4:30pm)
	Harvest Project Coaching, Food support provided through Client Care program by appointment. See website: https://www.harvestproject.org/	Now accepting new intakes to Client Care program. Phone enquiries at: 604-983-9488. Email: ccm@harvestproject.org

Groceries - Bags / Hampers for Pick Up

	Food Bank, depot at North Shore Neighbourhood House Bags of groceries for pick-up at 225 East 2 nd Street, North Vancouver, 9am-6pm on Wednesdays.	To register with Greater Vancouver Food Bank, phone 604-876-3601. Schedule and closures: https://foodbank.bc.ca/find-food/locations/
	Salvation Army Food hampers for pick-up. 105 West 12 th Street, North Vancouver.	Must phone to request and make appointment to pick up. https://northshoresalvationarmy.com or phone 604-988-6040.
	North Shore Women's Centre Urgent need for food and toiletries for women.	604-984-6009 info@northshorewomen.ca to discuss your situation and arrange pick-up
	Quest Food Program Low cost groceries market. 167 E 1st St. (enter from Lolo lane). Mon – Friday 9am – 5:45pm, Saturday 9am – 3:45pm. Closed on statutory holidays.	Referral: https://www.questoutreach.org/refer-a-client/ Market information 604-566-0110 https://questoutreach.org

Prepared Meals for Seniors – How to Order Meals

Organization	Contact Info to Order	Pick Up, Delivery, Dine-in
Silver Harbour Seniors' Activity Centre	604-980-2474 http://www.silverharbourcentre.com/ \$10 per meal	Pick up at Silver Harbour Seniors' Activity Centre, 144 East 22 nd Street, North Van.
West Van Seniors' Activity Centre	604-925-7280 www.westvancouver.ca/seniors \$6 per meal. Free meals available for people who need them – please ask.	Pick up at West Vancouver Seniors' Activity Centre, 695 21 st Street, West Van, Mon-Fri: 9 am – 2pm. Saturday + Sunday: 10am – 2pm. Free delivery on Tues, Thurs, Sat (minimum \$25 purchase) – call between 9 am – 10 am.
Meals on Wheels	604-922-3414 New clients e-mail northshoremow@telus.net \$8.50 per meal	Delivery on Mondays, Wednesdays, and Fridays, 11am to 1:00pm

Prepared Meals – Weekly Availability / Schedule

Legend: Available to everyone Available to seniors \$ Free \$ There is a cost

Meal Type	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	
\$	Bagged Lunches to Go Pick Up - No need to pre-order	<u>Salvation Army</u> 105 West 12 th St., North Van 9am-12:30pm, and 1-4:30pm	<u>Salvation Army</u> 105 West 12 th St., North Van 9am-12:30pm, and 1-4:30pm	<u>Salvation Army</u> 105 West 12 th St., North Van 9am-12:30pm, and 1-4:30pm	<u>Salvation Army</u> 105 West 12 th St., North Van 9am-12:30pm, and 1-4:30pm	<u>Salvation Army</u> 105 West 12 th St., North Van 9am-12:30pm, and 1-4:30pm	<u>NS Neigh. House</u> 225 East 2 nd St. North Van – in rear lane 1-2pm <u>Provided by Highlands United Church</u>	
\$	Bagged Meals to Go Pick Up No need to pre-order		TUESDAYS <u>North Lonsdale United Church</u> , 3380 Lonsdale. Pick up 3-5pm . Take home & heat. <u>Provided by Sharing Abundance</u>	WEDS <u>Royal Canadian Legion Branch</u> 118, 123 W. 15 th St. North Van Pick up 12-1pm <u>Provided by Sharing Abundance</u>	THURSDAYS <u>St. Andrew's United Church</u> 1044 St. Georges, Express Lunch, 12-1 pm	FRIDAYS <u>St. Andrew's United Church</u> 1044 St. Georges Av., North Van Meal to go, 2-3 pm		
\$	Frozen meals	TUESDAY AND THURSDAYS <u>Salvation Army</u> https://northshoresalvationarmy.com/order-meals/ Online ordering. Pick-up and delivery options. Free delivery if ordering 5 meals.						
\$	Prepared meals	MONDAY Dine-in or take out Silver Harbour Centre	TUESDAYS Dine-in or take out Silver Harbour Centre	WEDS Delivery, Dine-in or take out Silver Harbour	THURSDAYS Dine-in or take out Silver Harbour Centre	FRIDAYS Delivery, Dine-in or take out Silver Harbour		
Phone 604-980-2474 for Silver Harbour Seniors' Centre 144 East 22 nd Street, North Van								
\$ & \$	Prepared meals, small grocery, baking	<u>West Van Seniors' Activity Centre</u>	<u>West Van Seniors' Activity Centre</u>	<u>West Van Seniors' Activity Centre</u>	<u>West Van Seniors' Activity Centre</u>	<u>West Van Seniors' Activity Centre</u>	<u>West Van Seniors' Activity Centre</u>	
Phone 604-925-7280 for West Vancouver Seniors' Activity Centre 695 21 st Street, West Van								
\$	Prepared meals	MONDAYS <u>Meals on Wheels</u>		WEDS <u>Meals on Wheels</u>		FRIDAYS <u>Meals on Wheels</u>		
Phone 604-922-3414 for North Shore Meals on Wheels								