




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





This list is dated April 30, 2020. Please send updates to this list to Helen.Yeung@vch.ca. Updated versions will be re-distributed. Additional resources: Food map on www.tablematters.ca and <http://www.vch.ca/public-health/nutrition/food-asset-map>

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

Groceries - Shopping and Delivery

	North Shore Alliance Church Grocery Shop Program Free and subsidized grocery shopping and delivery for people who are vulnerable and without shelter. Mon to Fri.	https://www.nsac.bc.ca 604 984 6422 – leave message with name and phone number
 & 	North Shore Community Resources - Better At Home Grocery shopping (client pays grocery cost) and free delivery service for seniors. Free delivery of prepared meals and Food Bank boxes.	Sign up at http://www.bc211.ca or phone 211

Groceries - Bags / Hampers for Pick Up

	Food Bank Distribution at North Shore Neighbourhood House Bags of groceries for pick-up at 225 East 2 nd Street, North Vancouver, 4-6pm on Wednesdays .	https://foodbank.bc.ca/ May food bank dates in North Vancouver are May 6, 13, 20 (not May 27)
	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 & Sat, 9am-4:15pm, Tues- Fri 9am- 6:15pm.	By referral. referral@questoutreach.org Market information 604-566-0110 http://www.questoutreach.org/contact/locations/

Prepared Meals for Seniors – Contact and Info to Order Meals

Organization	Contact Info to Order	Pick Up and Delivery Info
Silver Harbour Seniors' Activity Centre	604-980-2474 Free meals available for people who need them – please ask.	Pick up at Silver Harbour Seniors' Activity Centre, 144 East 22 nd Street, North Van. Free delivery in central North Van available
West Van Seniors' Activity Centre	604-925-7280 www.westvancouver.ca/seniors Free meals available for people who need them – please ask.	Pick up at West Vancouver Seniors' Activity Centre, 695 21 st Street, West Van, 10am-2pm. Free delivery available.
Parkgate Community Services Society	Judy: 604-983-6385, jexell@myparkgate.com Order by Fri 5pm for the next week.	Pick up at Parkgate, 3625 Banff Court, North Van. Free delivery available. Tues. - Pick up 1:30-2pm , delivery after 1pm. Wed May 6 & 20, June 3 & 17. Meal after 3pm.
Meals on Wheels	604-922-3414	Delivery

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 11am-2pm	<u>Salvation Army</u> 105 West 12 th St., North Van 11am-2pm	<u>Salvation Army</u> 105 West 12 th St., North Van 11am-2pm	<u>Salvation Army</u> 105 West 12 th St., North Van 11am-2pm	<u>Salvation Army</u> 105 West 12 th St., North Van 11am-2pm	<u>NS Neigh. House</u> 225 East 2 nd St. North Van – in rear lane 1-2pm Provided by <u>Highlands United Church</u>	
Ⓢ	Meals to Go Pick Up No need to pre-order					FRIDAYS <u>St. Andrew's Church</u> 1044 St. Georges Av., North Van 2-4pm		
Ⓢ	Frozen meals	MONDAYS TO FRIDAYS <u>Salvation Army</u> https://northshoresalvationarmy.com/order-meals/ Online ordering. Pick up and delivery options.						
Ⓢ & Ⓢ	Prepared meals	MONDAYS <u>Silver Harbour Seniors' Centre</u>		WEDS <u>Silver Harbour Seniors' Centre</u>		FRIDAYS <u>Silver Harbour Seniors' Centre</u>		
Phone 604-980-2474 for Silver Harbour Seniors' Activity Centre								
Ⓢ & Ⓢ	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								
Ⓢ	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								
Ⓢ & Ⓢ	Prepared lunches for seniors living East of Seymour to Deep Cove		TUESDAYS <u>Parkgate</u>	WEDS <u>Parkgate</u>				
Phone 604-983-6385 or email jexell@myparkgate.com (Judy) for Parkgate Community Services Society								