






























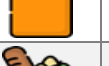










## COVID-19 North Shore Grocery Store List

Updated April 30 2020

The North Shore Population Health Team is working with the North Shore Emergency Operations Centre Food Security Section to update this listing of grocery resources available during the Covid19 response. See the information online at: <https://nsem.info/resources> or see the details in a google map at <http://www.tablematters.ca/>. Email [Margaret.Broughton@vch.ca](mailto:Margaret.Broughton@vch.ca) with updates or additions.

Name	Delivery and Pick Up Options	Services Available				Website	Phone Number	Store Hours/Seniors Hours	Address
		Online shopping	Home Delivery	Pick-Up Order	Seniors Shop-by-Phone				
<b>SPUD.CA</b>	Grocery delivery			-	-	<a href="https://www.spud.ca">https://www.spud.ca</a>	(604) 215-7783	Monday - Friday: 8am-8 pm Weekends: 10am-7pm	1660 E Hastings St, Vancouver
<b>Choices Market</b>	Currently no pickup or delivery options at this location	-	-	-	-	<a href="https://shop.choicesmarkets.com/">https://shop.choicesmarkets.com/</a>	(604) 770-2868	Monday - Sunday 8am-10pm <b>Seniors hours daily 8am-9am</b>	500-801 Marine Dr, North Vancouver
<b>Safeway</b>	Delivery may be available after purchase made in store	-		-	-	<a href="http://safeway.ca">http://safeway.ca</a>	(604) 926-2550 (604) 988-6645 (604) 924-1302 (604) 980-3316	Monday - Saturday: 8am-8pm Sunday: 8am-7pm <b>Seniors hours daily 7-8am</b> <i>Store hours vary slightly by location</i>	5385 Headland Drive, West Vancouver 780-2601 Westview Drive, North Vancouver 1175 Mount Seymour Road, North Vancouver 1170 27 Street E, North Vancouver
<b>Nesters Market</b>	Curbside pickup available. Email orders to <a href="mailto:bill_love@nestersmarket.com">bill_love@nestersmarket.com</a>	-	-		-	<a href="http://nestersmarket.com">http://nestersmarket.com</a>	(604) 929-0241	Monday - Sunday: 8am-7pm <b>Seniors hours daily 8am-9am</b>	415 Dollarton Hwy N, North Vancouver
<b>Whole Foods Market</b>	Order by phone at 604-678-0500 for seniors not able to leave their homes (must be approved).	-	-	-		<a href="http://wholefoodsmarket.com">http://wholefoodsmarket.com</a>	(604) 678-0500	Monday - Sunday: 9am-8pm <b>Seniors hours daily 8-9am</b>	925 Main Street, West Vancouver
<b>Whole Foods Market</b>	Grocery pickup and delivery are not offered at this location.	-	-	-	-	<a href="http://wholefoodsmarket.com">http://wholefoodsmarket.com</a>	(604) 973-1014	Monday - Sunday: 9am-8pm <b>Seniors hours daily 8-9am</b>	120 E 13th Street, North Vancouver
<b>Osaka Supermarket</b>	Shop online. In store pickup or delivery of non-perishable food items. See website for more details.				-	<a href="https://www.tntsupermarket.com/">https://www.tntsupermarket.com/</a>	(778) 279-8000	Monday-Sunday 10am-9pm <b>Seniors hours daily 10-11am</b>	2200 Park Royal Mall S, West Vancouver
<b>IGA Market</b>	Shop online. Grocery pickup only. Seniors can shop by phone - 604-498-2813.		-			<a href="https://www.iga.net/en/online_grocery">https://www.iga.net/en/online_grocery</a>	(604) 913-3056	Monday - Sunday: 9am-6pm <b>Seniors hours Wed and Fri 8am-9am</b>	2491 Marine Drive, West Vancouver
<b>IGA Market</b>	Shop online. Pickup only. Seniors can shop by phone at 604-985-4431 (Tuesdays only, call before 10am).		-			<a href="https://www.iga.net/en/online_grocery">https://www.iga.net/en/online_grocery</a>	(604) 985-4431	Monday - Sunday: 8am-7pm <b>Seniors hours daily 7-8am</b>	130-150 Esplanade W, North Vancouver

Name	Delivery and Pick Up Options	Services Available				Website	Phone Number	Store Hours/Seniors Hours	Address
		Online shopping	Home Delivery	Pick-Up Order	Seniors Shop-by-Phone				
<b>Fresh St. Market</b>	Shop online. Order pickup or delivery available.				-	<a href="http://freshstmarket.com">http://freshstmarket.com</a>	(604) 913-7757	Monday - Sunday 8am-7pm <b>Seniors hours Wed &amp; Fri 7am-8am</b>	1650 Marine Drive, West Vancouver
<b>Loblaws City Market</b>	Shop online. Grocery pickup or delivery available.				-	<a href="http://loblaws.ca">http://loblaws.ca</a>	(604) 984-2226	Monday - Sunday: 7am-8pm <b>Seniors hours daily 7-8am</b>	1650 Lonsdale Avenue, North Vancouver
<b>Loblaws City Market</b>	Shop online. Grocery pickup or delivery available.				-	<a href="http://loblaws.ca">http://loblaws.ca</a>	(604) 922-1902	Monday - Sunday: 7am-9pm <b>Seniors hours daily 7-8am</b>	861-845 Park Royal N, West Vancouver
<b>Save On Foods</b>	Shop online. Grocery pickup or delivery available.				-	<a href="http://saveonfoods.com">http://saveonfoods.com</a>	(604) 980-4857 (604) 983-3033 (604) 985-3069 (604) 983-2227	Monday - Sunday: 8am-10pm <b>Seniors hours daily 7-8am</b>	221-1199 Lynn Valley Road, North Vancouver 600-333 Brooksbank Avenue, North Vancouver 1250 Marine Drive, North Vancouver 140-879 Marine Drive, North Vancouver
<b>Stong's Market</b>	Shop online. Pickup or delivery options available.				-	<a href="https://express.stongs.com/">https://express.stongs.com/</a>	(604) 973-0700	Monday - Sunday: 8am-9pm <b>Seniors hours Mon, Wed, Fri 7-8am</b>	2150 Dollarton Highway, North Vancouver BC
<b>Superstore</b>	Shop online. Grocery pickup or delivery available.				-	<a href="http://realcanadiansuperstore.ca">http://realcanadiansuperstore.ca</a>	(604) 904-5537	Monday - Sunday: 8am-10pm <b>Seniors hours daily 7-8am</b>	333 Seymour Boulevard, North Vancouver BC
<b>Wal-Mart</b>	Shop online. Grocery pickup or delivery available.				-	<a href="http://walmart.ca">http://walmart.ca</a>	(604) 984-6830	Monday - Sunday: 8am-9pm <b>Seniors hours daily 7-8am</b>	925 Marine Drive, North Vancouver BC
<b>Queensdale Market</b>	Order by phone 604-987-6644 Tues/Weds between 8am-12pm. Delivery and pickup options available.	-				<a href="http://queensdalemarket.ca">http://queensdalemarket.ca</a>	(604) 987-6644	Monday - Sunday: 8am-7pm <b>Seniors hours daily 7-8am</b>	3030 Lonsdale Avenue, North Vancouver BC
<b>Thrifty Foods</b>	Shop online. Grocery pickup only.		-		-	<a href="http://thriftyfoods.com">http://thriftyfoods.com</a>	(604) 929-2299	Monday - Sunday: 8am-8pm <b>Seniors hours daily 7-8am</b>	845 Marine Drive, North Vancouver BC