




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



This list is dated May 11, 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. Monday to Friday. Call by noon Wednesday for Thursday morning shop & delivery.	https://www.nzac.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 Tuesday meals. Order by Monday noon for Wednesday meals.	Pick up at Parkgate, 3625 Banff Court, North Van. Or home delivery for those who can't get out. Tues. - Pick up 1:30-2pm , delivery after 1pm. Wed May 6 & 20, June 3 & 17. Meals after 3pm.
Meals on Wheels	604-922-3414 New clients e-mail northshoremow@telus.net	Delivery on Mondays, Wednesdays, and Fridays, 8:30am 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 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 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>	<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 dinners for seniors living East of Seymour to Deep Cove		TUESDAYS Parkgate Tues. - Pick up 1:30-2pm, delivery after 1pm.	WEDS Parkgate Pick up 3:30-4pm on May 6, 20, June 3, & June 17				
Phone Judy 604-983-6385 or e-mail jexell@myparkgate.com								