





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





This list is dated September 9, 2020. Please send updates to this list to Helen.Yeung@vch.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 (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, 4-6pm on Wednesdays.	https://foodbank.bc.ca/
	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 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, 10am-2pm. Free delivery available
Meals on Wheels	604-922-3414 New clients e-mail northshoremow@telus.net \$8.50 per meal	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			THURSDAYS <u>St. Andrew's United Church</u> 1044 St. Georges Ave. 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	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							