

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

This list is dated June 12, 2020. Please send updates to this list to [Helen.Yeung@vch.ca](mailto:Helen.Yeung@vch.ca). Updated versions will be re-distributed. Additional resources: Food map on [www.tablematters.ca](http://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

<span style="border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; text-align: center; vertical-align: middle;">\$</span>	<p><b>North Shore Alliance Church Grocery Shop Program</b> 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 &amp; delivery.</p>	<p><a href="https://www.nsac.bc.ca">https://www.nsac.bc.ca</a> 604 984 6422 – leave message with name and phone number.</p>
<span style="border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; text-align: center; vertical-align: middle;">\$</span> & <span style="border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; text-align: center; vertical-align: middle;">\$</span>	<p><b>North Shore Community Resources - Better At Home</b> Grocery shopping (client pays grocery cost) and free delivery service for seniors. Free delivery of prepared meals and Food Bank boxes.</p>	<p>Sign up at <a href="http://www.bc211.ca">http://www.bc211.ca</a> or phone 211</p>
	<p><b>The Seniors Supermarket</b> – Grocery shopping (client pays grocery cost) and free delivery for West Vancouver seniors</p>	<p><a href="http://www.theseniorsupermarket.com">http://www.theseniorsupermarket.com</a> email <a href="mailto:seniorsupermarket@outlook.com">seniorsupermarket@outlook.com</a> Phone Ellie or Ciaran: 604-921-1797</p>

## Groceries - Bags / Hampers for Pick Up

<span style="border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; text-align: center; vertical-align: middle;">\$</span>	<p><b>Food Bank, depot at North Shore Neighbourhood House</b> Bags of groceries for pick-up at 225 East 2<sup>nd</sup> Street, North Vancouver, 4-6pm on Wednesdays.</p>	<p><a href="https://foodbank.bc.ca/">https://foodbank.bc.ca/</a> June food bank dates in North Vancouver are June 3, 10, and 17th</p>
<span style="border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; text-align: center; vertical-align: middle;">\$</span>	<p><b>Salvation Army</b> Food hampers for pick-up 105 West 12<sup>th</sup> Street, North Vancouver.</p>	<p>Must phone to request and make appointment to pick up. <a href="https://northshoresalvationarmy.com">https://northshoresalvationarmy.com</a> or phone 604-988-6040</p>
<span style="border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; text-align: center; vertical-align: middle;">\$</span>	<p><b>North Shore Women's Centre</b> Urgent need for food and toiletries for women.</p>	<p>604-984-6009 <a href="mailto:info@northshorewomen.ca">info@northshorewomen.ca</a> to discuss your situation and arrange pick-up</p>
<span style="border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; text-align: center; vertical-align: middle;">\$</span>	<p><b>Quest Food Program</b> Low cost groceries market. 167 E 1st St. (enter from Lolo lane). <b>Mon &amp; Sat, 9am-4:15pm, Tues- Fri 9am- 6:15pm.</b></p>	<p><b>By referral.</b> <a href="mailto:referral@questoutreach.org">referral@questoutreach.org</a> Market information 604-566-0110 <a href="http://www.questoutreach.org/contact/locations/">http://www.questoutreach.org/contact/locations/</a></p>

## Prepared Meals for Seniors – Contact and Info to Order Meals

Organization	Contact Info to Order	Pick Up and Delivery Info
<b>Silver Harbour Seniors' Activity Centre</b>	604-980-2474 Free meals available for people who need them – please ask.	Pick up at Silver Harbour Seniors' Activity Centre, 144 East 22 <sup>nd</sup> Street, North Van. Free delivery in central North Van available
<b>West Van Seniors' Activity Centre</b>	604-925-7280 <a href="http://www.westvancouver.ca/seniors">www.westvancouver.ca/seniors</a> Free meals available for people who need them – please ask.	Pick up at West Vancouver Seniors' Activity Centre, 695 21 <sup>st</sup> Street, West Van, 10am-2pm. Free delivery available
<b>Parkgate Community Services Society</b>	Judy: 604-983-6385, <a href="mailto:jexell@myparkgate.com">jexell@myparkgate.com</a> Order by <b>Fri 5pm</b> for the Tuesday meals. Order by <b>Monday noon</b> for Wednesday meals.	Pick up at Parkgate, 3625 Banff Court, North Van. Or home delivery for those who can't get out. <b>Tues. - Pick up 1:30-2pm</b> , delivery after 1pm. <b>Wed May 6 &amp; 20, June 3 &amp; 17.</b> Meals after 3pm.
<b>Meals on Wheels</b>	604-922-3414 New clients e-mail <a href="mailto:northshoremow@telus.net">northshoremow@telus.net</a>	Delivery on Mondays, Wednesdays, and Fridays, 8:30am to 1:00pm

## Prepared Meals – Weekly Availability / Schedule

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Meal Type	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">\$</span>	<b>Bagged Lunches to Go</b> Pick Up - No need to pre-order	<u>Salvation Army</u> 105 West 12 <sup>th</sup> St., North Van <b>11am-2pm</b>	<u>Salvation Army</u> 105 West 12 <sup>th</sup> St., North Van <b>11am-2pm</b>	<u>Salvation Army</u> 105 West 12 <sup>th</sup> St., North Van <b>11am-2pm</b>	<u>Salvation Army</u> 105 West 12 <sup>th</sup> St., North Van <b>11am-2pm</b>	<u>Salvation Army</u> 105 West 12 <sup>th</sup> St., North Van <b>11am-2pm</b>	<u>NS Neigh. House</u> 225 East 2 <sup>nd</sup> St. North Van – in rear lane <b>1-2pm</b> <u>Provided by Highlands United Church</u>	
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">\$</span>	<b>Meals to Go</b> Pick Up No need to pre-order			<u>THURSDAYS St. Andrew's Church</u> Express Lunch, 1044 St Georges <b>12-1 pm</b>	<u>FRIDAYS St. Andrew's Church</u> 1044 St. Georges Av., North Van <b>2-3pm</b>			
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">\$</span>	<b>Frozen meals</b>	MONDAYS TO FRIDAYS <u>Salvation Army</u> <a href="https://northshoresalvationarmy.com/order-meals/">https://northshoresalvationarmy.com/order-meals/</a> Online ordering. Pick up and delivery options.						
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">\$</span> & <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">\$</span>	<b>Prepared meals</b>	<u>MONDAYS Silver Harbour Seniors' Centre</u>		<u>WEDS Silver Harbour Seniors' Centre</u>		<u>FRIDAYS Silver Harbour Seniors' Centre</u>		
<b>Phone 604-980-2474 for Silver Harbour Seniors' Activity Centre</b>								
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">\$</span> & <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">\$</span>	<b>Prepared meals, small grocery, baking</b>	<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>	
<b>Phone 604-925-7280 for West Vancouver Seniors' Activity Centre</b>								
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">\$</span>	<b>Prepared meals</b>	<u>MONDAYS Meals on Wheels</u>		<u>WEDS Meals on Wheels</u>		<u>FRIDAYS Meals on Wheels</u>		
<b>Phone 604-922-3414 for North Shore Meals on Wheels</b>								
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">\$</span> & <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">\$</span>	<b>Prepared dinners for seniors living East of Seymour to Deep Cove</b>		<u>TUESDAYS Parkgate</u> <b>Tues. - Pick up 1:30-2pm,</b> delivery after 1pm.	<u>WEDS Parkgate</u> <b>Pick up 3:30-4pm</b> on May 6, 20, June 3, & June 17				
<b>Phone Judy 604-983-6385 or e-mail <a href="mailto:jexell@myparkgate.com">jexell@myparkgate.com</a></b>								