

Food Services on the North Shore during COVID-19

The North Shore Population Health Team is working with the North Shore Emergency Operations Centre Food Security Section to update this listing of grocery, meal and food resources available during the Covid19 response. Online options to view the information are: <https://nsem.info/resources> or see the details in a google map at <http://www.tablematters.ca/>.

Free Groceries	
Name	Food Bank at North Shore Neighbourhood House
What is Offered	Free groceries
Delivery or Pickup Option?	Pick-up
Who is this for?	Anyone – open to new clients
Contact/Website	604-987-8138 http://www.nsnh.bc.ca/children/kids-families/
Address	225 East 2nd Street, North Vancouver, BC
Hours	4-6pm Wednesdays
Free Groceries	
Name	Salvation Army
What is Offered	Free groceries
Delivery or Pickup Option?	Pick-up
Who is this for?	Anyone - Open to new customers by referral
Contact /Website	https://northshoresalvationarmy.com/ Alfred_Esdaille@can.salvationarmy.org
Address	105 West 12th St
Hours	By appointment only
Low Cost Groceries	
Name	Quest Food Program
What is Offered	Low Cost groceries
Delivery or Pickup?	Pick-up
Who is this for?	Anyone – Open to new customers by referral Referral program - crp@questoutreach.org
Phone /Website	http://www.questoutreach.org/
Address	167 1st Street East, North Vancouver, BC
Hours	Monday-Saturday 9:00am-4:15pm
Free Groceries	
Name	Harvest Project
What is Offered	Grocery support program
Delivery or Pickup Option?	Delivery
Who is this for?	Not taking new clients at the moment
Contact /Website	spc@harvestproject.org
Address	1073 Roosevelt Crescent

Free Groceries with Delivery or Shop by Phone with Delivery - Groceries	
Name	North Shore Alliance Church
What is Offered	Grocery shopping & Delivery
Delivery or Pickup?	Delivery
Who is this for?	Vulnerable/Homeless
Contact/Website	https://www.nsac.bc.ca/ daves@nsac.bc.ca
Address	201 East 23rd Street
Hours	Monday-Friday 9am-5pm
Shop by Phone with Delivery - Groceries	
Name	North Shore Community Resources
What is Offered	Better at Home Program grocery shopping and delivery
Delivery or Pickup?	Delivery
Who is this for?	Seniors
Contact /Website	http://www.bc211.ca/ Register by calling BC211
Address	n/a
Hours	anytime

Free/Low Cost Meals	
Name	Salvation Army
What is Offered	Frozen meals
Delivery or Pickup Option?	Pickup and delivery options available. See website for more details.
Who is this for?	Anyone
Contact	n/a
Website	https://northshoresalvationarmy.com/
Address	105 West 12th St
Program Hours	https://northshoresalvationarmy.com/order-meals/

Free/Low Cost Meals	
Name	A Loving Spoonful
What is Offered	Prepared meals.
Delivery or Pickup Option?	Delivery once a week. See website for more details.
Who is this for?	Food insecure individuals and families, need to register with A Loving Spoonful as clients. Only by referral by doctors, nurses, case workers, social workers.
Phone Number/Website	604-682-6325 http://www.alovingspoonful.org/files_2/daily-meals.php
Address	1449 Powell Street, Vancouver, BC
Hours	NA - contact info@alovingspoonful.org

Free/Low Cost Meals	
Name	Better Meals
What is Offered	Prepared meals at a low cost.
Delivery or Pickup Option?	Pickup and delivery options available. See website for more details.
Who is this for?	For seniors; diabetic/ weight control, bland low sodium and pureed diet menus
Phone Number/Website	604-299-1877 http://bettermeals.ca/index.php/main/links/delivery_schedule
Address	NA - contact sam@bettermeals.ca
Store Hours	5742 Beresford St, Burnaby, BC

Free/Low Cost Meals	
Service	Meal Delivery or pick up
Name	Salvation Army
What is Offered	Frozen meals
Delivery or Pickup Option?	Pickup and delivery options available. See website for more details.
Who is this for?	Anyone
Contact	n/a
Website	https://northshoresalvationarmy.com/
Address	105 West 12th St
Program Hours	https://northshoresalvationarmy.com/order-meals/

Free/Low Cost Meals	
Service	Mountainside Secondary student/family support
Name	Salvation Army
What is Offered	School Lunch Program and Student Food Hampers
Delivery or Pickup Option?	Pickup
Who is this for?	Existing clients only
Contact	n/a
Website	n/a
Address	105 West 12th St
Program Hours	Wednesday

Free/Low Cost Meals	
Service	Meal Pick up
Name	Highlands United Church
What is Offered	Lunch bags
Delivery or Pickup Option?	Pickup
Who is this for?	Everyone
Contact	sandi.parker@highlandsunited.org
Website	n/a
Address	NS Neighbourhood House 225 East 2nd Street
Program Hours	Saturday's 1:00-1:30pm

Free/Low Cost Meals	
Service	Meal Delivery
Name	North Shore Community Resources
What is Offered	Better at Home Program meal and grocery delivery
Delivery or Pickup Option?	Delivery
Who is this for?	Seniors
Contact	Register by calling BC211
Website	http://www.bc211.ca/
Address	201-935 Marine Dr.
Program Hours	n/a

Free/Low Cost Meals	
Service	Meal Delivery
Name	Meals on Wheels
What is Offered	Cold meal
Delivery or Pickup Option?	Delivery
Who is this for?	Seniors, people coming out of hospital, disabled - taking only those with urgent need
Contact	northshoremow@telus.net
Website	http://northshoremealsonwheels.org/
Address	1525 Taylor Way
Program Hours	Monday, Wednesday & Friday - 8:30am-1:30pm

Free/Low Cost Meals	
Service	Meal Delivery
Name	VCH Seniors Supported Housing and Congregate Meal Program
What is Offered	Lunch bags
Delivery or Pickup Option?	Delivery
Who is this for?	Existing clients only
Contact	bonnie.devlin@vch.ca, andrea.winterbottom@vch.ca
Address	3625 Banff Ct
Program Hours	Thursdays

Free/Low Cost Meals	
Service	Meal Delivery
Name	Silver Harbour Seniors Centre
What is Offered	Prepared meals
Delivery or Pickup Option?	Delivery
Who is this for?	Open to new clients (seniors only)
Contact	annwen@silverharbourcentre.com
Website	http://www.silverharbourcentre.com/
Address	144 22nd St E
Program Hours	Meals on Mondays, Wednesdays and Fridays

Grocery Delivery	
Name	SPUD.ca
What is Offered	Local, organic, and sustainable groceries and ready-to-eat options.
Delivery or Pickup Option?	Grocery delivery.
Who is this for?	Anyone
Phone Number/Website	604-215-7783 or toll free 1-877-473-5001 https://www.spud.ca
Address	1660 E Hastings St, Vancouver, BC
Store Hours	Monday - Friday: 8am-8 pm; Weekends: 10am-7pm
Grocery Delivery	
Name	SPUD Stay Home Boxes
What is Offered	SPUD offers produce/grocery boxes <i>at cost</i> , which you can further subsidize for those you support. Groceries and ready-to-eat options.
Delivery or Pickup?	Delivery.
Who is this for?	For organizations supporting at risk community members
Contact/Website	Pay with your credit card and choose the number of boxes you want to gift Donate directly to a community organization If you would like to hear more about partnering with SPUD to feed our communities, please fill out this form< https://spud.us4.list-manage.com/track/click?u=9717f1793550b8bf93eed1580&id=16ff27eff0&e=a039141b41
Address	1660 E Hastings St, Vancouver, BC
Store Hours	Monday - Friday: 8am-8 pm; Weekends: 10am-7pm

Grocery Store	
Name	Choices Market
What is Offered	Wide selection of natural, organic, and specialty foods as well as non-food household products and prepared foods.
Delivery or Pickup Option?	Currently no pickup or delivery options for this location
Who is this for?	Anyone
Phone Number/Website	604-770-2868 https://shop.choicesmarkets.com/
Address	500-801 Marine Dr, North Vancouver BC
Store Hours	Monday - Saturday 8am-8pm; Shopping for seniors Mon-Sat 8am-9am

Grocery Store	
Name	Safeway
What is Offered	Wide selection of food and non-food household products, prepared food.
Delivery or Pickup Option?	Must shop in store. Delivery may be available after purchase made in store.
Who is this for?	Anyone
Phone Number/Website	604-926-2550 http://safeway.ca
Address	5385 Headland Drive, West Vancouver BC
Store Hours	Monday - Saturday: 8am-8pm, Sunday: 8am-7pm; Shopping for seniors daily 7-8am

Grocery Store	
Name	Safeway
What is Offered	Wide selection of food and non-food household products, prepared food.
Delivery or Pickup Option?	Must shop in store. Delivery may be available after purchase made in store.
Who is this for?	Anyone
Phone Number/Website	604-988-6645 http://safeway.ca
Address	780-2601 Westview Drive, North Vancouver BC
Store Hours	Monday - Sunday 8am-9pm; Shopping for seniors daily 7-8am

Grocery Store	
Name	Safeway
What is Offered	Wide selection of food and non-food household products, prepared food.
Delivery or Pickup Option?	Must shop in store. Delivery may be available after purchase made in store.
Who is this for?	Anyone
Phone Number/Website	604-980-3316 http://safeway.ca
Address	1170 27 Street E, North Vancouver BC
Store Hours	Monday - Sunday 8am-8pm; Shopping for seniors daily 7-8am

Grocery Store	
Name	Safeway
What is Offered	Wide selection of food and non-food household products, prepared food.
Delivery or Pickup Option?	Must shop in store. Delivery may be available after purchase made in store.
Who is this for?	Anyone
Phone Number/Website	604-924-1302 http://safeway.ca
Address	1175 Mount Seymour Road, North Vancouver BC
Store Hours	Monday - Sunday 8am-8pm; Shopping for seniors daily 7-8am

Grocery Store	
Name	Nesters Market
What is Offered	Wide selection of food and non-food household products, and prepared foods.
Delivery or Pickup Option?	Curbside grocery pickup available. Email orders to bill_love@nestersmarket.com . No delivery options available.
Who is this for?	Anyone
Phone Number/Website	604-929-0241 http://nestersmarket.com
Address	415 Dollarton Hwy N, North Vancouver BC
Store Hours	Monday - Sunday: 8am-7pm; Shopping for seniors daily 8am-9am

Grocery Store	
Name	Whole Foods Market
What is Offered	Wide selection of food and non-food household products, prepared food.
Delivery or Pickup Option?	Order by phone at 604-678-0500 for seniors not able to leave their homes (must be approved).
Who is this for?	Anyone
Phone Number/Website	604-678-0500 http://wholefoodsmarket.com
Address	925 Main Street, West Vancouver BC
Store Hours	Monday - Sunday: 9am-8pm; Shopping for seniors daily 8-9am

Grocery Store	
Name	Osaka Supermarket
What is Offered	Wide selection of groceries and prepared food. Asian specialty items.
Delivery or Pickup Option?	Shop online. In store pickup or delivery of non-perishable food items. See website for more details.
Who is this for?	Anyone
Phone Number/Website	778-279-8000 https://www.tntsupermarket.com/
Address	2200 Park Royal Mall S, West Vancouver BC
Store Hours	Monday-Sunday: 11am-9pm ; Shopping for seniors daily 10-11am

Grocery Store	
Name	IGA Market
What is Offered	Groceries, produce, meat, deli and other items.
Delivery or Pickup Option?	Shop online. Grocery pickup only. Seniors can shop by phone - 604-498-2813.
Who is this for?	Anyone
Phone Number/Website	604-913-3056 https://www.iga.net/en/online_grocery
Address	2491 Marine Drive, West Vancouver BC
Store Hours	Monday - Sunday: 9am-6pm; Shopping for seniors daily 8am-9am

Grocery Store	
Name	IGA Market
What is Offered	Groceries, produce, meat, deli and other items.
Delivery or Pickup Option?	Shop online. Pickup only. Seniors can shop by phone at 604-985-4431 (Tuesdays only, call before 10am).
Who is this for?	Anyone
Phone Number/Website	604-985-4431 https://www.iga.net/en/online_grocery
Address	130-150 Esplanade W, North Vancouver, BC
Store Hours	Monday - Sunday: 8am-7pm ; Shopping for seniors daily 7-8am

Grocery Store	
Name	Fresh St. Market
What is Offered	Wide selection of quality foods, often locally sourced, as well as non-food products. Fresh seafood, deli, bakery, and health sections. Reasonable prices.
Delivery or Pickup?	Shop online. Order pickup or delivery available.
Who is this for?	Anyone
Phone Number/Website	604-913-7757 http://freshstmarket.com
Address	1650 Marine Drive, West Vancouver BC
Store Hours	Monday - Sunday 8am-7pm; Shopping for seniors Wed & Fri 7am-8am

Grocery Store	
Name	Loblaws City Market
What is Offered	Wide selection of food and non-food household products, prepared food.
Delivery or Pickup Option?	Shop online. Grocery pickup or delivery available.
Who is this for?	Anyone
Phone Number/Website	604-984-2226 http://loblaws.ca
Address	1650 Lonsdale Avenue, North Vancouver BC
Store Hours	Monday - Sunday: 7am-8pm; Shopping for seniors daily 7-8am

Grocery Store	
Name	Loblaws City Market
What is Offered	Wide selection of food and non-food household products, prepared food.
Delivery or Pickup Option?	Shop online. Grocery pickup or delivery available.
Who is this for?	Anyone
Phone Number/Website	604-922-1902 http://loblaws.ca
Address	861-845 Park Royal N, West Vancouver BC
Store Hours	Monday - Sunday: 7am-8pm; Shopping for seniors daily 7-8am

Grocery Store	
Name	Save On Foods
What is Offered	Fresh produce, grocery, meat, frozen items, home/cleaning supplies, etc. Most in-store items available online.
Delivery or Pickup Option?	Shop online. Grocery pickup or delivery available.
Who is this for?	Anyone
Phone Number/Website	604-980-4857 http://saveonfoods.com
Address	1221-1199 Lynn Valley Road, North Vancouver BC
Store Hours	Monday - Sunday: 8am-8pm; Shopping for seniors daily 7-8am

Grocery Store	
Name	Save On Foods
What is Offered	Fresh produce, grocery, meat, frozen items, home/cleaning supplies, etc. Most in-store items available online.
Delivery or Pickup Option?	Shop online. Grocery pickup or delivery available.
Who is this for?	Anyone
Phone Number/Website	604-983-3033 http://saveonfoods.com
Address	600-333 Brooksbank Avenue, North Vancouver BC

Store Hours	Monday - Sunday: 8am-8pm; Shopping for seniors daily 7-8am
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Grocery Store	
Name	Save On Foods
What is Offered	Fresh produce, grocery, meat, frozen items, home/cleaning supplies, etc. Most in-store items available online.
Delivery or Pickup Option?	Shop online. Grocery pickup or delivery available.
Who is this for?	Anyone
Phone Number/Website	604-985-3069 http://saveonfoods.com
Address	1250 Marine Drive, North Vancouver BC
Store Hours	Monday - Sunday: 8am-8pm; Shopping for seniors daily 7-8am

Grocery Store	
Name	Save On Foods
What is Offered	Fresh produce, grocery, meat, frozen items, home/cleaning supplies, etc. Most in-store items available online.
Delivery or Pickup Option?	Shop online. Grocery pickup or delivery available.
Who is this for?	Anyone
Phone Number/Website	604-983-2227 http://saveonfoods.com
Address	140-879 Marine Drive, North Vancouver BC
Store Hours	Monday - Sunday: 8am-8pm; Shopping for seniors daily 7-8am

Grocery Store	
Name	Stong's Market
What is Offered	Wide selection of quality food and non-food household products, prepared food.
Delivery or Pickup?	Shop online. Pickup or delivery options available.
Who is this for?	Anyone
Phone Number/Website	604-973-0700 https://express.stongs.com/
Address	2150 Dollarton Highway, North Vancouver BC
Store Hours	Monday - Sunday: 8am-9pm; Shopping for seniors Mon, Weds & Fri 7-8am

Grocery Store	
Name	Superstore
What is Offered	Wide selection of food and non-food household products, prepared food.
Delivery or Pickup?	Shop online. Grocery pickup or delivery available.
Who is this for?	Anyone
Phone Number/Website	604-904-5537 http://realcanadiansuperstore.ca
Address	333 Seymour Boulevard, North Vancouver BC
Store Hours	Monday - Sunday: 8am-8pm; Shopping for seniors daily 7-8am

Grocery Store	
Name	Wal-Mart
What is Offered	Wide selection of food and non-food household products, prepared food.
Delivery or Pickup Option?	Shop online. Grocery pickup or delivery available.
Who is this for?	Anyone
Phone Number/Website	604-984-6830 http://walmart.ca
Address	925 Marine Drive, North Vancouver BC
Store Hours	Monday - Sunday: 8am-8pm

Grocery Store	
Name	Queensdale Market
What is Offered	Wide selection of high quality food and non-food household products, and prepared food. Great selection of organic, natural, specialty, and traditional foods.
Delivery or Pickup Option?	Order by phone 604-984-6644 Tues/Weds between 8am-12pm. Delivery and pickup options available.
Who is this for?	Anyone
Phone Number/Website	604-987-6644 http://queensdalemarket.ca
Address	3030 Lonsdale Avenue, North Vancouver BC
Store Hours	Monday - Sunday: 8am-7pm; Shopping for seniors daily 7-8am

Grocery Store	
Name	Thrifty Foods
What is Offered	Wide selection of food and non-food household products, prepared food.
Delivery or Pickup Option?	Shop online. Grocery pickup only.
Who is this for?	Anyone
Phone Number/Website	604-929-2299 http://thriftyfoods.com
Address	845 Marine Drive, North Vancouver BC
Store Hours	Monday - Sunday: 8am-8pm; Shopping for seniors daily 7-8am

Free and low-cost meals on the North Shore

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Salvation Army take-out lunch Frozen meals for order https://northshore.salvationarmy.com/order-meals/	Salvation Army take-out lunch Frozen meals for order https://northshore.salvationarmy.com/order-meals/	Salvation Army take-out lunch Frozen meals https://northshore.salvationarmy.com/order-meals/	Salvation Army take-out lunch Frozen meals https://northshore.salvationarmy.com/order-meals/	Salvation Army take-out lunch Frozen meals https://northshore.salvationarmy.com/order-meals/	NSNH - 225 E. 2nd bagged lunches, 1:00-1:30pm provided by Highlands United Church	
Lunch	Silver Harbour Seniors Centre Delivers prepared meals 604-980-2474		Silver Harbour Seniors Centre Delivers prepared meals 604-980-2474		Silver Harbour Seniors Centre Delivers prepared meals 604-980-2474		
Morning 8:30 am - 1:00 pm	Meals-on-Wheels Delivered cold meals New clients, northshoremow@telus.net		Meals-on-Wheels Delivered cold meals For seniors who are isolated, homebound		Meals-on-Wheels Delivered cold meals For seniors who are isolated, homebound		
Dinner					St. Andrews United Church , at 1044 St. Georges. Dinners provided 2:00-4:00pm		

GROCERY ASSISTANCE

NS Alliance Church – Grocery shopping and delivery for vulnerable and homeless, Mondays through Fridays

NS Community Resources , Better At Home. Food-related services include grocery shopping and delivery and prepared meal delivery. Sign up at BC211.ca

Salvation Army - Assistance with grocery shopping for families in need