



HELPING WOMEN NOW

Free Groceries

Greater Vancouver Food Bank

Offering free food at multiple pickup locations, including Vancouver, New Westminister, Burnaby, and North Vancouver. Check the website for updated schedule.

Phone: 604-876-3601

Email: reception@foodbank.bc.ca

<https://foodbank.bc.ca/find-food/what-to-expect>

Muslim Food Bank

Free halal/kosher/vegan/vegetarian groceries. For new clients, they will give a hamper.

Phone: 1-866-248-3868

Email: coordinator@muslimfoodbank.com

Jewish Food Bank

Free kosher groceries for clients at the Jewish Food Bank. Delivery only of hampers. Clients cannot choose food they receive.

Phone: 604-558-5719

Email: community@jfcvancouver.ca

Single Parents Food Bank

Free groceries. Delivery service. Focus on clients who have a child with disabilities. Limiting new clients, but not closed to them.

Phone: 778-552-4100

<http://www.spfoodbank.org>

North Shore Food Banks:

North Shore Neighbourhood House: Must be a member of the Greater Vancouver Food Bank and present card at time of food collection.

Phone: 604-987-8138 (Neighbourhood House)

Phone: 604-876-3601 (GV Food Bank)

North Shore Alliance Church: Please call to sign up as client.

Phone: 604-984-6422

Richmond Food Bank

Free weekly food hamper for Richmond residents. No income or means test.

Phone: 604-271-5609

Email: info@richmondfoodbank.org

Website: richmondfoodbank.org

Salvation Army New Westminster Emergency Food Bank

Free groceries for New West and Burnaby Residents. Distributes Monday for New West residents and Fridays for Burnaby residents. Must register by phone first.

Phone: 604-521-2421

<https://www.salvationarmy.ca>

Ryan's Rainbow Outreach Burnaby

Free pick up box of groceries for Burnaby residents. Call the number to register with the number of people in your residence. Pickup Thursday 11am - 3pm.

Phone: 604-761-4357

Website: www.cliffavechurch.com/ryans-rainbow-emergency-food-outreach/ryans-rainbow-emergency-food-outreach

Burnaby Salvation Army Food Bank

Open Friday at 12 p.m.

Phone: 604-521-2421

Coquitlam Food Bank

Free groceries. No means test. Last names starting A-M served on Wednesdays 10am - 11:30am; last names starting N-Z served Wednesdays 11:30am - 1:30pm.

Phone: 604-942-0022

Share Tri-Cities/Coquitlam Food Bank

Free groceries. No means test. Must bring photo ID and proof of residency in Coquitlam. If not applicable, they will still give food.

Phone: 604-540-9161

Website: www.sharesociety.ca

North Delta Food Bank (New Deltassist Program)

Free groceries. Open to those that live in North Delta. Call Deltassist to register.

Temporary measure as the regular food bank closed in April.

Phone: 604-594-3455

Website: www.deltassist.com

South Delta Food Bank

Free groceries. Open to those living in Ladner and Tsawassen who have lost their jobs because of COVID-19. Bring Record of Employment and photo ID to register.

Phone: 604-946-1967

Email: southdeltafoodbank@gmail.com

Surrey Food Bank

Free groceries to those who register as clients. They have suspended satellite drop off locations until further notice.

Phone: 604-581-5443

Website: www.surreyfoodbank.ca

Sources South Surrey / White Rock Food Bank

Free groceries. Must live in South Surrey/White Rock. To access food, must provide photo ID and evidence of current address.

Phone: 604-531-8168

Email: foodbank@sourcesbc.ca

Archway Abbotsford Food Bank

Serves families with children, youth, 60+, expectant mothers Monday to Thursday, 9:30am to 12:00pm. Singles and couples on Monday to Thursday, 1:30pm to 3pm.

Phone: 604-859-5749

Maple Ridge Food Banks

Friends in Need Food Bank provides drive-through food provision, Tuesday - Friday, 9am - 12:30pm.

Phone: 604-446-3663

Website: www.friendsneedfood.com

Chilliwack Food Bank (Salvation Army Share & Care Centre)

Free groceries. Requires ID, proof of income and Chilliwack residence.

Phone: 604-792-0001

Website: www.salvationarmychilliwack.ca/care-and-share/foodbank

Langley Food Bank

Free groceries. No registration required. Bring ID which indicates you live in Langley.

Phone: 604-533-0671

Email: info@langleyfoodbank.com

Aldergrove Food Bank

Free groceries. Call to register. Provides grocery hampers.

Phone: 604-857-1671

Website: www.langleyfoodbank.com/aldergrove

Low Cost Groceries

Quest Food Exchange

Quest offers low cost food for people on a referral basis only. DFS is a referring agency. Pls speak with a member of staff to have your referral submitted. Locations in Vancouver, North Vancouver, Surrey and New Westminster.

Phone: 604-602-0186

Email: info@questoutreach.org

Website: www.questoutreach.org

Free Prepared Meals

Union Gospel Mission

Free meals-to-go in the DTES, Monday to Friday. Lunch: 11am. (Line up starts at 10:30am) Dinner: 6:15pm. Saturday and Sunday Dinner only: 4pm.

Phone: 604-253-3323

Email: contact@ugm.ca

Mission Possible

Free bagged Saturday morning breakfast-to-go from 9am to 10am. Serves DTES.

Phone: 604-253-4469

Email: office@mission-possible.ca

Website: www.mission-possible.ca

Salvation Army Harbour LightFree Groceries

Free bagged lunches daily from 11am to 11:15 am.

Phone: 604-646-6800

Website: www.vancouverharbourlights.ca

Kettle Friendship Society

Free bagged lunches offered in East Vancouver from 11:30am to 1pm every day.

Phone: 604-251-2801

Email: info@thekettle.ca

Website: www.thekettle.ca

YWCA Crabtree Corner

Free lunches to go, served weekdays from 11:30am - 1pm. (Wednesdays at noon.)

Phone: 604-216-1650

Email: ssuasnbar@ywcavan.org

Website: www.ywcavan.org/programs/crabtree-corner

The Door is Open

Free lunches to go served every day, except Wednesdays. Weekdays and Saturday: 11am. Sundays: noon.

Phone: 604-669-0498

Website: www.thedoorisopen.ca

The Dugout

Breakfast service at 7:30am Mondays to Saturdays; Sundays 8:30am.

Phone: 604-685-5239

Website: www.thedugout.org

Living Waters

Dinner service at 7pm on Saturdays and a late lunch at 2pm on Sundays.

Phone: 604-251-2493

DTES Neighbourhood House

Free weekday breakfast and lunch. Breakfast served at 10am; lunches served Tuesdays at 11am and Wednesdays at noon. Families-only dinner service on Tuesdays and Thursdays starting at 3:30pm.

Phone: 604-215-2030

Email: cdi@dtesnhouse.ca

Website: www.dtesnhouse.ca

Powell Street Getaway

Offers coffee and snacks, served at 9am and 4pm daily.

Phone: 604-255-7026

Website: www.lookoutsociety.ca

Low Cost Prepared Meals

Meals on Wheels

Meals on Wheels provides meals at low-cost to seniors, and people with chronic illnesses and disabilities who are unable to prepare meals or shop for groceries on their own. Clients register for the service. Meals are delivered to your door.

Vancouver/Richmond Meals on Wheels

Clients can choose Western-style meals or Chinese-style meals. Service is offered in English, Mandarin and Cantonese. Clients are encouraged to order additional frozen meals to assist them to cope with COVID-19 disruptions.

English/Western-Style Meals

Phone: 604-732-7638

Email: wmow@carebc.ca

Chinese Languages/Chinese-Style Meals

Phone: 604-733-6615

Email: cnow@carebc.ca

Website: www.carebc.ca/meals-on-wheels.html

North Shore Meals on Wheels

Phone: 604-922-3414

Email: northshoremow@telus.net

Website: northshoremealsonwheels.org

Burnaby Meals on Wheels

Phone: 604-299-5754

Email: kim@burnabymeals.ca

PoCoMo Meals on Wheels

Serving Coquitlam, Port Coquitlam and Port Moody.

Phone: 604-942-7506

Email: pocomomealsonwheels@hotmail.com

www.pocomomealsonwheels.com

Surrey Meals on Wheels

Phone: 778-590-1433

Email: sndmow@gmail.com

Website: www.sndmow.com

Langley Meals on Wheels

Phone: 604-533-1679

Email: info@lmow.ca

Website: www.lmow.ca

Abbotsford Meals on Wheels

Phone: 604-870-3764

Email: nancy.deba@archway.ca

Website: www.archway.ca/program/meals-on-wheels

Chilliwack Meals on Wheels

Phone: 604-793-7242

Email: www.conserv.bc.ca/meals-on-wheels

Better Meals

Delivers low cost meals to seniors and people with chronic illness or disability who cannot prepare meals or grocery shop themselves. Clients register for the service.

Phone: 604-299-1877

Email: sam@bettermeals.ca

Food for Pets

Charlie's Pet Food Bank

Free pet food and supplies for dogs, cats and small animals, serving Downtown Vancouver.

Phone: 604-879-7721

Website: www.sPCA.bc.ca/programs-services/community-work/charlies-pet-food-bank-free-vet-clinic

Low Cost Recipe Sites

Budget Bytes

Low cost meal ideas and recipes

www.budgetbytes.com

Great Depression Cooking

Low cost meal ideas hosted by a woman with lived experience of cooking during the Great Depression.

www.youtube.com/user/Depression-Cooking/featured

All Recipes Budget Cooking Recipe Collection

Collection of budget friendly recipes.

www.allrecipes.com/recipes/15522/everyday-cooking/budget-cooking

Vegan/Vegetarian Budget Bytes Recipes

www.budgetbytes.com/category/recipes/vegetarian/vegan