

Appendix A: Vancouver Inventory of Food Security Resources

Stage	Program	Description	Contact	Location	Hours	Website
Food Access – Delivery Meal Service						
HIV/AIDS	A Loving Spoonful	-Clients primarily homebound or face physical access barriers because of HIV/AIDS -Every Tuesday, volunteer drivers deliver a week's worth of frozen meals, fresh fruit and bread -Have meal programs for those who can't store a week's food or require daily food delivery -Provide infant formula	604-682-6325 fax: (604) 682-6327 email: info@alovingspoonful.org	Suite 100 - 1300 Richards Street Vancouver, BC V6B 3G6	Monday to Thursday, alternate Fridays drop in from 10am-1:30pm -Call for appoint another time	http://www.alovingspoonful.org
	Better Meals	Delivery - Full meals are \$5.75, fresh salads, sandwiches, individual items are \$2.00 to \$5.75, monthly specials & special diets are \$6.50) Min order \$20.	604-299-1877	Better Meals 3930 Kitchener Street Burnaby BC V5C 3M2	Free weekly delivery in Van. on Mon or Tues depending on area Office hours: M-F 8:30am-5pm	http://www.bettermeals.com/about/people.html
	Gold Card Catering	Delivery - Entrees (\$4.50 - \$6.50), single servings (\$3.50 - \$5.00), soups (\$1.50-\$2.25), desserts (\$2.00 - \$2.50) Min. order \$25. \$2 delivery, charge for amounts less than \$50	604- 594-5520	12651 80 Avenue 120, Surrey, BC V3W3A6	Delivery days given once order is placed.	n/a
	Kosher Meals on Wheels (Jewish Family Service Agency)	Kosher Meals on Wheels delivers frozen kosher meals to people. Cost of meal is \$8.50; sliding scale available.	604-257-5151	300-950 West 41st Avenue Vancouver, BC V5Z 2N7	Meals delivered on Thursdays	http://www.jccgv.com/index.htm
	VON (Victoria Order of Nurses) BC Meals on Wheels	Hot meals - Daily; special diets; frozen meals delivered monthly; Delivered Cost: \$4.99 Minimum 6 meal order for new clients. Also offers Chinese meals delivered by Chinese-speaking volunteers.	604-732-7638 Fax: 604-733-6698 Chinese Speaking Coordinator 604-292-7200	1525 West 7th Avenue Vancouver, BC V6J 1S1	Delivered Monday-Friday between 11am & 1pm, Office hours: Mon-Friday 8am-4:30pm	http://www.vonbc.com/meals.htm
Food Access – Groceries (i.e.- not cooked) Delivery						

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HIV/AIDS	AIDS Vancouver	Provide supplemental groceries to HIV-positive people in order to promote nutritional health. Must be registered with AIDS Vancouver. Income below \$20,000/year.	604-893-2201 Fax: 604-893-2211 E-mail: contact@aidsvancouver.org	1107 Seymour St., Vancouver, BC, Canada V6B 5S8	Grocery hours: Tues and Wed 1pm - 4pm (except check issue week. At 12:00 noon you can pick up a number to reserve a place in line.	http://www.aidsvancouver.org/
Seniors	Barclay Manor	-Grocery Shopping Service -Volunteers shop for homebound seniors at: Safeway (Davie Street), Extra Foods (Denman Place Mall) and IGA Market Place (Burrard Street). -no other food programs (other than two cooking classes)	604-669-5051 Fax: 604-669-7559	1447 Barclay Street Vancouver, BC V6G 1J6	Monday-Fri 9am-5pm – evenings vary with program schedules	http://www.city.vancouver.bc.ca/parks/cc/westend/website/barclaymanor/bm.html
Seniors	Kitsilano Neighbourhood House	Assists seniors in buying food Kits house gives them the bus to run the program In partnership with the Pacific Spirit Community Health Center Cost: \$1.50 one way / \$3.00 return	604-736-3588. This specific program call 604-633-4219	2325 West 7th Avenue, Vancouver, BC V6K 1Y4.	8:30-4:30pm M-F office hours, centre hours vary (have programs 7 days/week)	http://www.kitshouse.com/main.htm
Seniors	Killarney Market	Shop by phone- volunteers get groceries To register: Call the South Vancouver Seniors' Network: 604-324-3670 between 10:30am &-3pm Tuesday to Friday Deliver to VCHA clients within the boundaries: Fraser River-33rd; Boundary –Cambie. Free delivery w/ min. order \$35. Delivery charge if < \$35.	604-435-1501	2611 49 Avenue East, Vancouver, BC V5S1J9	Phone with order on Wednesdays 9-11:30am	

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Seniors	South Vancouver Senior's Network	Shop-by-phone services	Tel: 604-324-3670 Fax: 604-324-8277 Email: svsn@vcn.bc.ca	1950 Argyle Drive Vancouver, British Columbia V5P 2A8 Canada	T-F 10am-2:30pm office hours	http://www.vcn.bc.ca/svsn/
Seniors	Thunderbird Neighbourhood Community Centre	<u>Seniors' Shopping Trip</u> A van will take you to the grocery store so you can pick up those heavy items and return you to either the Centre or Beulah Gardens. (seniors housing unit) Superstore, Brentwood mall Tue 9:30 - 11:30pm (Apr 6 - Jun 15) <i>\$1/trip.</i>	604-713-1818 Fax: 604-713-1828	2311 Cassiar Street Vancouver, BC V5M 3X3	Centre hours are 9 am- 10pm M-F, Sat open 9-5pm	www.geocities.com/thunderbirdcentre/
Single-Parents	Frog Hollow N.H.	Meat Program for Single Parents only. Receive free box of meat every two weeks. Waitlist. Emergency Hamper (meet need for crisis). A few days worth of food. No seniors delivery program	604-251-1225	2131 Renfrew Street;	Office 9am-5pm M-F	http://www.froghollow.bc.ca/
Single Parents	Us Moms	Free organic food boxes for single parent families only. Pick-up. Note on website: 'If you are walking or taking a bus please bring plastic bags or a backpack to carry your food home.'	Katie or Karen@ 604-261-2282.	Mailing Address: PO Box 62002 #147 - 4255 Arbutus RPO Vancouver, BC V6J 1Z1	Food program Thursdays 2:30-4:30pm At 2650 Slocan and Broadway.	Call first to register www.us-moms.com
Good Food Box	Good Food Box	-Generally local/seasonal BC produce boxes delivered to a neighbourhood depot once a month, to be picked up by participants. -\$15 for each large box and \$9 for each small box ordered, pre-paid a week in advance	604-254-1312 - call office to find nearest depot or look on website	2625 Kaslo Street Vancouver, BC V5M 3G9	-Pick up your Good Food Box at your depot on the first and third Wednesday of every month	http://www.vcn.bc.ca/gfb/index.php

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Good Food Box	Green Earth Organics	Harvest Box \$34 and Family Harvest Box \$45. The contents of the boxes change on a weekly basis (due to seasonal changes). Minimum \$25 order. Call to register	604-708-2345 24HR hotline: 604.708.5969 fax:604.708.5998 email: info@greenearthorganics.com	1864 Triumph Street, Vancouver V5L 1K2	Deliveries take place in the evening, 2:30pm. - 10:30pm weekly or biweekly. Office hours: 8am-4pm M-Thurs, 8am-2pm Friday	www.greenearthorganics.com
Buying Club	Hello Foods Buying Club	-buy food grown in the Fraser Valley and other parts of BC directly from farmers and local wholesalers - volunteer organization -online ordering system	604-873-0153		-delivery depended on order placement- may vary	http://www.vcn.bc.ca/hellofoods/Info/info.htm
Urban Delivery	Organics Delivery BC	Free delivery to North Vancouver, West Vancouver, Vancouver, Burnaby, New Westminster, Coquitlam, Port Moody and Port Coquitlam.	HOTLINE : (604) 272-5559, Email: info@shopnetbc.com	10271- #6 Road, Richmond	-customer service is available from Mon - Fri, 10am to 6pm.	http://www.organicsdeliverybc.shopnetbc.com/index.php
Urban Delivery	Small Potatoes Urban Delivery	Over \$35 free delivery Under \$35 - \$3.00 fee SPUD customer service representatives are available to take your order between 9:00 AM and 5:00 PM Monday to Friday or you can leave your order on answering machine	604-215-7783 Fax: 604-215-1264 vancouver@spud.ca free catalogue Answering machine to take orders.	1660 E. Hastings Street Vancouver, BC, V5L 1S6	For most products, the deadline is 9:00 AM the day prior to your scheduled delivery day. Delivery in Vancouver Wed and Thursday (depending on area), 9am-9pm	www.spud.ca
Store	A&L Market	\$50 minimum order – free delivery – come in and pick out groceries	604-876-8687	458 W. Broadway	9:30am—8pm M-Sun	n/a
Store	Benefits Market	\$5 delivery – no definite minimum order. Can order by phone.	604-731-2348	100-1965 W 4 th Avenue	M-F 10am-7pm, Sat 9am-6pm, Sun 11am-5pm	n/a
Store	The Bread Truck	Lower Mainland home-delivery service of bakery products delivered to your doorstep. No charge delivery. Min order \$15. Call to get a product list.	604-588 5623	n/a	Phone hours: 9am-10pm M-F	n/a

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Store	Buy Low Foods	2083 Alma St. Store: No min. order Delivery charge \$5 Seniors \$3 -Each location is different - cost varies between stores	(604) 888-1121	Various stores	Varies between stores	http://www.buy-lowfoods.com/
Store	Capers Market	\$3 charge – call before 4pm – min order \$20. Phone M-F 9am-4pm. Not guaranteed same day delivery – usually is.	W 4 th location: 604-739-6676	Various locations	M-F 9-4pm	http://www.wildoats.com/app/cda/cda.php?pt=CapersHome
Store	Central Gourmet Produce Ltd.	\$40 min order. \$5.00 delivery within 1 km.	604-731-2818	1901 W.1st Avenue	Phone early morning or after 8:00 pm	No website
Store	Choices Markets	\$25 min. order. Flat fee \$3.00 for delivery. \$10 charge for phone order and delivery. \$7 if we shop for you and you pick-up Delivers only within immediate store area	W16th store: 604-736-0009 email: comments@choicesmarket.com	All Vancouver locations deliver (Burnaby location doesn't)	Order before 10am –same day delivery. No delivery Sat/Sun/ Holidays. Store hours: M-F 8am-11pm except 57 th St. location	http://www.choices-market.com/
Store	Fran's Market/Ingram's market	Free delivery with minimum order \$20	261-3324	4889 Mackenzie	Phone before noon-delivery same day	No website
Store	Golden Sea Hou Enterprises Inc	min \$50 - free delivery. Can fax or phone order in.	604-872-2222	672 Leg in Boot Square		n/a
Store	IGA	Min order \$30. Delivery fee depends on location. Don't do phone orders- people come in and shop and they deliver.	604- 261-2423 604-263-5202	All locations	Store: Mon-Sat 9am-10pm, Sun 9am-9pm	http://www.igainc.com/home.asp
Store	Kit's Food Mart	No min order. \$7 for delivery. Deliver anywhere in Vancouver. Call or fax in order.	604-731-1441	1575 Yew St.		n/a
Store	Magee Grocery	Delivery charge \$5. Delivery area flexible.	604-266-6241	6481 West Boulevard, Vancouver, BC V6M3X6	Order before 2pm. Store hours Mon-Sun 8am-10pm	n/a

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Store	Meinhardt Fine Foods	Delivery charge depends on delivery area (\$12-14). Min order \$50.	(604) 732-4405 (604) 732-4216 (fax)	3002 Granville St, Vancouver, BC V6H3J8	Store hours: Mon-Sat 8am-10pm; Sun/holidays 9am-9pm. No Sunday delivery	www.meinhardt.com
Store	Oakland Market	\$5 delivery fee. Phone in orders. Not sure about minimum order.	604-738-5133	3738 Oak Street		n/a
Store	Safeway	For those unable to get out & shop for themselves: West of Boundary, North of 29th, East of Main, South of Waterfront and 29th Ave to Fraser River; Main to Boundary. Delivery charge applies.	604-709-6402 to register	Various locations	Phone for order on Tuesday & Thursday 8-10:30am	http://www.safeway.com/
Store	Stong's Market	Free delivery with \$50.00. Delivery charge \$1.50 and free for seniors.	Phone orders: 604-266-5191 Ext. 1; Express fax: 604-266-1402. Email: express@stong.com	4560 Dunbar St	Delivery times: 10 am-1:00 pm; 1-3 pm; 3-6 pm 7 days a week. Call before 6:00 AM for same day delivery service. Office 8:30-4:30	www.stongs.com
Food Access-Emergency free/low cost meals						
Youth	Covenant House Vancouver	-free meals 4-6pm Thurs – for youth between 13 and 24 years (non-residents and residents) - -if living there, free meals daily	604-685-7474	575 Drake Street Vancouver, BC V6B 4K8	Open 24 hours	http://www.covenanthousebc.org/
	Drop-In Centre for Youth (Union Gospel Mission)	Open to street-involved youth, 2 pm to 4 pm Tuesdays and Thursdays. -Provides meals for youth ages 25 and under at 7 pm Tuesday to Saturday, and for all ages at 3 pm Saturdays.	604-688-7587	1075 Seymour Street Vancouver, BC V6B 3M3	2-4pm Tuesday and Thurs., 7pm Tues, 3pm Sat	www.ugm.ca

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	Paper Cup (Hobbit House/First Baptist Church)	6:00pm Saturday Paper Cup ministry - Hobbit House (meal from 7:00 -8:00pm for street-involved youth) -serve 40-50 meals every Saturday night -shelter on Tuesday nights – free hot meal for about 100 people. About 20 people stay overnight and receive breakfast in the morning	604 683-8441	1025 Nelson Street	Meal 7-8pm Sat	fbym.com/papercup/index.html
	WATARI Street Youth Day Treatment Program	Offers alcohol and drug counselling group – harm reduction so allowed to still be using (within a limit) Laundry, showers, and meals available. -youth in program provided snacks on sight - for youth aged 13-24 in Van – up to 8 youth at a time	(604) 438-3722	301 - 877 East Hastings	Program hours are 11:00 a.m.--4:00 p.m. Monday to Friday. Administration hours are 9:00 a.m.-5:00 p.m. Monday to Friday.	www.watari.org
	Youth Action Centre (Downtown Eastside Youth Activity Society)	Drop-in centre for street-involved youth ages 13 to 21 Food bank Thurs. 4:45pm – 25-30 bags of food. Breakfast from 8:30 to 10:00 (7 days); dinner from 3 to 4pm (7 days). Serves 20-30 per meal. Tables with bread, peanut butter, jam, and beverages all day. Pancake breakfast on Thursday. Serves 20-30 per meal.	604-602-9747	45 West Cordova Street Vancouver, BC V6B 1C8	Hours are 8:30 am to 5:00 pm seven days a week; 8:30 to noon on cheque issue days	http://www.deyas.org/
Women only	Aboriginal Mother Centre Society	Provides a safe place where Aboriginal women with or without children can gather. -free lunch program 12 pm and dinner at 4 pm, Monday to Friday, to women and their children. Serves 40-60 people per meal	Christine 604-253-6262 Fax: 604-253-6263 E-mail: amc@amcs.ca	208-2019 Dundas Street Vancouver, BC V5L 1J5	Centre hours are 10 am to 6:30 pm Monday to Friday.	www.amcs.ca
	Downtown Eastside Women's Centre	12:30pm – free lunches daily Mon-Sun Offers services to women of the Downtown Eastside. Drop-in centre has free clothing, showers, laundry, meals, and programmed activities.	Tel: (604) 681-8480 Fax: (604) 681-8470	302 Columbia Street Vancouver, BC V6A 4J1	Open: Mon/Tues: 10am – 5pm; Wed 11 am-5pm; Thurs/Fri 10am-5pm Sat/Sun 12pm-5pm	http://www.dewc.ca/

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	Drop-In Centre for Women (Union Gospel Mission)	Free lunch served on Thursdays and Fridays at 1:30 pm, and dinner Monday to Friday at 6 pm. Offers supportive counselling, 12-step meetings, movies, crafts, games, outings, and referrals. Serves women only. Serves free lunch to about 50 people per day.	604-253-3735	601 East Hastings Street Vancouver, BC V6A 1L9	Open 1 pm to 3:30 pm Monday to Friday (except Wednesdays); 6 pm to 9 pm Monday to Friday	www.ugm.ca
	Wish Drop-in Centre (First United)	-hot meals in evening – 6-8pm for sex workers only – free Provides a safe and caring atmosphere for women sex trade workers. Offers support, health care services, advocacy, referrals, literacy program, meals, refreshments, showers, condoms, and personal care items. Operates in donated space from First United Church.	604-681-9244	First United Church (Gore Street entrance) 320 East Hastings Street Vancouver, BC V6A 1P4	Hours are 6 pm to 10 pm Sunday to Friday.	http://www.wish-vancouver.net/
Families	Cedar Cottage Neighbourhood House	Family Meals Thursdays at 6:00 pm. Cost adult \$2.50; children \$1.50 Community kitchen – some Tuesdays from 2 to 5pm. Saturdays- drop in food for parents and children. Provides early breakfasts for kids before school.	604-874-4231	4065 Victoria Drive	Hours vary depending on day – call ahead	www.anhgv.org/Houses/Cedar+Cottage
	Eastside Family Place	Provide nutritious snacks for both children and adults on a daily basis. - Tuesdays and Thursdays, light lunch of soup, sandwiches or salads 11:45 am – only for parents/caregivers with children aged 0-6 - Free	Phone: (604) 255-9841 Fax: (604) 255-9802 Email: info@eastsidefamilyplace.org	1655 William St Vancouver, BC, V5L 2R3	Monday, Wednesday, Friday: 9:00 am to 12:00 noon Tuesday & Thursday: 9:00 am to 2:30 pm (Summer: 9:00 am to 1:00 pm)	http://www.eastsidefamilyplace.org/pages/page_base.php

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	Frog Hollow Neighbourhood House	"Learning Together" Family Drop-In FREE M-F, 9:30am to 12:00 pm activities - free lunch provided -Usually offer some meal with most programs	604-251-1225 Fax: 604-254-3764 E-mail: contact@froghollow.bc.ca	2131 Renfrew Street Vancouver, BC V5M 4M5	9:30am-12pm M-F	http://www.froghollow.bc.ca/
	The Open Door/Out of the Cold Programs (Grandview Calvary Baptist Church)	-Free drop in childcare for single mothers with preschoolers (9:30am-1pm) Grandview/Woodland area. Snack and lunch (noon) provided for kids and moms. Moms can stay for bible discussion, or leave to do errands. Free meal 8pm Thursdays all year for anyone. Serves 100-125. Doors open at 6:30.	604-255-1411 Fax: 604-255-0414	1803 East 1st Avenue Vancouver, BC V5N 1B2	Office – Tuesday to Thursday 10am to 2pm.	The Open Door/Out of the Cold Programs (Grandview Calvary Baptist Church)
	Kiwassa Neighbourhood House	Breakfast Club – Mon-Fri. 8- 8:45am Pay what you can. The food is primarily for children, but their parents can have some too if there's enough to go around. Average of children daily – 25. Average number of parents daily – 12.	604-254-5401 Fax: 604-254-7673	2425 Oxford Street Vancouver, BC V5K 1M7	Open: Monday - Friday 8:30AM - 9 PM and Saturdays 9 AM -4 PM	http://www.kiwassa.bc.ca/
	Kitsilano Neighbourhood House	Rainbow Family Nights – family night for queer families first Sunday of every month – food (potluck style) + community. 5 - 7:30 PM. Drop-in fee: \$2.00. About 15 families attend	604. 736. 3588 Fax: 604. 736. 3640 Email: beryl_kitshouse@telus.net	2325 W. 7 th Ave Vancouver, BC, V6K 1Y4	Office Hours: Mon / Fri 8:30 a.m. – 4:30 p.m. Closed weekends and statutory holidays!	www.kitshouse.com

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	Mount Pleasant Neighbourhood House	Mostly registered-based food programs. Has licensed preschools with snacks in the morning and afternoon (serves 60 preschoolers). Family drop in program Monday, Tuesday, Wednesday, Friday to 10-20 families. Nobody's Perfect and Mother Goose – snack provided – for registered families only. Adult day care for disabled adults on Tuesdays and Thursdays – dinner provided (about 20). Teen programs Wednesday to Friday – dinner and snack for about 25 kids. Spring break camp and 9 week summer day camp – 60 kids – provides morning and afternoon sack. Family night – monthly dinner parties, monthly multicultural night – both serve about 80 people. Food box for walk-ins on case-by-case basis – number varies.	879-8208 FAX 879-4136	800 E. Broadway Vancouver, BC V5T 1Y1	Hours vary. Call ahead.	www.anhgv.org/Houses/Mount+Pleasant
	Riley Park Community Centre	Cooking for kids and family – Kids in the Kitchen teaching children Thurs evening – have to register, 5-7pm Free program, includes meal	604-257-8545	50 East 30th Avenue Vancouver, BC V5V 2T9	M-F 8:30am-9pm, Sat Sun 9am-3:30pm	www.city.vancouver.bc.ca/parks/cc/riley
	Strathcona Community Centre	Breakfast program for kids – free, 7:30am daily	604-713-1838	601 Keefer Street Vancouver, BC V6A 3V8	M-F 9am – 9:30pm	http://www.city.vancouver.bc.ca/parks/cc/strathcona
	Thunderbird Neighbourhood Community Centre	Friday Night Dinner 5:30-5:45pm \$3.00/family – need kids under 12 Community Lunch Wed 12:00 - 12:30pm (Starts Apr 9) *Every Wednesday except Ministry issue days. Give out tickets at food bank – Monday night family dinner – \$3/family, must have kids under 12years old Parent and Tot Breakfast (2 - 6 yrs) Sat 10:00 - 11:30am \$5/10 sessions – need to register in the program	604-713-1818 Fax: 604-713-1828	2311 Cassiar Street Vancouver, BC V5M 3X3	Hours are 9:30 am to 2:30 pm Mondays and Tuesdays, and 10 am to 2:30 pm Fridays. Programs are free, but Thunderbird Community Centre membership is required.	http://www.geocities.com/familiesbranchingout_capc/ http://www.geocities.com/thunderbirdcentre/

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First Nations	Aboriginal Mother Centre Society	Provides a safe place where Aboriginal women with or without children can gather. Men are also allowed in the space (except abusive partners). A free meal program provides lunch at 12 noon and dinner at 4 pm, Monday to Friday, to women and their children. Serves 40-60 people per meal	Christine 604-253-6262 Fax: 604-253-6263 E-mail: amc@amcs.ca	208-2019 Dundas Street Vancouver, BC V5L 1J5	Centre hours are 10 am to 6:30 pm Monday to Friday.	www.amcs.ca
	Cedar Cottage Neighbourhood House	Friday First Nations Supper from 6-8:00 pm. Free. About 40 people attend	604-874-4231	4065 Victoria Drive	Hours vary depending on day – call ahead	www.anhgv.org/Houses/Cedar+Cottage
	Sheway (Native Health Society)	Daily hot lunch program. Mon to Fri– 12pm-2pm - health and social services to women who are either pregnant or parenting children less than 18 months old and who are experiencing current or previous issues with substance use. Food bags, a food pantry, and food vouchers are also available. Must be a client to access any of the services. There are about 120 clients.	(604) 216-1699 Fax: (604) 658-1221	533 East Hastings St. Vancouver BC V6A 1P9	Mon-Fri 8:30 to 4:30	http://www.vnhs.net/programs/sheway.htm
Mental health consumers	Coast Foundation Clubhouse	A safe and supportive environment providing social, vocational, and employment services for people with emotional and/or psychiatric barriers. Services include low-cost meals for 1\$ to members, Monday to Friday. Serves about 80 people per day	604-872-3502	295 East 11 th Avenue Vancouver, BC V5T 2C5	Monday to Friday 9 to 5	http://www.coastfoundation.com/
	Living Room Drop-In Activity Centre (Lookout Emergency Aid Society)	A resource for mental health consumers in the Downtown Eastside – provides breakfast, lunch and dinner to people staying in the shelter. Serves about 85 people daily	Phone: (604) 255-0340 Fax: (604) 255-0790 info@lookoutsociety.bc.ca	528 Powell Street, Vancouver, BC V6A 1G9 Canada	Opens at 10 am every day. Closes at 8 pm Monday to Friday, and 6 pm on Saturdays, Sundays, and holidays.	http://www.lookoutsociety.bc.ca/

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	Motivation, Power, and Achievement (MPA) Society (formerly Mental Patients' Association)	Offers support services to adult ex-psychiatric patients. Provides free and low-cost meals daily. A food bank is available on Tuesdays (except for cheque-issue weeks). Distributes 125-145 bags/week. Daily meals - 25 cents each, seconds are free – open to members only. Serves about 2000 hot meals/month. Serves free breakfast the first hour they're open every day.	604-738-1422 or 604-738-5177 Fax: 604-738-4132	1731 West 4th Avenue Vancouver, BC V6J 1M2	Drop-in centre is open 10 am to 10 pm Monday to Friday, and 12 noon to 7:30 pm Saturdays and Sundays.	www.vmpa.org
HIV/AIDS	Dr Peter Centre	Offers comfort care through a day program and residence for people with HIV/AIDS – including meals. Free breakfast, lunch, and dessert for people in the day program. Also serves dinner to residents. Serves to 60 to 100 people per day	604-608-1874 Fax: 604-608-4259 E-mail: info@drpeter.org	1110 Comox Street Vancouver, BC V6E 1K5		www.drpeter.org
	Positive Outlook Program HIV/AIDS (Operated by Native Health Society)	-breakfast 9:30 am – 11:30 am Positive Outlook provides care, treatment and support services to people living with HIV/AIDS in the downtown eastside of Vancouver with a focus on First Nations people -Must have doctor's and recent blood work certificate to confirm HIV/AIDS status. -Must be a registered client. -Serves 180-200 daily through medication/food programs.	(604) 254-9937	449 East Hasting St, Vancouver, BC, V6A 1P5	Drop-in: Mon - Sun 9:00 am - 3:30 pm except Tues Thursdays open at 10:00, except cheque issue week	http://www.vnhs.net/programs/positive.htm
	Positive Women's Network	Food bank, hot lunch program Lunch Program - Hot lunches are served on Tuesdays from 12p.m. – 2pm. Sandwiches are available on Thursdays. Lunches are free for PWN members and their children. Membership free for any HIV-positive woman. There are 500+ members. About 40-60 lunches are served per week.	604-692-3000 or 1-866-692-3001 Fax: 604-684-3126 E-mail: pwn@pwn.bc.ca	Suite 614, 1033 Davie Street Vancouver, BC V6E 1M7	Drop-in hours are 11:30 am to 3:30 pm Tuesday to Friday. Office hours are 9 am to 4 pm Monday to Friday.	http://www.pwn.bc.ca/cms/

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Everyone	ASIA – Asian Society for the Intervention of Aids	IUD support group – Wed lunch Serve meal at 12pm with drop-in group. Open to anyone	604-669-5567	201-119 W. Pender Street Vancouver, BC V6B 1S5		
	Carnegie Community Centre	Has a low-cost cafeteria Concession/kitchen; prep & operation by staff & volunteers. Pre-fixed # of breakfasts (40) at 10am. \$1.75; Lunches(120-180) 7 days, noon, \$1.75; Dinners (100-120) 5:00pm, \$3.00. Dinners: Monday – pasta; Tuesday – vegan; Wednesday – chilli or stew; Thursday – fish; Friday – vegetarian; Saturday and Sunday – meat and potatoes	Katrina Moore (kitchen coordinator):60 4 665-3349 Community Centre: 604- 665-2220 Menu mailbox: 665-3019	401 Main Street, Vancouver, BC. V6A 2T7	Centre open 9am- 11pm everyday	http://www.city.vancouver.bc.ca/commsvcs/CARNEGIECENTRE/index.htm
	Christ Church Cathedral	Free sandwich and coffee. Mon-Fri 10am-11am	604-682-3848	690 Burrard Street V6C 2L1	Office: Monday to Friday 9:30 to 4:00; open Sundays for services	www.cathedral.vancouver.bc.ca/
	Collingwood Neighbourhood House	Community Dinner - Wed for everyone, 5:30pm, \$1/person Breakfast Program - all ages every Wed. 7:30-9 am and Sat. 9-10:45am cost: 50 cents	604-435-0323 fax:604-451- 1191 email: info@cnh.bc.c a	5288 Joyce Street, Vancouver V5R 6C9	Mon-Fri 8am-9pm Sat:9am-8pm Sun:10am-8pm	http://www.cnh.bc.ca/
	Crosswalk	Coffee, drop in, muffins – every night except Tuesday from 7:30pm-10:30pm	604-669-4349	108 West Hastings Street Vancouver, BC V6B 1G8		
	Door is Open, The (Catholic Charities)	Drop-in centre for adults in the Downtown Eastside. Free meals – breakfast 9am everyday, Lunch (soup and sand) everyday 11am. Wed women only breakfast 8am, lunch 11:30 am. Serves about 300 daily	604-669-0498	373 East Cordova Street, Vancouver, BC. V6A 1L4	Monday, Tues, Thurs, Friday, Saturday 11am-6pm Wed women only 9:30-3pm	http://www.thedoorisopen.ca/
	The Dugout Drop-In (First United Church)	Drop-in centre for all ages. Free soup and coffee 7:15 am daily, 8:45am on Sundays. Saturday Night Fellowship offers entertainment and sandwiches from 7:15pm. Serves about 1,200 people per week.	604 685 5239	59 Powell Street, Vancouver, BC. V6A 1B4	Centre is open for drop-in 8:30am-10 pm Mon to Sat, and 10:30am-9pm Sun and holidays. Office: M-F 8:30am- 4pm	www.firstunited.ca

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Stage	Program	Description	Contact	Location	Hours	Website
	Evelyne Saller Centre	Cafeteria: breakfast, 10am, \$2.00; lunch, 11am, \$2.00; supper until 5:50pm, \$2.00. Serves about 1000 people daily	604-665-3075	320 Alexander Street Vancouver, BC V6A 1C3	Centre hours 9 am - 11 pm Mon to Fri, 10 am -10 pm Sat and Sun	http://www.city.vancouver.bc.ca/commsvcs/NONMARRKETOPERATIONS/esaller.htm
	First Baptist Church	Tuesday – service at 6:30pm, and dinner at 9:30pm, with social activities following. Serves about 60-100 people. A shelter (mats, blankets, and pillows) is also provided to about 40 people.	604.683.8441	969 Burrard Street	Tuesday evening service– 6:30pm-11pm (meal starts at about 9:30)	www.firstbc.org
	First United Church	Free soup and bread Mon-Fri 8:30-8:45am, coffee 9:30-10:30am, Sat 7pm movie and sandwich (except for cheque issue week). Many people access these services.	604-681-8365	320 East Hastings	M-Thurs 8:30-4, Fri 8:30-12pm	www.firstunited.ca
	Food on the Corner	Saturday 11am – soup and groceries are distributed to about 250-500 people at the corner of Main and Powell	604 943-5507	Main and Powell	Saturday 11am	
	Street Church @ Foursquare Gospel Church	Offers food, clothing, live music, an open microphone, and a gospel church service. Open 9:00 p.m.-12:00 a.m. (midnight) every day. No cost. Free coffee and hot dogs	(604) 681-1910	175 East Hastings Street Vancouver, BC V6A 1N4	Open 9:00 p.m.--12:00 a.m. (midnight) every day	www.foursquare.ca/mainland.htm
	Franciscan Sisters of the Atonement	Provides free soup and sandwiches 3:30 pm Mondays, Tuesdays, Thursdays, and Fridays, and 2 pm Sundays. One hot meal on the third Sunday of each month beginning at 12 noon, from September to April. Usually closed holidays	604-685-9987	385 East Cordova Street, Vancouver, V6A 1L4	M-F 9-5pm	http://www.rcav.org/charities/i-atonement.htm
UPDATED	Friendship Providers	Sundays - serves soup, a sandwich, drink, and snack. Serves 800 people every Sunday. 900 block Granville 1:30pm Openheimer Sq. 2:30pm Pigeon Park 3:30pm	604 574-7833	2950 Dewdneytrunk Road Coquitlam, BC	Office Hours: Tuesday-Friday 9-5	www.friendshipprovidersinaction.org

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Stage	Program	Description	Contact	Location	Hours	Website
	The Gathering Place (City of Vancouver)	The cafeteria offers three meals a day—breakfast costs \$2.00, lunch costs \$2.75, and dinner costs \$3.75 (includes soup and dessert). Soup is available at \$.75 and sandwiches are a dollar. Serves about 50 people at breakfast, 70-90 at lunch, and 140 at dinner.	604-665-2391 Fax: 604-257-3863	609 Helmcken Street Vancouver, BC V6B 5R1	7 days a week from 10 am to 8 pm, open all statutory holidays.	http://www.city.vancouver.bc.ca/commsvcs/GATHERINGPLACE/
	Glad Tidings Church	Free meal Friday (happens every few months) -7pm soup, sandwich, some groceries -bring Vans and set up tables	604) 873-3621	Grandview Park (Commercial Drive)		www.gtchurch.ca
	Gordon Neighbourhood House	Hot lunches on Tues afternoons open for public – \$3.50/person and often have meals for holidays (i.e. Easter meal). Serves about 10 people.	p. 683-2554 f. 683-4486	1019 Broughton Street Vancouver, BC V6G 2A7	M-Thurs 9am-9pm Fri Sat 9am-3:30pm	www.gordonhouse.org
	Harbour Light Centre (Salvation Army)	Serves free meals 11 am Mon to Friday, and 5 pm Mondays, Wednesdays, Fridays, Saturdays, and Sundays. Doors are opened 15 minutes prior to meals. Service on Sunday nights half and hour before meal is voluntary (service lasts 30 minutes max). Meals are served to about 1000 people per day.	604-646-6800 Fax: 604-682-1673	119 East Cordova Street Vancouver, BC V6A 1K8		http://www1.salvationarmy.org/can/www_can_bc.nsf
	Japanese Community Volunteers' Association (Tonari Gumi)	Senior \$3.50, non-senior \$4.00 lunch program 12-1pm, Monday and Friday. About 30 people attend on Monday, and about 40 people attend on Friday (numbers vary depending on the season and weather) -open to everyone	604-687-2172	511 East Broadway, Vancouver V5T 1X4	Mon and Fri 12-1pm	http://www.jcva.bc.ca/
	Kettle Drop-in Centre (Kettle Friendship Society)	Meals at 11:30 am, Mon-Sun; cost is \$1 or you can do a chore. Also a \$1 per year membership fee	604-251-2854 Fax: 604-251-6354	1725 Venables Street Vancouver, BC V5L 2H3	Drop-in hours M-F 9:30 am to 8 pm, 10 am to 5 pm Sat, Sun, and holidays. Office hours: Mon-Fri, 9-5pm	http://www.thekettle.ca
	Little Mountain Neighbourhood House	Friday night 5-6pm free dinner– open for everyone	879-7104 FAX 879-7113	3981 Main St. Vancouver, BC V5V 3P3	Friday 5-6pm	www.lmnh.bc.ca

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Stage	Program	Description	Contact	Location	Hours	Website
	Mission Possible - Compassionate Ministries Society	<p>Afternoon Drop-in - Tuesday through Friday 1:00-3:30pm. Free coffee and snacks are served.</p> <p>Evening Service - Friday 7:30-8:00pm. Free soup and sandwiches are served after the service.</p> <p>-Wed hot meals</p>	(604) 253-4469 Fax (604) 253-0418	543 Powell Street, Vancouver, BC. V6A 1G3	Service at 7:30, meal at 8:00pm	www.mission-possible.ca
	Neighbourhood helpers and Street Bus	Tuesday before welfare 2:30pm soup		1000 block Granville		
	The Open Door/Out of the Cold Programs (Grandview Calvary Baptist Church)	Free meal 8pm Thursdays all year for anyone. Serves 100-125. Doors open at 6:30. From October to March there is an overnight stay with breakfast on Friday morning. 20 mats available, first come first serve	604-255-1411 Fax: 604-255-0414	1803 East 1st Avenue Vancouver, BC V5N 1B2	Office – Tuesday to Thursday 10am to 2pm.	n/a
	Potluck Café at the Portland Hotel	Free meals for people with HIV/AIDS and Hepatitis – referral basis; low cost meals for low-income customers. Provides long-term employment and training program/facilities for local residents in the Downtown Eastside. Also functions as a commercial restaurant, café, and caterer to fund free/low-cost meal programs. Provides 3000-4000 free meals per month. Has a community kitchen every other Tuesday for anyone in the DTES	(604) 683-0073 Ext. 379	20 West Hastings Street, Vancouver, BC. V6B 1G6	Monday to Friday 7am to 7:30 pm	http://www.potluckcatering.com/

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Stage	Program	Description	Contact	Location	Hours	Website
	QUEST Outreach Society	<p>Provides hot, sit-down meals in the basement of Saint James Church. Collects and distributes food to over 60 social service agencies on the lower mainland. Emergency food hampers available by referral only. One type of grocery bag for singles, and one for families. Must get voucher from a social worker, and then give voucher to the QUEST Outreach Society to receive groceries. Serves 3,800 people per week.</p> <p>Provides meals every Tuesday at 12:30 p.m. at 303 East Cordova Street (St. James Anglican Church) and Saturday 12:30. Thursday at 1:00 p.m. at 1012 Nelson Street (St. Andrew's Wesley Church), except the Thursday after cheque issue</p>	604-602-0186 Fax: 604-682-3494 E-mail: questos@telus.net	1217 East Georgia Street Mailing address: PO Box 2156 Station Main Terminal Vancouver, BC V6B 3V3	Monday to Friday 8:30 am to 4pm	http://www.questoutreach.org/
	New Beginnings Baptist Church	Breakfast daily 7-8am Serves the East Vancouver population from Main Street to Boundary Road, and Hastings Street to 33rd Avenue.	604-873-2100	1648 East 1 st Avenue		n/a
	Potters Place	Potters place opens at 11:00am and lunch is served at noon for about 20-40 people. Dinner is served at 10:00pm for about 80-100 people	(604) 688-2968	21 East Hastings St.	Mission's hours: 10:30-12:30	
*	Rainbow Mission	Daily 7:30pm – Church Service, meal at 8pm	604-681-4377	135 Dunlevy Avenue		
	Salvation Army (Cariboo Hill Burnaby branch)	Van with soup, sandwich, snacks Sunday and Tuesday 10:30am-12:30pm. Serves 350-400 people	(604) 525-7311	In front of the courthouse downtown		http://cariboohill.ca/

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Stage	Program	Description	Contact	Location	Hours	Website
	Aunt Leahs Independent Life Skills Society	Provides free (or by donation) community meals at three places – they partner with two churches and one community centre. The churches pay for the food, and Aunt Leah's provides the catering. St. Mark's Trinity United Church – Thursdays noon to 12:45pm; Wilson Heights United Church - Thursdays 5:30pm – 6:30pm; and Collingwood Neighbourhood House - Wednesdays from 5:30 – 6:30. Serves 100 people per meal. People who come receive full-seated services from people who are in the restaurant work training program	(604) 264-7238	St. Marks' Trinity United Church: 1805 Larch St. Wilson Heights United Church: 1634 E. 41 st . Ave. Collingwood Neighbourhood House: 5288 Joyce St.	Office Hours: Monday to Friday 9:00am – 5:00pm	www.auntleahs.org
	St. Michael's Mission Society	Provides Free meals Monday to Friday from 6pm – 7pm. Sandwiches, beverage, fruit, sometimes a dessert and/or soup. Also hosts a student food bank (open to all students, with ID) every Friday 6-7, except for the last Friday of the month. Monday morning – Spanish breakfast at 9:30. Serves about 50 people per meal.	(604) 875-6369	409 East Broadway Avenue Vancouver, BC V5T 1W8	Office Hours Thursday -Friday 10:00am-noon	n/a
	South Vancouver Neighbourhood House	Neighbourhood Seniors' lunch Tuesdays 12pm Cost: \$3.50. Serves 20-30 people. Community Family Night - drop in dinner. First Thursday of every month. Cost is \$3.50 for adults, and \$1.00 for children 2-12 years of age. Serves about 65 people.	324-6212 FAX 324-6116	6470 Victoria Dr. Vancouver, BC V5P 3X7	Hours: Monday to Thursday 9am-6pm Fridays 9am-8pm	http://www.city.vancouver.bc.ca/parks/cc/strathcona/
	Strathcona Community Centre	The 2nd Wednesday of the month, 12:00 noon. \$4 Chinese meal. Purchase ticket by Tuesday. Free breakfast for school children Monday to Friday from 7:30 to 8:50. Serves 180-250 children daily.	604-713-1838	601 Keefer Street Vancouver, BC V6A 3V8	September - June Monday - Friday 9:00 am - 10:00 pm Saturday & Sunday 9am to 5pm Stat. Holidays Closed	n/a

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Stage	Program	Description	Contact	Location	Hours	Website
	Thunderbird Neighbourhood Community Centre	<u>Community Lunch</u> Wed 12:00 - 12:30pm *Every Wednesday except Ministry issue days. Give out tickets at food bank –	604-713-1818 Fax: 604-713-1828	2311 Cassiar Street Vancouver, BC V5M 3X3	Hours are 9:30 am to 2:30 pm Mondays and Tuesdays, and 10 am to 2:30 pm Fridays. Programs are free, but Thunderbird Community Centre membership is required.	http://www.geocities.com/familiesbranchingout_capc/ http://www.geocities.com/thunderbirdcentre/
	Union Gospel Mission	Christian non-profit society. Offers a free meal after chapel services at 2 pm, and 7 pm- 7:30 pm every day. Every welfare day, and the three days following it, there is no 7 pm meal. Serves about 300 people per day. Hour long Church service before the meal. -chilli wagon 7pm Tuesdays @ Charles and Commercial	604-253-3323 Fax: 604-253-3496 Web: www.ugm.ca	616 East Cordova Street Vancouver, BC V6A 1L9	Open seven days a week from 9am to 5pm. Shelter opens at 9pm	http://www.ugm.ca/
	VANDU - Vancouver Area Network of Drug Users	Free meal on Friday afternoons – with a meeting. For members of the Western Aboriginal Harm Reduction Society –but they are pretty open about who attends. Need to register at 1:30pm Friday.	604-683-8595	50 East Hastings Street 2 nd floor Vancouver, BC V6A 1N1	Hours: 10am – 4pm	www.vandu.org
	Wilson Heights United Church	Free dinner Thursdays 5:30pm-6:15pm; Drop-in basis. Serves about 100 people	604-325-9944 Fax: 604-325-3835 E-mail: rosemary@whuc.net	1634 East 41st Avenue Vancouver, BC V5P 1K5	Office: Tuesday to Friday 9:30am to 1:30pm	www.whuc.net
	YWCA Crabtree Corner	Meals daily Mon, Tues, Thurs, Fri 2-4pm, Wed 10:0-1:15pm – drop-in for program participants (snacks, soup or hot meal)	604 - 216-1650	533 East Hastings Street Vancouver, BC V6A 1P9	Drop in 2-4 Mon, Tues, Thurs, Fri, and 10:30-1:15pm on Wed.	www.ywca.org/families/crabtree.html

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Stage	Program	Description	Contact	Location	Hours	Website
UPDATED	Food Not Bombs	A collective that cooks food and serves it at the Woodward's building on Sundays at about 4:30 or 5:00. They serve about 50 people. They cook with food that would otherwise get thrown out, such as donations from the foodbank, and food in grocery store and restaurant dumpsters.	Nicole (or say you're calling about Food Not Bombs 604 876-2287 nico@riseup.net			
Seniors	411 Seniors Centres	Breakfast and lunch. \$2.75 for members;\$3.25 nonmembers. Membership \$8/year. Small soup is 50 cents and a sandwich is \$1.50	604-684-8171	411 Dunsmuir Street Vancouver, BC V6B 1X4	Mon-Fri 8:15-3pm Sat. 9-2pm	www.411seniors.bc.ca
	ASK Friendship Centre – adult day program	Serves hot lunches Monday to Friday to about 20 people. Must be registered. 4\$ per lunch	604-263-7333	2733 W. 41st Ave Vancouver, BC V6N 3C5	Monday to Friday 10:00 to 3:00	www.askcentre.ca
	Britannia Community Centre	Seniors lunches on Mondays and Thursdays. Monday - homemade soup, bun, coffee, tea - \$2. Thursday – salad, meal, coffee, tea, dessert 3\$. Drop in. Must be 55+ years of age. September to June. Serves about 12 – 30 people.	604-718-5800 Contact: Anne Jackson	1661 Napier Street Vancouver, BC V5L 2M6	Centre hours: Mon. to Thurs 8:30 am -9 pm. Fri 8:30 am - 7 pm Sat 9am - 5 pm Sun 10 am – 4 pm	http://www.city.vancouver.bc.ca/parks/cc/britannia/website/index.html
	Cedar Cottage Neighbourhood House	Supper Club for Seniors Wednesday 4-7pm, cost \$3.00 Phone ahead to tell them you're coming. About 30 people attend.	604-874-4231	Dinner 4-7pm Wednesday	9-6pm office – hours vary depending on program	www.anhgv.org/Houses/Cedar+Cottage
	Collingwood Neighbourhood House	Seniors Lunch Tuesdays and Thursdays from 12:00-12:30. \$3.50 for seniors. \$4.50 for anyone else. Tuesdays serve about 10-20 people. Thursdays serve about 20-30.	604-435-0323	5288 Joyce Street	Open 9am-9pm daily (depends on programs)	http://collingwood.vcn.bc.ca/index.pl/home
	Continental Seniors Centre	Drop-in centre for seniors that offers information and referral services, and recreational activities. A cafeteria provides low-cost nutritious meals. breakfast \$2, lunch \$2.75, dinner \$3.75.	604-665-3333	1067 Seymour Street Vancouver, BC V6B 5S4	Centre is open 9 am to 6 pm daily.	n/a

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Stage	Program	Description	Contact	Location	Hours	Website
	Downtown Eastside Senior's Centre	Drop-in centre for senior citizens offers cards, pool, television, breakfast, lunch, and information and referral services. Hot lunch is \$1.75 to \$2.50. Must be a member – membership costs \$5/year. Serves 100-120 people per day. Breakfast is 8-10am. Lunch is at noon.	604-254-2194 Fax: 604-254-2150	509 East Hastings Street Vancouver, BC V6A 1P9	Monday to Friday 8am-3pm. Saturday 9am-3pm	www.bcn.bc.ca/scndmile
	Kerrisdale Community Centre	Seniors lunch 11:45 – 1:15pm daily. Full meal \$4.50, smaller meals available. Mon-Sat	604-257-8100	5851 West Boulevard Vancouver, BC V6M 3W9	Hours seniors centre 9am-8pm	www.city.vancouver.bc.ca/parks/cc/kerrisdale
	Kitsilano Neighbourhood House	Seniors Luncheon. Hot lunch every Tuesday with activity. 12:15 p.m.-1:45 p.m. Cost: \$4. Serves 15-24 people. For members. Membership costs \$5/year.	604. 736. 3588 Fax: 604. 736. 3640 Email: beryl_kitshouse@telus.net	2325 W. 7 th Ave Vancouver, BC, V6K 1Y4	Office Hours: Mon / Fri 8:30 a.m. – 4:30 p.m. Closed weekends and statutory holidays!	www.kitshouse.com
	Gordon Neighbourhood House	Hot lunch Tues 12pm – \$3.50 – for seniors, special events with food once/month. Serves about 10 people.	604-683-2554	1019 Broughton Street Vancouver, BC V6G 2A7	M-Thurs 9am-9pm Fri Sat 9am-3:30pm	www.gordonhouse.org
	Lions Den Wheels-To-Meals (Lions Den Recreation Centre)	Provides a supportive environment for people aged 55 and older \$4.00 for meal and 1 way transportation included. Boundaries: Nanaimo to Clark, Waterfront to Broadway. 24 hours notice required.	604-718-5848	770 Commercial Drive Vancouver, BC V5L 3W5	Operates 11 am to 2 pm Tuesdays and Fridays. Hot lunch Tuesday and Friday from noon-1:30 pm.	n/a
	Mount Pleasant Neighbourhood House	Lunch for 20-40 seniors Tuesdays and Fridays	879-8208 FAX 879-4136	800 E. Broadway Vancouver, BC V5T 1Y1	Hours vary. Call ahead.	n/a
	Kerrisdale Seniors Centre	Seniors Hot lunch Monday to Friday from 11:30-1:00pm \$4.50, \$2.00 for soup & sandwich. Membership required \$8/year. Men's lunch on Tuesday. Serves 50 people daily. There is a special meal once per month that serves 100 people.	604-257-8109	5851 West Blvd Vancouver V6M 3W9	M-F: 8:45am- 10pm, Sat & Sun: 8:45am – 5pm. Dining room: Mon- Sat 11:30am-1pm	http://www.city.vancouver.bc.ca/Parks/cc/kerrisdale/website/program_seniors.htm

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Stage	Program	Description	Contact	Location	Hours	Website
	Renfrew-Collingwood Senior Centre	Tuesday and Friday lunch (includes full day program). \$3.50 -about 20+ people (Boundaries: Venables to Fraser and Knight to Boundary Road) .	604-430-1441	3015 E. 23rd Ave	Tues and Fri lunch Centre Hours:	http://victoria.tc.ca/Community/RenColl/index.html
	South Granville Seniors Centre	Tuesday/Thursday lunch at 12pm. \$6.00 for members and \$6.50 non-members. Reserve two days in advance. Tuesdays serve about 10 people, and Thursdays serve about 15-25 people.	604-732-0812	1420 W. 12th Ave	9:00 am - 4:30 pm Monday - Friday Closed on statutory holidays	http://www.southgranvilleseiors.ca/
	Strathcona Community Centre	Meals on wheels program Seniors luncheon - \$4.00 every other Wed at 11am- 1pm -	604-713-1838	601 Keefer Street Vancouver, BC V6A 3V8	M-F 9am – 9:30pm	http://www.city.vancouver.bc.ca/parks/cc/strathcona
	Sunset Towers	501 units for low-income seniors and adults with disabilities in two hi-rise buildings located in Vancouver's West End. Tuesdays and Thursdays - free meals for tenants. Serves 120 people per meal. Food is provided by the Food Bank's Food Runners Program, which redistributes food from hotel and commercial enterprises.	604-688-1615	Outreach office: #312-1655 Barclay Street Vancouver, BC V6G 2Y1	Mon-Thurs 9am-2pm	
Shelters with Meals						
Youth	Covenant House Vancouver	Short-term crisis and transitional residential shelter for youth ages 16 to 22. -Meals are provided	604-685-7474	575 Drake Street Vancouver , BC V6B 4K8	Open 24 hours	http://www.covenanthousebc.org/
	Dusk to Dawn Street Youth Resource Centre (Family Services of Greater Vancouver)	Self-referred shelter for street involved youth 21 & under. Laundry facilities and showers are provided and food is served at 8:30 pm and again at 1:30 am. Information and referrals provided.	604-688-0399 or Toll free 1-866-24 youth (96884) Fax: 604.683.0383	1056 Comox Street Vancouver BC V6E 1J2	7:00 pm - 5:30 am Sunday to Thursday	http://www.fsqv.ca/programpages/youthservices/duktodawn.html
	First Baptist Church	Tuesday nights only. Open 9 p.m., meal at 9:30 p.m. Shelter priority for under 19.	604-683-8441	969 Burrard Street	Tues nights only	www.firstbc.org

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Stage	Program	Description	Contact	Location	Hours	Website
	Urban Native Youth Association – Aboriginal Youth Safehouse	Self-referral program for street involved youth between the ages of 16 and 18 years. The maximum stay is 7 days. Accept referrals 24 hours a day, 7 days a week. Serves mostly homeless youth 16-18 years old. Co-Ed. Can house up to 7 people at a time. There are three meals a day for those staying in the shelter. Breakfast – self serve. Lunch – to take out with them. Dinner served between 5:00-6:30.	(604)254-5147 or 1- 877-223-4321 Fax: (604) 254-5159 Email: unyainfo@unya.bc.ca	Office: 1640 East Hastings Street Vancouver, BC V5L 1S6	24 hours/day, 7days/week	www.unya.bc.ca
	Walden Street Safe House	Voluntary, residential program for youth ages 16 to 18. Able to stay 7 days. No fees for service. Help make plans, evaluate situation, and connect with other services. Has 9 beds. Serves three meals a day to people staying in the house.	604-877-1234 Fax: 604-875-0254 E-mail: safehouse@fsgv.ca	Vancouver East Office 202-1193 Kingsway Vancouver, BC V5V 3C9	24 hour/7days a week	http://www.fsgv.ca/programpages/youthservices/safehouse.html
	Young Wolves Lodge	The Young Wolves Lodge is a self-referral program for female youth between the ages of 17 and 24 years who are actively working towards positive changes in their life. Open to female Native youth only, aged 17 to 24. Offer 3 meals/day.	Phone: (604) – 321-1118 Fax: (604) - 322-7521 Email: unyainfo@unya.bc.ca	Office: 1640 East Hastings Street Vancouver, BC V5L 1S6	24 hrs	http://www.unya.bc.ca/psfesprog_ywl.htm
Men	Belkin House (Salvation Army)	Cold weather shelter program (contract is renewed annually) – October to April – 50 beds – first come, first serve – Free breakfast and dinner. Year-round provides 15 beds for women, and 43 for men. First come, first serve. Must have an MHR referral. 15 of the beds are for women. Also provides short-term single resident accommodation for men who are in education/training programs. Cost is \$375/month. About 50 men stay in this residence at a time.	604-681-3405 Fax: 604-681-3005	555 Homer Street Vancouver, BC V6B 1K8	Registration is from 6 pm to 10 pm, and an MHR referral for emergency food and shelter is preferred.	bc.salvationarmy.ca

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Stage	Program	Description	Contact	Location	Hours	Website
	Catholic Charities	For men, Night time only, food voucher supplied, no wheelchair access.	604-443-3292	828 Cambie St.	4pm-11:30pm	www.rcav.org/charities
	The Haven (Salvation Army) -	Provides emergency shelter beds for men, during a certain number of weeks in winter. Admitting hours are 4 pm to 8 am daily. -have breakfast, out during day	Night: 604-646-6806 Day: 604-646-6800	128 East Cordova Street Vancouver, BC	Admitting hours 4pm-8pm daily	bc.salvationarmy.ca
Women only	Anderson Lodge (Circle of Eagles Lodge Society)	Emergency shelter for women of any culture in crisis (which may include addiction or family violence) who need temporary housing. There are 10 beds. Breakfast, lunch, and dinner are free to those staying in the shelter.	604-874-1246 Fax: 604-874-9464	c/o 1470 East Broadway Vancouver, BC V5N 1V6	24 hrs	n/a
	BC/Yukon Society of Transition Houses	Network of transition houses, safe homes, and second stage houses in BC and the Yukon. Does not provide frontline service – but links to shelters that do.	604-669-6943 or 1-800-661-1040 Fax: 604-682-6962 E-mail: admin@bcysth.ca	507-475 Howe Street Vancouver, BC V6C 2B3	24 hr shelter Office hours: 9 am to 4:30 pm Monday to Friday.	www.bcysth.ca
	Bridge Emergency Shelter	Emergency shelter providing accommodation for single women experiencing crisis – single women – have to be on welfare, no children. Shelter is staffed 24 hours a day. -Provide meals	(604) 684-3542	Vancouver	24 hours	n/a
	Helping Spirit Lodge	-First stage transition house primarily for Aboriginal women and children who have experienced family violence. Max stay 30 days. Staffed by aboriginal workers. 33 beds. Meals are provided to those staying in the house. There is an interview process to qualify to stay in the house.	24-hour: 604-872-6649 Fax: 604-873-4402	c/o 3965 Dumfries Street Vancouver, BC V5N 5R3	24 hours	www.helpingspiritlodge.org

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Stage	Program	Description	Contact	Location	Hours	Website
	Homestead (Salvation Army)	Single women or with children. No boys over 13 years must be 72 hours clean, 3 meals. Services are in the process of changing.	604-266-9696 receptionathomestead@telus.net	975 W 57	24 hours	bc.salvationarmy.ca
	Kate Booth House (Salvation Army)	Kate Booth house supports women in transition, with information, shelter, crisis line, etc. -Provide meals	Tel: 604-872-0772 Fax: 604-872-7775	P.O. Box 38048 King Edward Mall Vancouver, B.C. V5Z 4L9	24 hour crisis line	http://www1.salvationarmy.org/can/www_can_bc.nsf/vw-dynamic-arrays/146C846FA2A7906F85256ECB005C76D7?openDocument
	New Beginnings (Salvation Army)	See homestead	604-266-9696 Fax: 604-266-7401	The Salvation Army Vancouver Homestead 975 West 57th Avenue Vancouver, BC V6P 1S4	24 hours	
	Powell Place Shelter for Women (Saint James Community Service Society)	Emergency shelter provides accommodation for single women who are experiencing crisis. Gives support and provides information regarding available resources. -Food provided	604-606-0402 Crisis Line: 604-606-0403 Fax: 604-606-0309	Mailing address: 329 Powell Street Vancouver, BC V6A 1G5	24 hours/7days	http://www.sjcss.com/
	St. Elizabeth Home (Saint James Community Service Society)	Provides emergency shelter for single women and women with children who are in crisis, whether they are escaping violence, unfit living conditions, in recovery from addiction, or wanting to find better housing and develop better life-plans. Food is provided for the people in the shelter to make breakfast, and lunch and dinner are prepared for them. Serve up to 36 people.	Crisis: 604-606-0412	Mailing address: 333 east 16 th Vancouver, BC V6A 1G5	24 hours/7days	http://www.sjcss.com/

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Stage	Program	Description	Contact	Location	Hours	Website
	Umbrella	Women only. 24 hours, referral and supper. Wheelchair accessible -Provides meals	604-606-0367	1321 Richards Street,	24 hours	
	Vancouver Rape Relief and Women's Shelter	Crisis line, emotional support, information and education. Also provides emergency transition shelter for women and children escaping violence. Food provided to those staying in the shelter to make food. About 12 people (including the mothers' children) access this food daily.	604-872-8212	N/a	24 hours/day.	www.rapereliefshelter.bc.ca
Everyone	The Anchor (Salvation Army)	Seasonal emergency accommodation for men and women; only open during the cold and wet winter months. Meals are provided. Residents expected to be alcohol and drug-free.	604-646-6899	134 East Cordova Vancouver, BC	Open 11pm to 7 am. Only during cold months of year.	http://www.salvationarmy.ca/
	Crosswalk (Salvation Army)	Emergency accommodation for adults. Opens at midnight, and coffee and snacks are served at 8 am. Thursday afternoon drop-in offers coffee, community information, and spirituality discussion. Hours and days expand beginning of April.	604-669-4349	108 West Hastings Street Vancouver, BC V6B 1G8	Open evenings from 12pm	bc.salvationarmy.ca
	Vi Fineday	Male or female headed families, couples without children or single women (no single men without families). No alcohol/drugs. Accepts MHR referrals for stays of up to 30 days, and self-referrals for up to 10 days. Free breakfast, lunch, and dinner, and two snacks. Provides a packed lunch for anyone who is out during the day. There are 18 beds.	604-736-2423	Kitsilano. Address is only provided to those staying in the shelter.	24 hours	n/a

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Stage	Program	Description	Contact	Location	Hours	Website
	Lookout Downtown Shelter (Lookout Emergency Aid Society)	A 24-hour emergency centre that provides temporary accommodation and support to those who have no other housing options. In addition to food and shelter, staff address issues such as housing, finances, and treatment for addiction or mental/physical ailments, through crisis counselling, case planning, and referral or liaison services.	604-681-9126 Fax: 604-681-9150 E-mail: dtshelter@lookoutsociety.bc.ca	346 Alexander Street Vancouver, BC V6A 1C3	24 hour/ 7 days week	www.lookoutsociety.bc.ca
	Out of the Cold (Grandview Calvary Baptist Church)	-Overnight shelter for men and women on Thursdays from Thanksgiving until end of April. Provides overnight shelter for men and women on Thursdays from Thanksgiving to the end of April. Free meal 8pm Thursdays all year.	(604-253-6667) Fax: 604-255-0414	1803 East 1st Avenue Vancouver, BC V5N 1B2	24 hours	n/a
	Triage Emergency Services and Care Society (Windchimes Vivian, The Vivian Princess Rooms)	Provides 28 emergency beds for homeless individuals with substance use and/or mental health issues. Also operates other shelters. Provides three free meals a day to residents. Also has a meal plan for 50 people in the community, who can get three meals a day for \$150/month. Must have a dual-diagnosis or serious mental health issues to qualify.	604-254-3700 Fax: 604-254-3747	707 Powell Street Vancouver, BC V6A 1H5	24 hours	www.triage.bc.ca
	Union Gospel Mission	7 nights a week: 9:00 p.m. - 7:00 a.m. (for up to 30 men and 5-6 women)	604-253-3323	616 East Cordova Street Vancouver, BC V6A 1L9	9pm-7am daily	

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	Yukon Shelter(Lookout Emergency Aid Society)	A 24-hour, multiservice housing centre for men and women in emergency and transitional situations. Provides food and shelter, crisis counselling, case planning, and referral/liaison for education, and employment needs. Wheelchair accessible, and small pets are allowed. In winter, the cold/wet weather room is available for shelter and showers. About 90 access the services in the cold/wet months, and 50 people access the services the rest of the year.	604-264-1680 Fax: 604-264-1610 E-mail: yukon@lookoutsociety.bc.ca	2088 Yukon Street Vancouver, BC V5Y 4B1	24 hour/ 7 days week	www.lookoutsociety.bc.ca
Community Kitchens						
	Abbot Mansions Community Kitchen	Part of DECK	Ron 604 876-0659 ext. 120	404 Abbot St.		
	ADAPT – Vancouver Native Health Society	Part of Deck. No fee. Community kitchen is a part of the program – the program as a whole is funded by the Off-Reserve portion of the Aboriginal Diabetes Initiative of Health Canada. The program also receives some support – both funding and food - from DECK. Sometimes clients bring food (out of their own will to share)	Kristen Yarker Work: 604-254-9949 Fax: 604-254-9948 Mobile: 604-781-6695 Email: adapt_diabetes@hotmail.com	449 East Hastings St. Vancouver BC		
	Antoinette Lodge - Seniors Residence	Part of DECK	Ron Plowright Work: 604-876-0659 ext 120			
	Aunt Leah's Community Kitchen Program	No fee. Received a grant a couple years ago from United Way for the Community Kitchen Project. That money is about to run out, so they are looking for new sources. They also receive some money from a few other places such as the Vancouver Foundation	Contact: Zoe Renaud Work: 604-264-7217 Mobile: 604-376-7238	8872 Hudson St		

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	Britannia Elementary Cooking Fun for Families	No fee. Funding comes through KidSafe, from CLICK – Contributing to the Lives of Inner City Kids	604-713-4497	1110 Cotton Drive		
	Britannia High School Vegetarian Community Kitchen		Cristina Tognon Home: 604- 734-6607	#100 - 237 E 4th Av		
	Britannia Elementary School Kurdish Women's Community Kitchen		Naomi Staddon nstaddon@telus.net	1110 Cotton Drive		
	Cedar Cottage Neighbourhood House Healthiest Babies Possible, Young Moms, and Moms To Be	No fee. The program is funded by Vancouver Coastal Health, and the food is paid for with money from this budget.	877-4673 Genie	4065 Victoria Drive		
	Coast Families Program Wilson Heights United Church		604-872-3502	1634 E. 41st Ave.		
	Coast Housing Collective Kitchen Shawn Flannery Wilson Heights United Church		Shawn Flannery Work: 604- 872-3502	1634 E. 41st Ave.		
	Coast Mental Health Resource Centre Coast Foundation		Beata Zaleska Work: 604- 683-3787	1225 Seymour St.		
	Cooking Fun for Families Riley Park Community Association		Karen (604) 257- 8545	50 E 30th Av		

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	DECK – Downtown Eastside Community Kitchens	Funded by the Vancouver Coastal Health Authority's Sharon Martin Community Trust Fund. Non-perishables are received from the Greater Vancouver Foodbank Society. \$1,800 of the annual budget is for food (mostly perishables such as vegetables, cheese, meat, tofu) and equipment. Most community kitchens are free, but participants sometimes chip in food and/or money. Most kitchens meet once a week, although some meet twice a week or every two weeks.	Ron Plowright (facilitator, food provider, organizer) 604 876-0659 ext. 120 E-Mail: deck@foodbank.bc.ca			
	Greater Vancouver Food Bank Society - Vancouver Community Kitchen Project	No fee. Terasen Inc. provides 97% of the funding for the Vancouver Community Kitchen Project. the Greater Vancouver Foodbank Society provides office space, a kitchen, a van, etc.	Diane Collis 604-876-0659 ext.118	1150 Raymur Ave.		www.communitykitchens.ca
	Greater Vancouver Foodbank Society's Downtown Community Kitchens program)	Part of DECK	Ron 604 876-0659 ext. 120	668 Powell St.		
	Hastings Community Kitchen Hastings Community Centre		Ivy Ng Ivy_Ng@telus.net	3096 E Hastings St.		
	Hastings/ Tillicum Community School Cooking Fun Program	No fee.	604 713-5268 Christy	2625 Franklin St.		
	Health Contact Centre		Guillermo Fernandez 604-658-1238	166 E Hastings St		
	Helping Spirit Lodge Society Community Kitchen		604-874-6649	3985 Dumfries St.		

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	Jewish Community Kitchens Program Jewish Family Service Agency	Funding comes from the Jewish Federation (a local funder). They used to have Van City funding, but not anymore. A portion of the budget goes to food, but the majority goes to paying staff, renting a space, etc. Participants usually share the cost of the food (about \$2-5 each).	Andrea 604-257-5151 E-Mail: info@jfsa.ca	300-950 West 41st Av		
	Jubilee Community Kitchen Jacobs Well	Part of DECK	Contact Frank or Helen at 604-681-4898	239 Main St		
	Kettle's Cooking and Baking Club Kettle Friendship Society	No fee. Funding comes from Vancouver Coastal Health	Ken Paquette – Drop-in Manager 604-251-2854 Fax: 604-251-6354	1725 Venables St		www.thekettle.ca
	Kiwassa Canning Kitchen Kiwassa Neighbourhood House	Their provincial government funding was cut, so people in the program pay for the food. The cost usually doesn't go over \$5 per cooking session, and it's often much less. They sometimes get food from other groups at Kiwassa (such as fruit that isn't finished at the daycare). Max 8 people	Ellen Wickberg Home: 604-733-3602	1829 MacDonald St		
	La Boussole	Some food is donated by the foodbank. The rest is purchased by the community kitchen. La Boussole receives some funding from government funders such as Patrimoine Canada, and the city of Vancouver.	604-683-7337	504 East Broadway		
	Life Skills Centre Women's Wellness Community Kitchen.	Part of DECK. No fee. Part of the Women's Wellness group. Funding comes from the Life Skills Centre Funding, which comes primarily from Vancouver Coastal Health	Contact Coco at 604-678-8278 coco@portland hotel.com	410 East Cordova		
	Lifeskills Centre Positively Delicious Community Kitchen	Part of DECK. No fee. For people with HIV/AIDS. Funding comes from the Life Skills Centre Funding, which comes primarily from Vancouver Coastal Health	Contact Coco at 604-678-8278 coco@portland hotel.com	410 East Cordova		

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	Multigenerational Community Kitchen Marpole Place (Old Fire Hall)	Funding comes from the city of Vancouver. The meal costs \$5.	Michelle Underdown 604-266-5301	1305 West 70th Av		
	Neighbourhood Helpers Outreach Project		Clemencia Gomez Work: 604 688-6851	3 rd Floor, 1067 Seymour St		
	Princess Rooms Community Kitchen	Part of DECK.	Casey 604-254-3731		After 3 pm	
	Renfrew-Collingwood Food Security Institute	Kid's Kitchen on Friday evenings and Community Kitchen for families with children 0-8.	Angela Elzinga at (604) 435-0323 or email at aelzinga@cnh.bc.ca	5288 Joyce Street		http://www.cnh.bc.ca/foodsecurity/index.html
	Resident Community Kitchen Semlin Gardens		Kathy Zuzyluk Work: 604-879-7197	1975 E 12 Av		
	Seymour Cooking Fun For Families Seymour Elementary School		Jane Newton-Moss 604-257-6949/6944	1130 Keefer St		
	Stanley Hotel Community Kitchen	Part of DECK	Jim jimleyden@netescape.net			
	Strathcona Elementary Cooking Fun For Families Strathcona Community Centre		Jane Newton-Moss 604-713-4630/4633			

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	Tillicum Cooking Fun For Families Kiwassa Neighbourhood House		Muriel - Family Program Coordinator Tillicum Cooking Fun For Families 604-254-5401	2425 Oxford St		
	UGM Women's Drop-in Centre CK	Part of DECK	Contact Janet at 604-253-3735	616 East Cordova Street		
	VANDU Community Muffin Baking Session	Part of DECK	John Skulsh 604 683-8595 vandu@vandu.org	Hastings @ Carrall		
	Watari Latin American Lunch	Part of DECK. No fee. A group of people cook together and then provide food for about 45 people. The Life Skills Centre provides the kitchen, and the food is all received by donation, mostly from the Greater Vancouver Food Bank.	Contact Ingrid: ingrid@watari.org	410 East Cordova		
	YWCA Crabtree Corner	Part of DECK	Wanda Pelletier Work: 604-216-1650	533 E Hastings St		