

# Free and Low Cost Food Programs in Vancouver – Last updated April 1, 2025

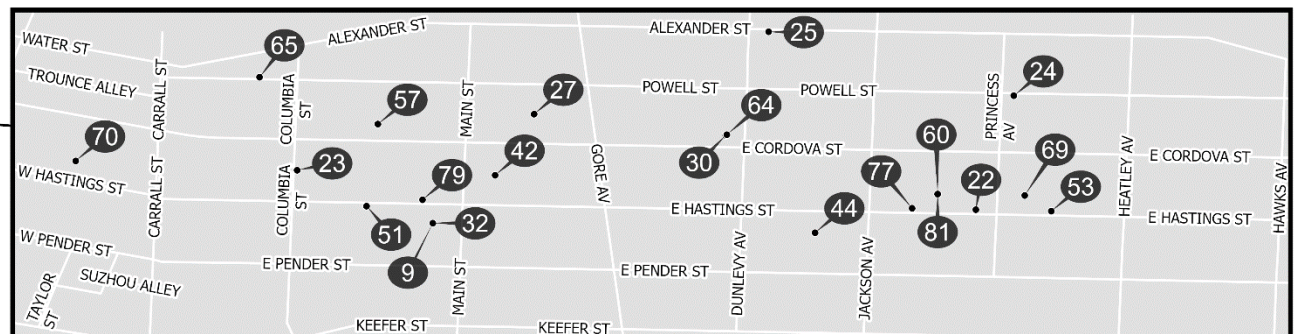
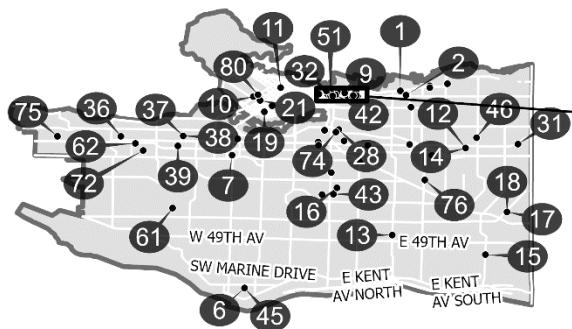
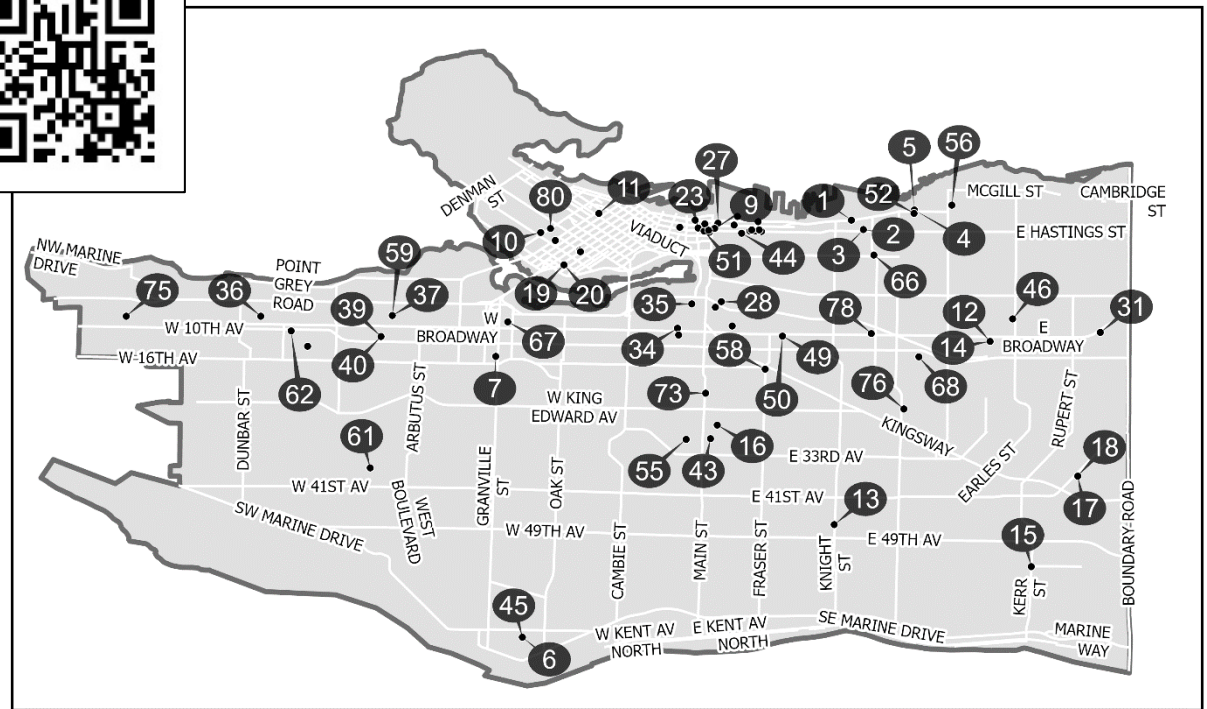
Unceded territory of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səlilwataʔ / səlilwataʔ (Tsleil-Waututh) Nations



The City of Vancouver gratefully acknowledges the support provided by these programs and recognizes that systemic change is required to address the root causes of food insecurity. For information on work towards a just and sustainable food system, please visit [www.vancouver.ca/people-programs/food](http://www.vancouver.ca/people-programs/food)

## How to use this guide

- Access a PDF of this document or a map-based version by scanning the QR code on the right or visiting <https://vancouver.ca/people-programs/free-and-low-cost-resources.aspx>
- This guide is updated regularly but we recommend contacting organizations directly to verify the listings.
- Programs are numbered in alphabetical order based on the organization’s name
- Unless otherwise stated, programs are open to anyone.
- A table showing days of the week each program operates on is on p.2. Full program details are listed on p.3 onward.
- To report errors or program changes, provide feedback, or add a program you operate, please contact [foodpolicy@vancouver.ca](mailto:foodpolicy@vancouver.ca)



**Day of Week Table:** This table shows which programs operate on each day of the week. Please note that this may not show all programs (for example, programs that require registration). See the full details for each program on pages 3-11.

Day	Monday (M)	Tuesday (T)	Wednesday (W)	Thursday (Th)	Friday (F)	Saturday (Sat)	Sunday (Sun)
Program Number	5	5 73	5	5 72	5 70	9	9
	7	7 74	7	6 73	7 72	17	12
	8	8 76	8	7 74	8 73	18	17
	9	9 79	17	8 76	9 74	21	21
	11	14 81	20	9 78	10 76	23	22
	17	17	21	11 79	11 78	25	23
	20	20	22	14 81	13 79	27	25
	21	21	25	16	15 81	29	29
	22	22	26	17	17	31	32
	23	23	29	20	20	32	38
	25	25	30	21	21	38	40
	26	26	31	23	22	44	44
	29	29	38	24	23	51	47
	38	31	42	25	25	52	51
	44	33	44	26	26	53	53
	51	34	51	28	29	55	64
	52	38	52	29	31	57	65
	53	44	53	31	37	64	66
	57	50	57	33	38	65	69
	60	51	60	38	41	68	72
	63	52	64	44	44	69	73
	64	53	65	45	48	72	74
	65	57	66	51	51	73	76
	66	59	69	52	52	76	
	69	60	70	53	53	79	
	70	63	72	57	56	80	
	72	64	73	60	57		
	73	65	74	64	60		
	74	66	76	65	64		
	78	69	78	66	65		
	79	70	79	69	66		
	81	72	81	70	69		

**(1) A Loving Spoonful - Meals and groceries**

1449 Powell St, Vancouver, BC

Only for individuals and families living with HIV.

Eligible individuals and families can be referred by a Doctor, Nurse, Dietitian, Social Worker, or self-refer. For more information on how to refer an individual or family, please call (604) 682-6325.

Referrals can be faxed to (604) 682-6327.

Delivery available.

Free

**(2) Aboriginal Friendship Centre -Grocery Hampers**

1607 E Hastings St, Vancouver, BC

Only for Indigenous families with young children

An Indigenous-operated program. Delivery services are on a first come, first serve basis with limited availability.

Sign up required, contact (604) 251-4844 recreation@vafcs.org. Delivery available.

Free

**(3) Aboriginal Friendship Centre-Elder Meals on Wheels**

1607 E Hastings St, Vancouver, BC

Only for Indigenous Elders

An Indigenous-operated program. Provides a daily meal and one hamper per month. Delivery services are on a first come, first serve basis with limited availability.

Sign up required, contact (604) 251-4844 elders@vafcs.org. Delivery available.

Free

**(4) Aboriginal Mother Centre - Hampers for Elders**

2019 Dundas St, Vancouver, BC

Only for Indigenous elders

An Indigenous-operated program.

Sign up required, contact operations@aboriginalmothercentre.ca.

Wheelchair accessible. Takeout available.

Delivery available.

Free

**(5) Aboriginal Mother Centre Society - DTES Meals**

2019 Dundas St, Vancouver, BC

An Indigenous -operated program. Meals handed out M-F from 3-5pm on the street from Columbia to Gore/Victory square.

Wheelchair accessible. Takeout available.

Free

**(6) Bryn's Neighbourhood Table**

8680 Hudson St, Vancouver, BC

Free, sit-down dinner every Thursday 6-

7pm at St. Augustine's Anglican Church.

Arrive 30 min prior to enjoy a coffee/tea with others. For info contact (604) 836-7419. Wheelchair accessible. Takeout available.

Wheelchair accessible. Takeout available.

Free

**(7) Care BC - Chinese Meals on Wheels**

3077 Granville St, Vancouver, BC

Only for home-bound people including seniors, caregivers, people with illness or injury.

Meal delivery service for home-bound people including seniors, caregivers, people with illness or injury. Delivery times are M-F 10:30am-1pm. Must be home to receive the meals. More info at

<https://www.carebc.ca/chinese-mow-vancouverrichmond.html>

Sign up required, contact (604) 733-6615 cmow@carebc.ca. Delivery available.

\$9.95

**(8) Care BC - Western and Chinese Meals on Wheels**

3077 Granville St, Vancouver, BC

Only for Home-bound older adults including frail seniors, their caregivers, adults with chronic illnesses, or with a debilitating injury.

Western styled meals delivered weekdays 10:30 am-1pm, priced from \$6.50 -9.75.

Chinese meals delivered weekdays 10:30 am-1pm, priced at \$9.95.

Must be home to receive the meals. More info at <https://www.carebc.ca/western-mow-vancouverrichmond.html>.

Sign up required, contact (604) 732-7638 wmow@carebc.ca. Delivery available.

Low cost

**(9) Carnegie Community Centre - Cafeteria**

401 Main St, Vancouver, BC  
Meals served daily. Breakfast (\$2.25) at 9-11am, Lunch (\$2.75) at 12-4pm, Dinner (\$3.50) at 5-8pm.  
Wheelchair accessible.  
Low cost

**(10) Central Presbyterian - Rescued food distribution**

1155 Thurlow Street  
Located at the corner of Thurlow & Pendrell Street. Weekly distribution of rescued foods on Friday from 11:45am to 12:45PM. People are encouraged to bring their own shopping bag, clean plastic bags and a small empty container. Sliding scale entrance fee of \$3-5 with 100% proceeds going to the local food bank. No one will be turned down if unable to pay.  
Wheelchair accessible.  
Low cost

**(11) Christ Church Cathedral - Maundy Cafe**

690 Burrard St, Vancouver, BC  
Mon, Thurs, Fri from 11:30am-12:30pm.  
Wheelchair accessible. Takeout available.  
Free

**(12) CityReach - Club Freedom Meal**

2650 Slocan St, Vancouver, BC  
A Christ-centred worship service and hot meal. Sun 11am. For info contact jemald@cityreach.org.  
Wheelchair accessible.  
Free

**(13) CityReach - Food for Families (Culloden Court)**

6265 Knight St, Vancouver, BC  
Only for individuals and families referred by a partner agency or school, and residents within the geographic borders of Main, Victoria, East 41st Avenue and Fraser River.  
Nutritious foodbank. Fri 3-4pm. Not currently accepting new registrations, more info at <https://www.cityreach.org/foodforfamilies>  
Sign up required, contact [fff@cityreach.org](mailto:fff@cityreach.org). Wheelchair accessible.  
Free

**(14) CityReach - Food For Families (Slocan)**

2650 Slocan St, Vancouver, BC  
Only for individuals and families referred by a partner agency or school  
Only for individuals and families referred by a partner agency or school. Nutritious foodbank. For families without minors: Tues 3-4:15pm (First and Third Tuesday of each month). For families with minors: Tues 4:30-5:30pm or Thurs 11am-noon. Not currently accepting new registrations, more info at [www.cityreach.org/foodforfamilies](http://www.cityreach.org/foodforfamilies).  
Sign up required, contact (604) 254-2489 [fff@cityreach.org](mailto:fff@cityreach.org). Wheelchair accessible.  
Free

**(15) CityReach - Food for Families (YWCA South)**

7001 Kerr St, Vancouver, BC  
Only for individuals and families referred by a partner agency or school.  
Nutritious foodbank. Fri, 1-2pm. Not currently accepting new registrations, more info at <https://www.cityreach.org/foodforfamilies>  
Sign up required, contact [fff@cityreach.org](mailto:fff@cityreach.org). Wheelchair accessible.  
Free

**(16) Cityview Church - Open Table**

4370 Sophia St, Vancouver, BC  
Thurs at 12pm. Hot lunch and spiritual service, more info at <https://www.cityviewchurch.ca/opentable>  
Wheelchair accessible. Takeout available.  
Free

**(17) Collingwood Community Fridge and Pantry**

5288 Joyce St, Vancouver, BC  
Fridge and pantry stocked with free food, and located on the west facing side of Collingwood Neighbourhood House, adjacent to the gym entrance. Open 24/7. Wheelchair accessible. For more info, contact [foodhub@cnh.bc.ca](mailto:foodhub@cnh.bc.ca).  
Wheelchair accessible.  
Free

**(18) Collingwood N'hood House - Morning Star Breakfast**

5288 Joyce St, Vancouver, BC  
Sat, 7am clothing and showers, 8-8:30am breakfast. More info (604) 435-0323.  
Wheelchair accessible.  
Free

**(19) Covenant House - Hamper Program**  
1302 Seymour St, Vancouver, BC  
Only for youth under 25  
Sign up required, contact (604) 685-7474  
info@covenanthousebc.org. Wheelchair  
accessible. Takeout available.  
Free

**(20) Covenant House - Meal Program**  
1302 Seymour St, Vancouver, BC  
Only for young people age 16-24  
Hot breakfast M-F 9am-12pm; Hot meal or  
pizza M-F 3:30-5pm  
Wheelchair accessible.  
Free

**(21) Directions Youth Services - Meal and Snacks**  
1138 Burrard St, Vancouver, BC  
Only for Youth under 25 experiencing  
homelessness or precariously housed  
Open for snacks 24/7; Meal daily from 8-9  
pm. Youth Pantry program Tues/Thurs/Sat,  
call to inquire. Intake process to become a  
client.  
Sign up required, contact (604) 633-1472  
directions@fsgv.ca. Takeout available.  
Delivery available.  
Free

**(22) DTES Neighbourhood House - Meal Program**  
573 E Hastings St, Vancouver, BC  
Community drop-in: Oatmeal on Mon and  
Wed at 10am-12pm and hot lunch on Wed  
at 12:30pm-2pm (open to everyone).  
Family drop-in: Tuesdays and Thursdays  
3:30-6:30PM - afterschool snack and dinner  
for families/caregivers and their children.  
Early years drop-in: Friday 9am-11am -  
breakfast for families/caregivers and their  
children age 0-6. Peacemeal lunch: Third  
Sunday of every month from 12pm-1pm.  
Contact ops@dtesnhouse.ca or call (604)  
215-2030 with any questions.  
Wheelchair accessible. Takeout available.  
Free

**(23) DTES Women's Centre - Drop In - Takeout Meals**  
302 Columbia St, Vancouver, BC  
Only for women  
Daily (except Wed) 10-11am, 12-2pm.  
Coffee and snacks until 4pm.  
Wheelchair accessible. Takeout available.  
Free

**(24) DUDES Club**  
606 Powell St, Vancouver, BC  
Th at 4pm. Mainly dine-in format. Men are  
prioritized, and extra meals are handed  
out to community on a first come, first  
serve basis.  
Wheelchair accessible.  
Free

**(25) Evelyne Saller Centre - Low Cost Meals**  
404 Alexander St, Vancouver, BC  
Breakfast 10am-12pm, Lunch 11:30am-  
3pm, Dinner 3-5:50pm. Menu and info at  
<https://vancouver.ca/parks-recreation-culture/evelyne-saller-centre-cafeteria.aspx> or (604) 665-3075.  
Wheelchair accessible.  
\$2.00

**(26) First United - Community Meals**  
Northeast corner of Hastings St and Gore  
St, Vancouver  
Monday - Friday, service begins around  
noon (not served on income assistance  
days or statutory holidays)  
Free, hearty lunch served weekdays via  
the FIRST Food Truck. Usually hot meals,  
sometimes able to provide vegetarian  
option. Available to all. For info, call (604)  
681-8365  
Wheelchair accessible. Takeout available.  
Free

**(27) Food on the Corner**  
222 Main St, Vancouver, BC  
Sat 11am. Soup and coffee plus a bagged  
lunch with PB&J sandwich, banana,  
granola bar. Info at  
<https://www.foodonthecorner.ca/>  
Free

**(28) Food Stash - Rescued Food Market**  
290 E 1st Ave, Vancouver, BC  
Thursdays, 3-7pm fresh food market (fruit,  
vegetables, dairy, meat). \$24 one-time  
registration fee (3-month membership)  
Sign up required, contact (604) 862-9701  
<https://www.foodstash.ca/market>.  
Wheelchair accessible.

**(29) Gathering Place Community Centre - Meals**

609 Helmcken St, Vancouver, BC  
Meals every day of the week. Breakfast 9am-noon (\$2.25), Lunch 11:30am-4:30pm (\$2.75), Dinner 4:30-7pm (\$3.50). Menu at <https://vancouver.ca/parks-recreation-culture/gathering-place-cafeteria.aspx>  
Wheelchair accessible. Takeout available.  
Low cost

**(30) Gospel Mission Society - Food Program**

255 Dunlevy Ave, Vancouver, BC  
Serving sandwiches or hot food Wed 7-8pm  
Wheelchair accessible. Takeout available.

**(31) Greater Van Food Bank - Lougheed Hwy Location**

3454 Lougheed Hwy, Vancouver, BC  
Only for Registered clients  
Check <https://foodbank.bc.ca/> for schedule (usually Tues to Fri from 10 am-4 pm and Sat 10am-3pm).  
Sign up required, contact (604) 876-3601 [reception@foodbank.bc.ca](mailto:reception@foodbank.bc.ca). Wheelchair accessible.  
Free

**(32) Guru Nanak's Free Kitchen**

401 Main Street  
Hot meal served Saturday 1pm, Sunday 12pm outside of Carnegie Centre.  
Free

**(33) Inner-City Women's Initiatives Essential Services**

609 Helmcken St, Vancouver, BC  
Only for women  
5-6:30PM  
Wheelchair accessible. Takeout available.  
Free

**(34) Japanese Community Volunteers - Meals on Wheels**

42 W 8th Ave, Vancouver, BC  
Only for home-bound seniors with difficulty cooking, including caregivers and people with illness or injury  
Japanese-style bento meal delivery service for home-bound seniors, including caregivers and people with illness or injury. Every Tuesday except two weeks during the Christmas holiday, 10:30 am - 12:30 pm. Must be home to receive the meals from delivery volunteers. An in-person pre-assessment visit from Community Services staff is required.  
\$7/meal for Tonari Gumi members, \$8/meal for non members  
Sign up required, contact (604) 687-2172 <https://www.tonarigumi.ca/mow>.  
Low cost

**(35) Jewish Family Services - JFS Kitchen**

54 E 3rd Ave, Vancouver, BC  
Provides food support through a food bank, meal delivery program, and Jewish holiday assistance. Kosher foods available. For more info visit <https://www.jfsvancouver.ca/services/family-and-adult-resources/food-and-support/> or call (604) 257-5151.  
Wheelchair accessible. Delivery available.  
Free

**(36) Kits Cares - Low Cost Food Market**

3512 W 7th Ave, Vancouver, BC  
Thurs, 12:30-2:30pm. The Market sells low-cost and subsidized produce and canned goods. Cash, debit and credit accepted. Guests can also enjoy a hot drink and a sweet treat at a cafe area at no cost. Free items of food available. For info contact [kitscarescafe@tenth.ca](mailto:kitscarescafe@tenth.ca). Operated by Tenth Church.  
Wheelchair accessible.  
Low cost

**(37) Kits House Living Room Food Distribution**

2305 West 7th Ave, Vancouver, BC  
11am - 12:30PM. Fresh and non-perishable food items available to take home. Randomly generated schedule to determine pick-up times. Food is available for first time drop-ins; however, regularly attending participants will be scheduled first. After your first drop-in, you can be added to the weekly randomized list and will be notified on Tuesday about your timeslot. Those without contact info can check in a few days before Friday or drop in on the day of. More info at (604) 736 3588.  
Wheelchair accessible.

**(38) Kits Neighbourhood House Free Pantry and Fridge**

2305 West 7th Ave, Vancouver, BC

Take what you need and give what you can to this pantry with non-perishable foods and fridge/freezer with perishable items.

Available 24/7. Located outside the neighbourhood house on Vine Street. More info at

<https://www.kitshouse.org/2021/11/02/kitsilano-little-free-pantry/>

Free

**(39) Kitsilano Community Centre Breakfast Program**

2690 Larch St, Vancouver, BC

Only for People experiencing homelessness Biweekly: 2nd and 4th Saturday, 7:30am-

9am. Hot breakfast until 8:45am, showers until 9am, toiletries and

clean change of clothes provided. Valet services available for carts and dogs.

Free

**(40) Kitsilano Farmers Market - Nutrition Coupons**

2690 Larch St, Vancouver, BC

Only for eligible enrolled families.

Farmers Market location accepting

Nutrition Coupons. Enrolled households receive minimum of \$27/week in vouchers.

Market is open Sundays at 10am-2pm, from May 7th - October 29th.

Sign up required, contact

<https://bcfarmersmarket.org/coupon-program/get-involved/individuals/>.

Free

**(41) Kiwassa Neighbourhood House - Community Lunch**

2425 Oxford St, Vancouver, BC

First & third Friday of the month,

12:15pm. 3 course meal. Seniors \$7, children 12 & under \$5, everyone else \$8.

Please inform staff during sign up if a vegetarian meal is needed. Walk-ins taken as space permits. For more info contact [food@kiwassa.ca](mailto:food@kiwassa.ca).

Sign up required, contact (604) 254-5401.

Wheelchair accessible.

Low cost

**(42) La Boussole - Foodbank**

312 Main St, Vancouver, BC

Wed, 1:30pm. For information contact

(604) 683-7337 or [Laboussole@Lbv.ca](mailto:Laboussole@Lbv.ca)

Wheelchair accessible.

Free

**(43) Little Mtn N'hood House-Food Distribution Program**

4580 Walden St, Vancouver, BC

Only for registered individuals living within the boundaries of Cambie to Knight Street and 16th to 49th ave.

Weekly market providing free produce and non-perishable food. Currently admitting

families with kids and single parents

(Limited spots).

Sign up required, contact

[fooddistribution@lmnhs.bc.ca](mailto:fooddistribution@lmnhs.bc.ca). Wheelchair accessible.

Free

**(44) Lookout Society's Powell St. Getaway - Snacks**

450 E Hastings St, Vancouver, BC

Daily at 10:30am, 1pm, and 4pm. Coffee 9-10am, 10:30-11am, and 4-5pm.

Wheelchair accessible. Takeout available.

Free

**(45) Marpole Community Food Hub - Grocery Program**

8680 Hudson St, Vancouver, BC

Pickup grocery bags every Thursday, 10am-noon. Sign up at the door/contact (604)

836-7419 or

[foodhub@staugustinemarpole.com](mailto:foodhub@staugustinemarpole.com). Free

for residents of V5W V5X V5Y V5Z V6M V6N V6P. Wheelchair accessible.

Free

**(46) Monthly Seniors Dine and Connect**

2131 Renfrew St, Vancouver, BC

Only for Older adults (age 50+)

Make new friends and connect with neighbours over a free, delicious meal.

Event runs monthly. The next meals will occur on July 22nd and August 19th, 6:30-

8PM. Future lunches will be announced at a later date. Visit

<https://froghollow.bc.ca/programs-services/seniors/> for the latest

information.

Sign up required, contact (604) 760-5351

[seniors@froghollow.bc.ca](mailto:seniors@froghollow.bc.ca). Wheelchair accessible.

**(47) Mount Pleasant Farmers Market - Nutrition Coupons**  
2390 Brunswick St, Vancouver, BC  
Only for eligible enrolled families.  
Farmers Market location accepting Nutrition Coupons. Enrolled households receive minimum of \$27/week in vouchers. Market is open Sundays at 10am-2pm, May 21st - October 29th.  
Sign up required, contact <https://bcfarmersmarket.org/coupon-program/get-involved/individuals/>.  
Free

**(48) Mount Pleasant N'hood House**  
Come and share a meal with your neighbours at our Community Lunch on Fridays from 12-1PM. Lunch is served at noon. A single meal costs \$6. Contact the front desk at (604) 879-8208 for more info. Wheelchair accessible.  
Low cost

**(49) Mount Pleasant N'hood House - Referral Support**  
800 E Broadway, Vancouver, BC  
For information about meals and groceries available, call (604) 879-8208

**(50) Mount Pleasant N'hood House - Seniors Lunch**  
800 E Broadway, Vancouver, BC  
Only for Older adults  
Come and share a meal with your neighbours at our Seniors Lunch on Tuesdays from 12-1PM. Lunch is served at noon. A single meal costs \$6. Contact the front Desk at (604) 879-8208 for more info. Wheelchair accessible.  
Low cost

**(51) Muslim Care Centre - Meal Program**  
140 E Hastings St, Vancouver, BC  
Mon-Fri at 5:30pm, Sat at 1pm, Sun at Noon  
Wheelchair accessible. Takeout available.  
Free

**(52) Quest Food Exchange Low Cost Grocery (Dundas)**  
2020 Dundas St, Vancouver, BC  
Mon-Fri 9am-6pm. Sat 9am-4pm. Closed Sunday and Holidays. Referral required to shop. For more information on referrals, please visit: [questoutreach.org/refer-clients/](http://questoutreach.org/refer-clients/)  
Low cost

**(53) Quest Food Exchange Low Cost Grocery (Hastings)**  
637 E Hastings St, Vancouver, BC  
Mon-Fri: 9am-6pm. Sat 9am-4pm. Sun and holidays closed. Referral required to shop. For more information on referrals, please visit: [questoutreach.org/refer-clients/](http://questoutreach.org/refer-clients/)  
Low cost

**(54) Ribbon Community - Supplementary Grocery Program**  
1101 Seymour St, Vancouver, BC  
Only for Community Case Management clients and participants from The Corner Groceries include protein, milk, eggs, and produce. Grocery bags available for pick up on scheduled days. See current schedule at <https://www.ribboncommunity.org/grocery>. To do an intake and assess eligibility, contact (604) 893-2201 and/or [welcome@ribboncommunity.org](mailto:welcome@ribboncommunity.org)  
Sign up required, contact (604) 893-2201 [contact@aidsvancouver.org](mailto:contact@aidsvancouver.org).  
Free

**(55) Riley Park Farmers Market - Nutrition Coupons**  
50 E 30th Ave, Vancouver, BC  
Only for eligible enrolled families.  
Farmers Market location accepting Nutrition Coupons. Enrolled households receive minimum of \$27/week in vouchers. Market is open year-round, Saturdays 10am-2pm.  
Sign up required, contact <https://bcfarmersmarket.org/coupon-program/get-involved/individuals/>.  
Free



**(56) Saige Community Food Bank - Food Hamper Pickup**

2425 Oxford St, Vancouver, BC  
Two-spirit, trans and gender diverse safe space program open for all individuals in need of healthy food options. A food hamper with fresh produce and baked goods available on the 2nd and 4th Fridays of the month.

[www.saigecommunityfoodbank.com](http://www.saigecommunityfoodbank.com)

Sign up required, contact

[fb@saigecommunityfoodbank.com](mailto:fb@saigecommunityfoodbank.com).

Free

**(57) Salvation Army - Harbour Light, Meal Program**

119 E Cordova St, Vancouver, BC

Mon-Fri at 11am; Sat 4pm.

Wheelchair accessible.

Free

**(58) Salvation Army Boundless - Nourishing Hope Hampers**

3213 Fraser St, Vancouver, BC

Grocery hampers, pickup by appointment only. Program will end in September 2023.

Sign up required, contact (604) 872-7676 .

Free

**(59) Seniors Lunch at Kitsilano Neighbourhood House**

2305 West 7th Ave, Vancouver, BC

Tuesdays 11:00am - 1:00pm.

Light exercise, engaging conversation, entertainment and a delicious meal with dessert!

Drop-in, no registration required.

Lunch schedule and menu can be found at

<https://www.kitshouse.org/seniors-55/>

For more information contact:

[sarad@kitshouse.org](mailto:sarad@kitshouse.org) or the front desk at

Kits House.

\$7 per drop-in fee (annual \$10 Kits House membership required)

Wheelchair accessible.

Low cost

**(60) Sheway - Lunches**

533 E Hastings St, Vancouver, BC

Only for Sheway clients who have a current or recent history of drug and/or alcohol use and are pregnant or parenting

Mon-Fri 11:30am-1:30pm. Closed on

holidays. Groceries are also available to

eligible clients. For information contact

(604) 216-1699 or drop in Mon-Fri between

10:30am-3pm.

Wheelchair accessible.

Free

**(61) St Mary's Kerrisdale - Community Meal**

2490 W 37th Ave, Vancouver, BC

Every Tuesday, 11:30AM - 12:30PM. Free, sit-down hot lunch. Hot entree or soup, salad, bread, and sweets. Arrive 30 min prior to enjoy a coffee/tea with others. All welcome!

Wheelchair accessible.

Free

**(62) St. James Community Square Pantry**

3214 W 10th Ave, Vancouver, BC

Take what you need and give what you can to this pantry stocked with non-perishable foods, available 24/7. Located outside the community centre on Trutch Street. More info at [www.sjcommunitysquare.org/](http://www.sjcommunitysquare.org/)

**(63) Tenth Church - Oasis Cafe**

11 W 10th Ave, Vancouver, BC

Mon 5:30-7:30pm, Tues 11am-1pm. Dine in meals only. Access via the alley at Ontario

street. For info contact

[oasis.cafe@tenth.ca](mailto:oasis.cafe@tenth.ca).

Wheelchair accessible.

Free

**(64) The Door is Open - Meal Program**

255 Dunlevy Ave, Vancouver, BC

Anyone on Mon, Tues, Thurs, Fri, Sat at 11am and Sun at 11:30am. Wed at 9am.

More info at

<https://www.thedoorisopen.ca/free-lunch-program/>

Free

**(65) The Dugout - Hot Breakfast**

59 Powell St, Vancouver, BC

Daily hot meal at 10:30am. For info call (604) 685-5239.

Takeout available.

Free

**(66) The Kettle Society - Meal Program**

1725 Venables St, Vancouver, BC

Daily @ 11:30am Must sign up in morning prior to meal service. Required to provide name and have completed member orientation to centre (Wednesdays @ 2pm).

Takeout available for \$0.25. Meal cost \$1.

Wheelchair accessible. Takeout available.

Low cost

**(67) Three Links Foundation - Sunday**

**Free Breakfast**

1443 W 8th Ave, Vancouver, BC

Every Sunday, 9:30am to 11:30am. Warm breakfast for individuals experiencing

homelessness, featuring items such as ham, egg, and cheese sandwiches, coffee, muffins, cereal, pancakes, hot chocolate, water, and juice.

Wheelchair accessible. Takeout available.

Free

**(68) Trout Lake Farmers Market - Nutrition Coupons**

2950 Lakewood Dr, Vancouver, BC

Only for eligible enrolled families.

Farmers Market location accepting Nutrition Coupons. Enrolled households receive minimum of \$27/week in vouchers.

Market is open Saturdays at 9am-2pm from April 1st - October 28th.

Sign up required, contact

<https://bcfarmersmarket.org/coupon-program/get-involved/individuals/>.

Free

**(69) Union Gospel Mission - Meal Program**

601 E Hastings St, Vancouver, BC

Lunch every day at 11am (tickets at 10:45am). Dinner M-F at 6pm (tickets at 5:45pm), Sat-Sun at 4pm (tickets at 3:45pm). For info call (604) 253-3323.

Wheelchair accessible. Takeout available.

Free

**(70) Vancouver Community Fridge - DTES**

29 W Hastings St, Vancouver, BC

M-F, 11am-7pm. Fridge, freezer, and pantry stocked with free food. Located inside the Vancouver Women's Health Collective, Buzz to be let into the building.

More info at <https://vcfp.square.site/>

Wheelchair accessible. Takeout available.

Free

**(71) Vancouver Community Fridge - Kerrisdale**

2490 W 37th Ave, Vancouver, BC

Fridge and pantry stocked with free food, located in a brown shed to the left of the pantry area at St. Mary's. Accessible 24/7. More info at

<https://vcfp.square.site/>.

Wheelchair accessible.

Free

**(72) Vancouver Community Fridge - Kitsilano**

3066 West 13th Ave

Fridge and pantry stocked with free food, located in the alley behind the red house and garden at the above address.

Accessible 24/7. More info at

<https://vcfp.square.site/>

Wheelchair accessible.

Free

**(73) Vancouver Community Fridge - LMNH**

3718 Main Street

Fridge, freezer, and pantry stocked with free food. Temporarily located in front of the Soap Dispensary. Available 24/7.

More info at <https://vcfp.square.site/>

Wheelchair accessible. Takeout available.

Free

**(74) Vancouver Community Fridge - Mount Pleasant**

273 E 4th Ave, Vancouver, BC

The fridge, freezer and pantry are maintained in partnership by Food Stash Foundation and the Vancouver Community Fridge Project. Food is free and everyone is welcome to take what they need and leave what they can. The Fridge is accessible 24/7 and it is in the alley between E 4th Avenue and Scotia Street at the CoFood Community Garden. More info: <https://www.foodstash.ca/fridge>. Wheelchair accessible.

**(75) Vancouver Community Fridge - Point Grey**

4405 W 8th Ave, Vancouver, BC

Fridge, freezer, and pantry stocked with free food. Located inside the carpark. More info at [https://vcfp.square.site/\[vcfp.square.site\]](https://vcfp.square.site/[vcfp.square.site]). Wheelchair accessible. Takeout available. Free

**(76) Vancouver Community Fridge - Victoria Drive**

4040 Victoria Dr, Vancouver, BC

Fridge, freezer, and pantry stocked with free food and home cooked meals, located in the alley behind the green house, accessible 24/7. More info at <https://vcfp.square.site/> Wheelchair accessible. Takeout available. Free

**(77) Vancouver Second Mile Society - Meal Program**

509 E Hastings St, Vancouver, BC

Sign up required, contact (604) 254-2194 [info@vsms.ca](mailto:info@vsms.ca). Wheelchair accessible. Takeout available. \$4.00

**(78) VCH - Healthiest Babies Possible Food Support**

1669 E Broadway, Vancouver, BC

Only for prenatal or pregnant women and youth facing challenging life circumstances Available on the 2nd floor. Food access and other supports available. To sign up, drop in or phone Mon to Fri 8:30-4:30PM. Sign up required, contact 604 675 3982 [hbp@vch.ca](mailto:hbp@vch.ca). Free

**(79) Washington Community Market**

179 E Hastings St, Vancouver, BC

Low cost essential food and household supplies, Mon-Fri 9am-6pm. Sat 10am-5pm. For info contact (604) 428-9605. Wheelchair accessible. Low cost

**(80) West End Farmers Market - Nutrition Coupons**

1100 Comox St, Vancouver, BC

Only for eligible enrolled families. Farmers Market location accepting Nutrition Coupons. Enrolled households receive minimum of \$27/week in vouchers. Market is open Saturdays at 9am-2pm, from May 20th - October 28th. Sign up required, contact <https://bcfarmersmarket.org/coupon-program/get-involved/individuals/>. Free

**(81) YWCA Crabtree Corner - Meal Programs**

533 E Hastings St, Vancouver, BC

Only for Women and children  
Breakfast: Mon-Fri, 9-10am.  
Lunch: Mon-Fri: 1-2:pm. No lunch on income assistance days.  
Wheelchair accessible. Takeout available. Free