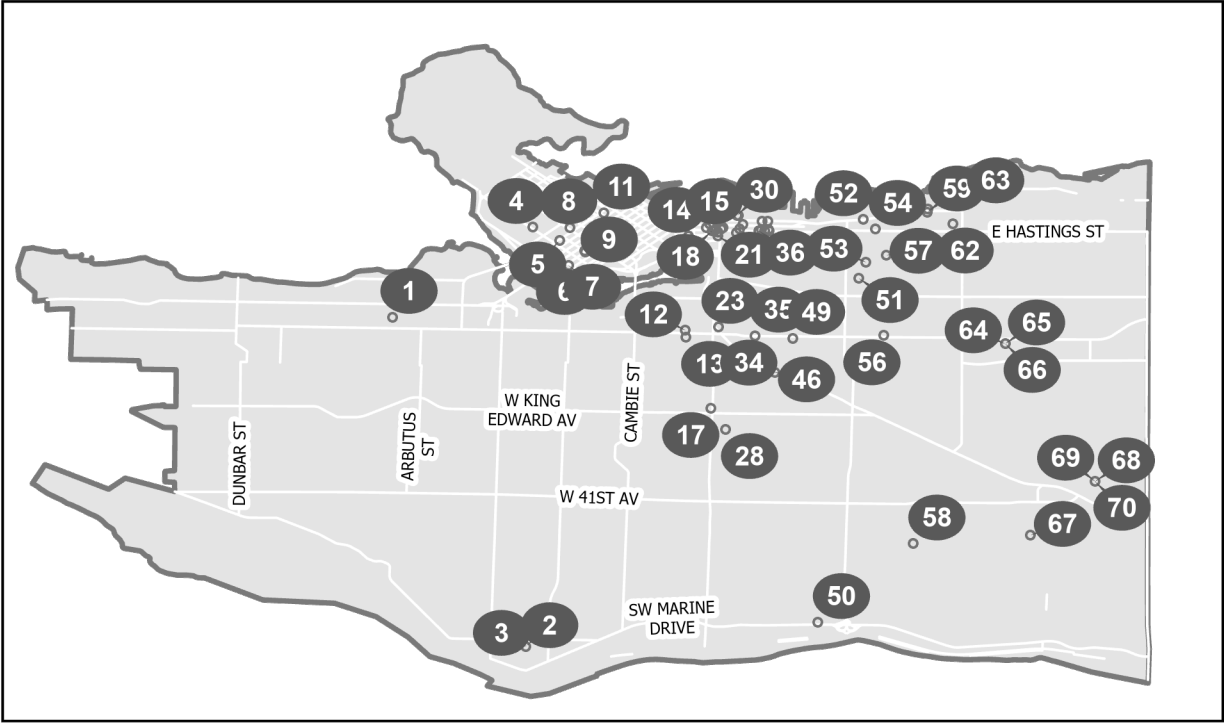


FREE AND LOW COST FOOD SERVICES - last updated October 29 2020

*See vancouver.ca/covid-19 for the current version. If you run a publicly accessible free or low-cost food program in the City of Vancouver that is not yet listed on this map, or to report errors in the information, please contact foodpolicy@vancouver.ca



Unceded territories of the xʷməθkʷəy̓əm (Musqueam), Sḵwxwú7mesh (Squamish), and səliłwətaʔ (Tsleil-Waututh) nations

- 1 Kits Neighbourhood House - Grocery Bag Program**
2305 West 7th Ave, Vancouver, BC
Th 5-6pm. To register contact 604.736.3588
Free
- 2 St Augustine's Anglican Church - Meal Program**
8680 Hudson St, Vancouver, BC
Th 6-7pm. Maximum 2 dinners per guest, please.
For info contact (604) 263-9212.
Free ☒ ☑

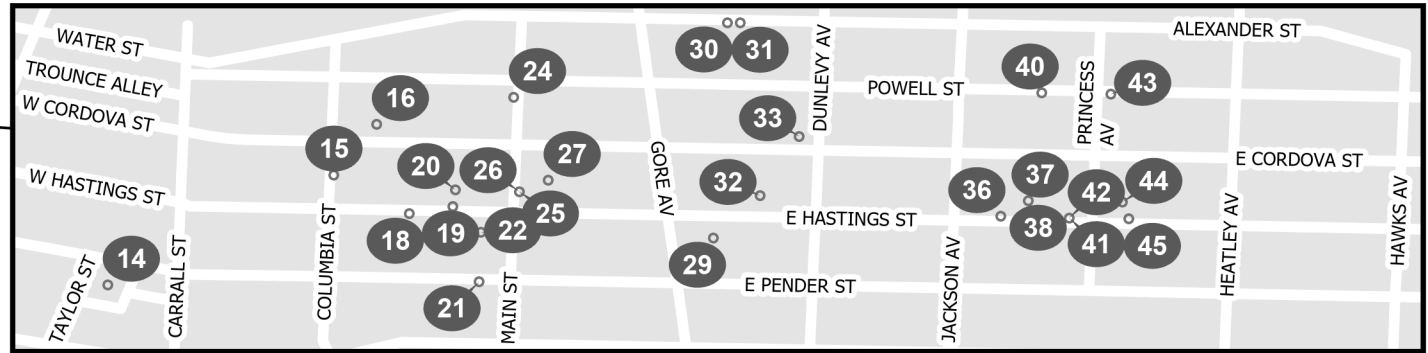
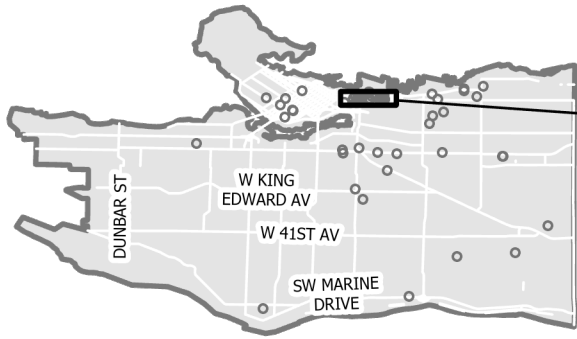
- 3 Marpole Interfaith Food Hub - Grocery Program**
8680 Hudson St, Vancouver, BC
Pickup grocery bags Th 10am-noon.
For info contact 604 717 3434
Free ☒ Sign up required
- 4 Rainbow Refugee - Referral Support**
- Only For LGBTQ refugees
1170 Bute St, Vancouver, BC
To get help connecting with food support, contact support@rainbowrefugee.ca
Free





How to use this map


- Programs are numbered from West to East for ease of reference.
- Dates of service are in shorthand to save space (Su=Sunday, M=Monday, T=Tuesday, W=Wednesday, Th=Thursday, F=Friday, Sa=Saturday).
- Unless otherwise specified, programs are open to anyone.
- The City of Vancouver gratefully acknowledges the vital support provided by the programs listed on this map, and also recognizes that systemic change is required to address the root causes of food insecurity. For information on the City's work towards a just and sustainable food system, please visit www.vancouver.ca/people-programs/food
- **Programs 4, 56, and 81 offer referral support**

- ☑ Take-out
- 📍 Delivery
- ♿ Wheelchair Accessible
- 📄 Requires Referral






- 5 Directions Youth Services - Meal and Snacks**
- Only For Youth under 25 experiencing homelessness or precariously housed
1138 Burrard St, Vancouver, BC
Snacks 24/7; Meal Daily 8-9 pm. Intake process to become a client.
(604) 633-1472
Free ☑ 📍 Sign up required (604) 633-1472 directions@fsgv.ca



-  Take-out
-  Delivery
-  Wheelchair Accessible
-  Requires Referral



- 6 Covenant House - Meal Program**
 - Only For youth under 25
 1302 Seymour St
 M-F 9am-12pm; M, Th, F 3:30-5pm;
 T-W 2-5pm; Th-F 3:30-5pm.
 604-685-7474
 Free   Sign up required 604-685-7474 info@covenanthousebc.org
- 7 Covenant House - Hamper Program**
 - Only For youth under 25
 1302 Seymour St
 M-F 9am-12pm; M, Th, F 3:30-5pm;
 T-W 2-5pm; Th-F 3:30-5pm.
 604-685-7474
 Free   Sign up required 604-685-7474 info@covenanthousebc.org
- 8 First Baptist Church - Community Meal**
 969 Burrard St Vancouver BC
 T 8:30pm (free tickets 7:30-8:30pm).
 For info, contact info@firstbc.org or 604.683.8441.
 Free 

- 9 Gathering Place Community Centre - Meals**
 609 Helmcken St, Vancouver, BC
 Daily 9:30am-11am, 12:30-2pm, and 5-6:30pm.
 \$2 
- 10 AIDS Vancouver - Supplementary Grocery Program**
 - Only For people living with AIDS
 1101 Seymour Street
 To register contact <https://www.aidsvancouver.org/>
 Free
- 11 Christ Church Cathedral - Maundy Cafe**
 690 Burrard St, Vancouver, BC
 M,W - 11:30-12:30pm
 Free 
- 12 Japanese Community Volunteers - Meals on Wheels**
 - Only For Seniors
 101-42 West 8th Ave., Vancouver, BC
 T-W 11:30am-12:30pm
 604-687-2172
 \$7   Sign up required 604-687-2172

- 13 Oasis Cafe @ Tenth Church**
 11 W 10th Ave, Vancouver, BC
 M 5-7:30pm; T 11am-1pm
 Free 
- 14 SUCCESS Better At Home - Grocery Bags**
 - Only For Seniors
 28 West Pender, Vancouver, BC
 To register and order hampers call 604-408-7274 ext 2157
 Free  
- 15 Potters Place Takeout Meals**
 21 East Hastings St
 Unknown time
 Free 
- 16 The Dugout - Hot Breakfast**
 59 Powell St, Vancouver, BC
 M-Sat 7:30am; Sun & Holidays 8:30am.
 For info call (604) 685-5239.
 Free
- 17 DTES Women's Centre - Drop In - Takeout Meals**
 - Only For women
 302 Columbia St, Vancouver, BC
 Daily (except Wed) 10-11am, 12-2pm.
 Coffee and snacks until 4pm.
 Free 

 Take-out	 Wheelchair Accessible
 Delivery	 Requires Referral



18 Inner-City Women's Initiatives Essential Services

- Only For women
101 E Cordova St, Vancouver, BC
W, F 5pm
Free  



19 Little Mountain Neighbourhood House - Food Support

3981 Main St, Vancouver, BC
For more information regarding food support programs, please contact fooddistribution@lmnhs.bc.ca.
Free



20 Muslim Care Centre - Meal Program

140 E Hastings St, Vancouver, BC
M-F at 6-7:30pm
Sat, Sun at 12-1:30pm and 6-7:30pm
Free  



21 Salvation Army - Harbour Light, Meal Program

119 E Cordova St, Vancouver, BC
Daily, 11am (lineup 10:30am)
Free  



22 Street Church - Meal Program

175 E Hastings St, Vancouver, BC
W, F, Sun at 6:30pm
Free  



23 PHS - Washington Community Market

- Only For pensioners and people on low income
177 E Hastings St, Vancouver, BC
Low cost groceries, accepting grocery coupons. M-F 9-4:00. For info contact 604-683-0073.
Free  

24 Chinatown Cares - Grocery Hampers

- Only For Chinese seniors
188 E Pender St, Vancouver, BC
236-808-1191
Free   Sign up required 236-808-1191



25 Carnegie Centre - Takeout Meals

401 Main St, Vancouver, BC
Daily at 9-11am, 12-4pm, 5-8pm
\$2  



26 Greater Van Food Bank -MtPleasant Community Centre

1 Kingsway, Vancouver, BC
Last day of operation at this location is Friday, Oct.2nd. Starting Tuesday, Oct.6th, the program moves to 1428 Charles St. Check <https://foodbank.bc.ca/> for schedule.
604 876 3601
Free Sign up required 604 876 3601
reception@foodbank.bc.ca



27 Salvation Army - Soup Truck

222 Main St, Vancouver, BC
T, Sun 9:45pm-11pm
Free  



28 Aboriginal Front Door Society - Food Bank

384 Main St, Vancouver, BC
W 10-12pm
Free  



29 Aboriginal Front Door Society - Meal Program

- Only For DTES Community
384 Main St, Vancouver, BC
Lunch 12-1:30pm
Coffee, tea and snacks 10am-3pm
Free  



30 La Boussole - Foodbank

- Only For Low income, homeless
312 Main Street, Vancouver, BC
604-683-7337
Free   Sign up required 604-683-7337
Laboussole@Lbv.Ca



31 Cityview Church - Open Table

4370 Sophia St
Th, 12pm
Free  

32 First United Church - Meal Program

320 East Hastings street, Vancouver, British Columbia
M-F 8am, 12pm.
Closed on Stat Holidays and Cheque Day
Free  

33 Evelyne Saller Centre - Takeout Meals

320 Alexander St Vancouver BC
Daily 10am-12:30pm, 1-2:30pm, amd 3-5:30pm.
\$2  



34 WISH Drop-In Centre - Takeout Meals

- Only For Self-identified women and sex workers. Intake conversation required.
330 Alexander St, Vancouver, BC
Daily meals & snacks at 7-9am, 10:30am, 6-8pm, 10pm, and 1-4am.
Daily Snacks from 12-5pm.



Free  

 Take-out	 Wheelchair Accessible
 Delivery	 Requires Referral



35 Lotus Light - Hamper Program

357 E Hastings St, Vancouver, BC
604-685-5548
Free   Sign up required 604-685-5548



36 The Door is Open - Meal Program

255 Dunlevy Avenue, Vancouver, BC
M, T, Th, F, Sat at 11am. W at 8:30am & 11:30am. Sun at 12pm.
Free  



37 Jewish Family Services - Meal Delivery

475 East Broadway, Vancouver, BC
To sign up contact 604-558-5719 or communitycare@jfsvancouver.ca.
Free  



38 Jewish Family Services - Breakfast Club

- Only For youth
475 East Broadway, Vancouver, BC
For info contact 604-558-5719 or communitycare@jfsvancouver.ca.
Free  



39 Jewish Family Services - Food Bank

475 East Broadway, Vancouver, BC
To sign up for hamper delivery contact 604-558-5719 or communitycare@jfsvancouver.ca
Free  



40 Vancouver Second Mile Society - Meal Program

509 East Hastings St, Vancouver, BC
604-254-2194
\$3   Sign up required 604-254-2194 info@vsms.ca



41 Sheway - Takeout Meals

- Only For pregnant women, women with infants
533 E Hastings St, Vancouver, BC
M-F 10:30am-3:30pm
(604) 216-1684
Free   Sign up required (604) 216-1684



42 YWCA Crabtree Corner - Bagged Lunches

- Only For Women and children
533 E Hastings St, Vancouver, BC
M-F, Hours: M,T,TH,F 1-2pm and W, 12-1pm *come early
Free  



43 YWCA Crabtree Corner - Breakfast

- Only For Women and children
533 E Hastings St, Vancouver, BC
M-F, 9am-9:45am
Free  



44 Mission Possible - Power Breakfast

543 Powell St, Vancouver, BC
Sat 9-10am (lineup 8am).
Free  



45 Lookout Society's Powell St. Getaway - Snacks

528 Powell Street Vancouver BC
Daily at 10:30am, 12:30pm, 2pm, 4pm & 6:30pm. Serving 10 people at a time during COVID.
Free  



46 DTES Neighbourhood House - Meal Program

573 E Hastings St Vancouver BC
M, T, W, F at 10-11am. W, Th at 12-1pm. Sun at 2pm.
Free  



47 DTES Neighbourhood House - Hamper Program

- Only For Families and isolated seniors
573 E Hastings St Vancouver BC
Free   Sign up required ed@dtesnhouse.ca



48 DUDES Club - Takeout Meal

606 Powell St, Vancouver, BC
Th at 4pm.
Free  



49 Union Gospel Mission - Meal Program

601 East Hastings St
M-Sun at 11am (free tickets at 10:30am). M-F at 6:30pm (free tickets at 6pm). Sat-Sun at 4pm (free tickets at 3:30pm). For info call (604) 253-3323.
Free  



50 Quest Food Exchange Low Cost Grocery (Hastings)

611 E Hastings St, Vancouver, BC
M, Sat 9am-3:15pm. T-Fri 9am-5:15pm
Referral required
Free  

51 Salvation Army Boundless - Breakfast Program



3213 Fraser St, Vancouver, BC
F 9-10am
Free  

52 Salvation Army Boundless - Free Food Market



3213 Fraser St, Vancouver, BC
W 9-11am
Free  

 Take-out	 Wheelchair Accessible
 Delivery	 Requires Referral



53 Salvation Army Boundless -COVID Relief Food Hamper

3213 Fraser St, Vancouver, BC
M, Th, Fri 9-12pm 1-2:30pm. ID required.
604-872-7676
Free   Sign up required 604-872-7676 hello@salvationarmyvancouver.com

54 Broadway Youth Resource Centre - Food Programs

- Only For Youth ages 12-24
2455 Fraser St, Vancouver, BC
Takeout meals & food packages available 9am-5pm
604 412 7950
Free   Sign up required 604 412 7950 <https://www.facebook.com/BroadwayYouthResourceCentre/>



55 Living Waters Mission - Bagged Lunches

782 E Hastings St, Vancouver, BC
Time unknown
Free  

56 Mount Pleasant N'hood House - Referral Support

800 East Broadway, Vancouver, BC
For information about meals and groceries available, call 604.879.8208
Free


57 Khalsa Diwan Society - Meals

8000 Ross St, Vancouver, BC
W, F, Sun 6-8pm
Free  

58 Greater Van Food Bank - Charles St. Location

1428 Charles St, Vancouver, BC
This location opens on Oct. 6th. Check <https://foodbank.bc.ca/> for schedule (usually T-F, 10am-2pm).
604 876 3601
Free Sign up required 604 876 3601
reception@foodbank.bc.ca


59 A Loving Spoonful - Meals and groceries

- Only For HIV+ Clients
1449 Powell St, Vancouver, BC
HIV+ clients can sign up by calling the number below, or be referred by a Doctor, Nurse, Dietitian, Case Worker or Social Worker.
(604) 682-6325
Free  Sign up required (604) 682-6325


60 GWFC - Hamper Program

1661 Napier St, Vancouver, BC
Home delivery of food boxes provided 6 days/week by the Grandview Woodland Food Connection program.
604-718-5895
Free   Sign up required 604-718-5895 gwfcnetwork@gmail.com


61 Aboriginal Friendship Centre -Grocery Hampers

- Only For Elders, transition housing residents, families
1607 E. Hastings st
604-251-4844
Free  Sign up required 604-251-4844



62 Aboriginal Friendship Centre - Meal Delivery

1607 E. Hastings st
M-F hot food delivery. Sat-Sun frozen meal delivery.
604-251-4844
Free  Sign up required 604-251-4844



63 VCH - Healthiest Babies Possible Food Support

- Only For Prenatal or pregnant women & youth
1669 E Broadway, Vancouver, BC
604 675 3982
Free  Sign up required 604 675 3982
hbp@vch.ca



64 The Kettle Society - Meal Program

1725 Venables St, Vancouver, BC
Daily 11:30am-2pm. Required to provide name.
Free  



65 South Van N'hood House - Family Hamper Program

6470 Victoria Drive, Vancouver, BC
T 10am-12pm
604-324-6212
Free   Sign up required 604-324-6212 <http://www.southvan.org/>

66 Quest Food Exchange Low Cost Grocery (Dundas)



2020 Dundas St
M, Sat 9am-3:15pm. T-Fri 9am-5:15pm.
Free  

67 Aboriginal Mother Centre Society - DTES Meals

- Only For Indigenous Elders, homeless
2019 Dundas St, Vancouver, BC
Meals handed out M-F from 3-5pm on the street from Columbia to Gore/ Victory square.
Free  

 Take-out	 Wheelchair Accessible
 Delivery	 Requires Referral

68 Aboriginal Mother Centre - Hampers for Elders

- Only For Indigenous elders
2019 Dundas St, Vancouver, BC
Free   Sign up required
operations@aboriginalmothercentre.ca



69 Pandora Community Food Market

2325 Franklin St, Vancouver, BC
Low cost produce market operated by Kiwassa Neighbourhood House, W 2-5pm. Southeast corner of Pandora Park. Contact foodprograms@kiwassa.ca or 604-254-5401 for more info.
Free 



70 Kiwassa Neighbourhood House - Food Hamper Delivery

2425 Oxford St, Vancouver, BC
For residents of Hastings-Sunrise and surrounding area. Priority is seniors, immune compromised and other high risk groups, and current Kiwassa participants.
604-254-5401
Free  Sign up required 604-254-5401
foodprograms@kiwassa.ca


71 Saige Community Food Bank

2425 Oxford St, Vancouver, BC
No barrier, safe for LGBTQ2+. Provides fresh produce and baked goods.
604-254-5401
Free   Sign up required 604-254-5401
info@saigecommunityfoodbank.com


72 Broadway Church - Food hamper delivery

2700 E Broadway, Vancouver, BC
Sign up at <https://www.broadwaychurch.com/i-need-help>
Free  

73 CityReach Care Society - Food Bank

2650 Slocan St., Vancouver, BC
T 5:30-7pm, Th 10:30am-12pm
(604) 254-2489
Free  Sign up required (604) 254-2489
info@cityreach.org


74 CityReach Care Society - Meal Programs

2650 Slocan St., Vancouver, BC
Sun at 11am-12pm. M-F at 1:30-2pm.
(604) 254-2489
Free  Sign up required (604) 254-2489
info@cityreach.org

75 CityReach Care Society - Mobile Food Bank



6260 Killarney St, Vancouver, BC
F 2-3pm. In-person registration is required. Please bring ID for each member of the family.
(604) 254-2489
Free Sign up required (604) 254-2489
craigs@cityreach.org

76 Collingwood N'hood House - Morning Star Breakfast



5288 Joyce St
Sat - Open for showers at 7.
Sat - Take-away breakfast and lunch bags 8-8:30am.
Free 

77 Collingwood N'hood House - Seniors Low Cost Meals

- Only For seniors
5288 Joyce St
Thursdays 10:30 to 12:30; sign-up required

778-244-4488
\$5   Sign up required 778-244-4488
<https://www.cnh.bc.ca/event/meal-delivery/>


78 Collingwood N'hood House - Food Hampers

5288 Joyce St
778-244-4488
Free   Sign up required 778-244-4488
info@cnh.bc.ca



79* Greater Van Food Bank - Burnaby Location

8345 Winston St, Burnaby, BC
Check <https://foodbank.bc.ca/> for schedule.
604 876 3601
Free Sign up required 604 876 3601
reception@foodbank.bc.ca

80* DTES Response - Friends of CCAP

Mobile
Meals distributed on the street. Main & Hastings at 7pm; Crab Park at 12pm; Oppenheimer at 12pm; Main to Victory Square at 5pm.
Free 

81* Backpack Buddies - Referral Support

- Only For Children and families
To get help connecting with food support, contact 604.807.0347 or visit <https://www.backpackbuddies.ca/>
Free  


 Take-out	 Wheelchair Accessible
 Delivery	 Requires Referral

82* Lotus Light - Meal Program

604-685-5548

Free  Sign up required 604-685-5548

83* Food Stash - Food Box

Free  Sign up required www.foodstash.ca/application-process

84* WISH Drop-In Centre - Mobile Access Project

- Only For Sex workers

Daily 11pm-5am. Can make personal drop offs, call 604-720-5686 for info.

Free   

85* Cedar Cottage Food Network - Produce Box

- Only For residents of Kensington-Cedar Cottage neighbourhood

Low cost pre-packaged produce box.

Sliding scale price available. Pickup

Wed, 12:15-1:30pm.

Free   Sign up required

ccfnmobilemarkets@gmail.com

86* Street Life - Mobile Meal Program

- Only For Youth 12-25 yrs old

Tues 6-9pm Commercial Drive area to Crab Park

Wed 6-8:30pm Trout Lake and

Strathcona

Free  