

## Food Resources

### Food/Grocery Programs – low cost or free

The following are some of the food bank and grocery/hamper programs available in Metro Vancouver that continue to operate during the pandemic. These programs require prior registration.

Aboriginal Friendship Centre	Grocery Hampers- Indigenous families with young children	604-251-4844	recreation@vafcs.org
Aboriginal Mother Centre	Hampers- for Aboriginal Elders		operations@aboriginalmothercentre.ca
Aboriginal Front Door Society	Food Bank	604-697-5662	info@abfrontdoor.org
Aids Vancouver	Supplementary Grocery Program	604-893-2201	contact@aidsvancouver.org
A Loving Spoonful	Grocery Hampers- for individuals living with Aids	604-682-6325	
BC Food Banks	Find a Food Bank		Foodbanksbc.com/find-a-food-bank/
Broadway Church	Food Hampers		www.broadwaychurch.com/i-need-help
Cedar Cottage Food Network	Produce Box- residents in S. Vancouver		ccfnmobilemarket@gmail.com
Covenant House	Hamper Program- youth under 25	604-685-7474	info@covenanthousebc.org
Chinatown Cares	Grocery Hampers- Chinese Seniors	263-808-1191	
City Reach Food For Families	Food Programs around Vancouver		sharond@cityreach.org
Downtown East Side Neighbourhood House	Hamper Program- for families and isolated seniors		ed@dtesnhave.ca
Food Stash	Food recovery and delivery		www.foodstash.ca

	program-must be referred by an agency		
Grandview Woodlands Food Connection Program	Hamper Program	604-718-5895	gwfcnetwork@gmail.com
Greater Vancouver Food Bank	Food Bank.bc.ca	604-876-3601	reception@foodbank.bc.ca
Jewish Family Services	Jewish Food Bank	604-558-5719	Communitycare@jfsvancouver.ca
Kits Cares Café-10 <sup>th</sup> Church	Grocery Program		kitscarescafe@tenth.ca
Kiwassa Neighbourhood House	Food Hampers for residents of Hasting Sunrise and area	604-254-5401	food@kiwassa.ca
La Boussole	Food Bank	604-683-7337	Laboussole@lbv.ca
Little Mountain Neighbourhood House	Food Support Program		fooddistribution@lmnhs.bc.ca
Marpole Interfaith Food Hub	Grocery Program	778-231-8114	
Mount Pleasant Neighbourhood House Referral Support	Food Programs	604-879-8208	
Muslim Food Bank and Community Services	Food Bank	1-866-248-3868	Muslimfoodbank.com
Quest Food Exchange	Food recovery and redistribution-referrals through agencies only	604-602-0186	Questoutreach.org
Richmond Food Bank Society	Food Bank	604-271-5609	info@richmondfoodbank.org
Saige Community Food Bank	Food Hamper -no barrier, safe for LGBTQ2S+		info@saigecommunityfoodbank.com

Salvation Army Boundless	Market and Covid Food Hamper	604-872-7676	hello@salvationarmyvancouver.com
South Vancouver Neighbourhood House	Family Hamper Program	604-324-6212	www.southvan.org
Single Parent Food Bank	Food Hampers for dingles parents who can't access local food banks	778-552-4100	
SFU Food Bank	For students of Simon Fraser University	778-782-3870	studentcentre@sfss.ca
UBC Student Union	Food Bank for students at UBC	604-822-5627	foodbank@ams.ubc.ca
Vancouver Coastal Health- Healthiest Babies Possible	Food Supports for prenatal and pregnant women and youth	604-675-3982	hbp@vch.ca