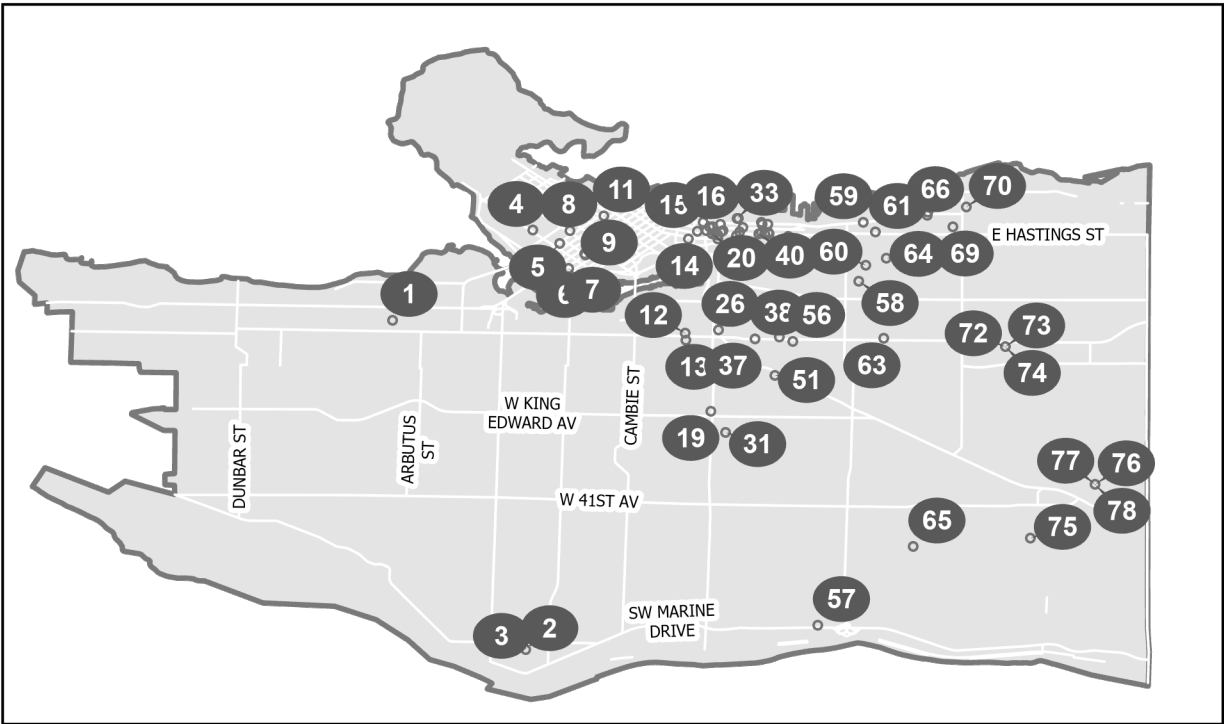


# FREE AND LOW COST FOOD SERVICES - last updated September 25, 2020

\*See [vancouver.ca/covid-19](http://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](mailto: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 ☒ ☒

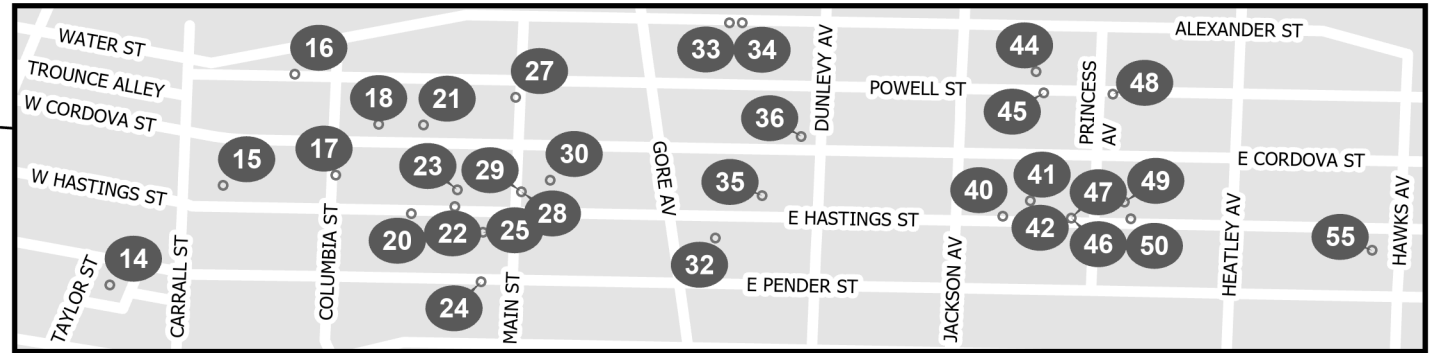
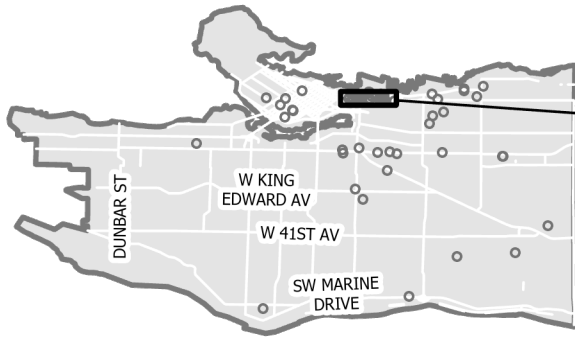
- 3 Marpole Interfaith Food Hub - Grocery Program**  
8680 Hudson St, Vancouver, BC  
Pickup grocery bags Th 10am-noon.  
778-231-8114  
Free ☒ Sign up required 778-231-8114
- 4 Rainbow Refugee - Referral Support**  
- Only For LGBTQ refugees  
1170 Bute St, Vancouver, BC  
To get help connecting with food support, contact [support@rainbowrefugee.ca](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto: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  

 Take-out	 Wheelchair Accessible
 Delivery	 Requires Referral



**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  



**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@dteshouse.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  

 Take-out	 Wheelchair Accessible
 Delivery	 Requires Referral



**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  



**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  

 Take-out	 Wheelchair Accessible
 Delivery	 Requires Referral


**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  


**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  

 Take-out	 Wheelchair Accessible
 Delivery	 Requires Referral


**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  




**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](http://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](mailto: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 