

Free and Low Cost Food Programs in Vancouver - Last updated April 6, 2022

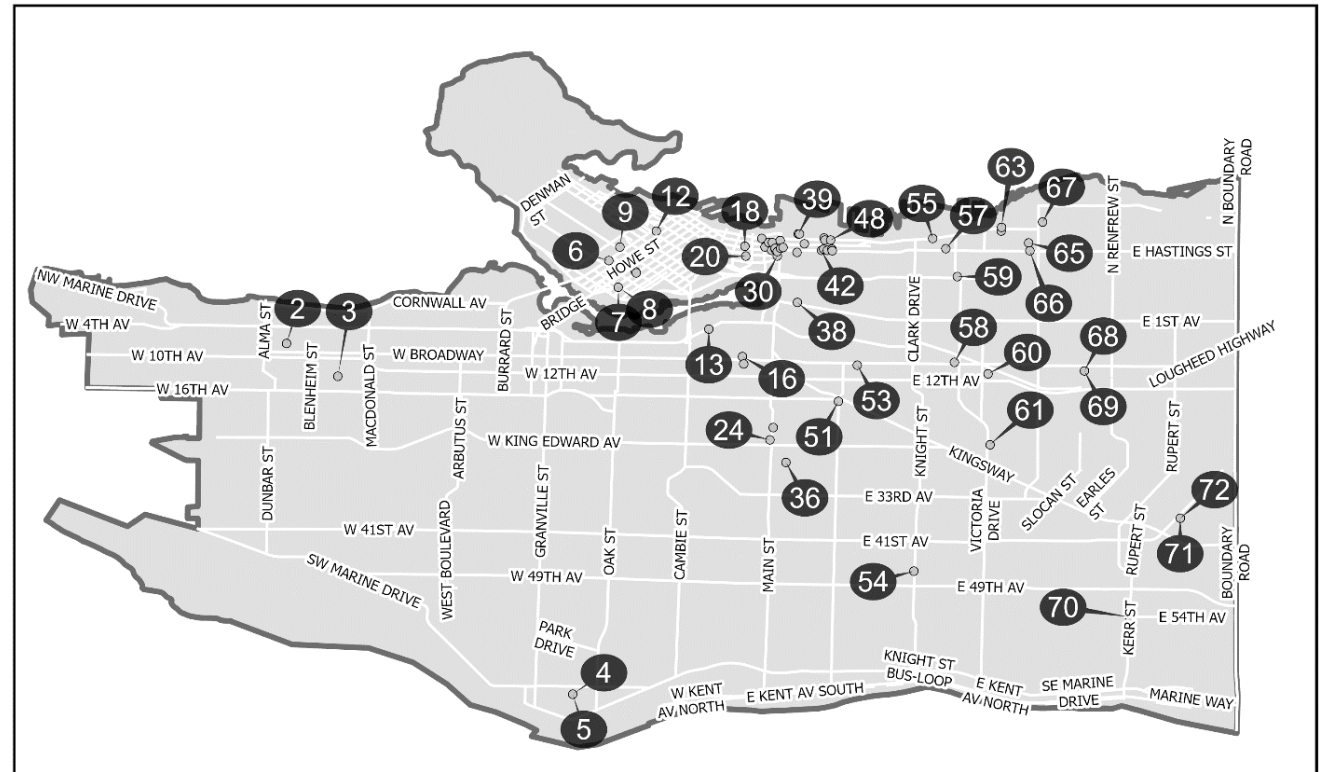
Unceded territory of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səl'ilwətaʔ / səlilwətaʔ (Tsleil-Waututh) Nations



See <https://vancouver.ca/people-programs/free-and-low-cost-resources.aspx> for the current or online version. Staff update this resource regularly in consultation with program operators, but recommend contacting organizations directly to verify the listings. To report errors, or add a program you operate, please contact foodpolicy@vancouver.ca

How to use this resource:

- For ease of reference, programs are numbered based on their location starting from West to East.
- Dates are in shorthand (Sun=Sunday, M=Monday, T=Tuesday, W=Wednesday, Th=Thursday, F=Friday, Sat=Saturday).
- Unless otherwise stated, programs are open to anyone.
- 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 the City's work towards a just and sustainable food system, visit www.vancouver.ca/people-programs/food
- For food programs in the lower mainland, check <http://www.vch.ca/public-health/nutrition/food-asset-map>



(1) Safe Seniors, Strong Communities
Only for seniors
Matches seniors needing support to access non-medical essentials such as grocery delivery, to volunteers who can help. Sign up by calling 2-1-1 or visiting <http://www.bc211.ca/safe-seniors-strong-communities/>
Low cost

(2) Kits Cares Café - Grocery Hamper Program
3512 W 7th Ave, Vancouver, BC
For info contact kitscarescafe@tenth.ca.
Operated by Tenth Church.
Wheelchair accessible. Takeout available.
Free

(3) Vancouver Community Fridge - Kitsilano
3066 West 13th Ave
Fridge and pantry stocked with free food, located in the alley by the red house and garden at the above address.
Accessible 24/7.
More info at <https://vcfp.square.site/>
Wheelchair accessible.
Free

(4) Marpole Community Food Hub - Grocery Program
8680 Hudson St, Vancouver, BC
Pickup grocery bags on Thurs, 10am-noon weekly.
Sign up required, contact (604) 263-9212.
Wheelchair accessible.
Free

(5) 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.
Wheelchair accessible. Takeout available.
Free

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

(7) 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

(8) Covenant House - Meal Program
1302 Seymour St, Vancouver, BC
Only for youth under 25
M-F 9am-12pm; M, Th, F 3:30-5pm; T-W 2-5pm; Th-F 3:30-5pm.
Sign up required, contact (604) 685-7474 info@covenanthousebc.org. Wheelchair accessible. Takeout available. Delivery available.
Free

(9) 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.
Wheelchair accessible. Takeout available.
Free/Low Cost

(10) Gathering Place Community Centre - Meals
609 Helmcken St, Vancouver, BC
Daily: 9am to 11am, Noon to 2:30pm, 5pm to 7pm
Wheelchair accessible. Takeout available.
\$2.00

(11) AIDS Vancouver - Supplementary Grocery Program
1101 Seymour St, Vancouver, BC
Only for registered clients of AIDS Vancouver living on a limited income
Sign up required, contact (604) 893-2201 or contact@aidsvancouver.org.
Free

(12) Christ Church Cathedral - Maundy Cafe
690 Burrard St, Vancouver, BC
M, W, Th from 11:30am-12:30pm.
Wheelchair accessible. Takeout available.
Free

(13) Food Stash - Rescued Food Box
340 W 2nd Ave, Vancouver, BC
For anyone who self-identifies as food insecure and resides within the catchment area posted at www.foodstash.ca/rescued-food-box. Weekly delivered box of ~30 pounds of healthy perishable food (fruit, vegetables, dairy, and meat).
Currently at capacity.
Sign up required, contact (604) 862-9701 or coordinator@foodstash.ca.
Delivery available.
\$10.00

(14) Food Stash - Rescued Food Market
340 W 2nd Ave, Vancouver, BC
F 3:30-6pm. Perishable food (fruit, vegetables, dairy, meat) on a 'pay what you feel' basis; no payment required (*donations accepted but optional*).
By Donation/Free

(15) Vancouver Community Fridge - Food Stash
340 W 2nd Ave, Vancouver, BC
Fridge and freezer stocked with free food, located outside Food Stash Foundation.
Accessible 24/7.
More info at <https://vcfp.square.site/>
Wheelchair accessible.
Free

(16) Japanese Community Volunteers - Meals on Wheels
101-42 West 8th Ave, Vancouver, BC
Only for seniors and those with challenges going out or cooking.
Japanese style bentos.
Call by Friday morning to reserve pickup or delivery the following Tues, 11am-Noon.
Sign up required, contact (604) 687-2172
Wheelchair accessible. Takeout available.
Delivery available.
\$7.00

(17) Tenth Church - Oasis Cafe
11 W 10th Ave, Vancouver, BC
Fruit and vegetable stand and takeout meals.
M 5:30-7:30pm, T 11am-1pm.
For info, contact oasis.cafe@tenth.ca
Wheelchair accessible. Takeout available.
Free

(18) 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

(19) SUCCESS Home Health - Chinese Meals on Wheels
28 West Pender, Vancouver, BC
Only for home-bound people including seniors, caregivers, people with illness or injury.
Chinese meals delivered daily 11am-1pm by Chinese-speaking volunteers. More info at <https://www.carebc.ca/meals-on-wheels.html>
Sign up required, contact (604) 733-6615 or cmow@carebc.ca. Delivery available.
Free

(20) SUCCESS Home Health - Western Meals on Wheels
28 West Pender, Vancouver, BC
Only for home-bound people including seniors, caregivers, people with illness or injury.
Western meals delivered daily 11am-1pm.
More info at <https://www.carebc.ca/meals-on-wheels.html>
Sign up required
Contact (604) 732-7638 or wmow@carebc.ca. Delivery available.
Free

(21) The Dugout - Hot Breakfast
59 Powell St, Vancouver, BC
M-Sat 7:30am; Sun & Holidays 8:30am.
For info call (604) 685-5239.
Free

(22) 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

(23) Inner-City Women's Initiatives Essential Services
101 E Cordova St, Vancouver, BC
Only for women
W, F 5pm
Wheelchair accessible. Takeout available.
Free

(24) 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

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

(26) Salvation Army - Harbour Light, Meal Program
119 E Cordova St, Vancouver, BC
M-F at 11am; Sat-Sun at 4:15pm.
Wheelchair accessible. Takeout available.
Free

(27) Vancouver Community Fridge - Mount Pleasant
3718 Main Street
Fridge and freezer stocked with free food, located in front of The Soap Dispensary.
Available 24/7.
More info at <https://vcfp.square.site/>
Wheelchair accessible.
Free

(28) Street Church - Meal Program
175 E Hastings St, Vancouver, BC
W, F, Sun at 6:30pm
Wheelchair accessible. Takeout available.
Free

(29) PHS - Washington Community Market
177 E Hastings St, Vancouver, BC
Low cost essential food and household supplies, open M-F 9am-4pm.
For info contact (604) 683-0073.
Wheelchair accessible.
Low cost

(30) Chinatown Cares - Grocery Hampers
188 E Pender St, Vancouver, BC
Only for Chinese seniors
Sign up required, contact (236) 808-1191
Wheelchair accessible. Delivery available.
\$10.00

(31) 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

(32) Salvation Army - Soup Truck
222 Main St, Vancouver, BC
T, Sun 9:45pm-11pm
Wheelchair accessible. Takeout available.
Free

(33) Aboriginal Front Door Society - Food Bank
384 Main St, Vancouver, BC
W 10-11am for AFDS members only. W after 11am for the general public.
Wheelchair accessible. Takeout available.
Free

(34) Aboriginal Front Door Society - Meal Program
384 Main St, Vancouver, BC
Only for DTES Community
Lunch 12-1:30pm
Coffee, tea and snacks 10am-3pm
Wheelchair accessible. Takeout available.
Free

(35) La Boussole - Foodbank
312 Main St, Vancouver, BC
W, 1:30pm. For information contact (604) 683-7337 or Laboussole@Lbv.Ca.
Wheelchair accessible.
Free

(36) Cityview Church - Open Table
4370 Sophia St, Vancouver, BC
Th, 12pm. Hot lunch and spiritual service, more info at <https://www.cityviewchurch.ca/opentable>
Wheelchair accessible. Takeout available.
Free

(37) First United Church - Meal Program
320 E Hastings St, Vancouver, BC
Meal served 5-6pm (lineup 4:30pm) every
cheque Tuesday (usually fourth Tuesday of
the month), as well as Jan 18, 25; Feb 15,
22; March 22, 29; and April 26.
Wheelchair accessible. Takeout available.
Free

(38) Greater Van Food Bank - Terminal
Ave Location
295 Terminal Ave, Vancouver, BC
Check <https://foodbank.bc.ca/> for
schedule (usually T, Th, F from 10 am-4
pm; W from 1-7 pm; and Sat 10am-2pm).
No onsite parking.
Sign up required, contact (604) 876-3601
reception@foodbank.bc.ca. Wheelchair
accessible.
Free

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

(40) WISH Drop-In Centre - Takeout Meals
330 Alexander St, Vancouver, BC
Dinner at 6pm-8pm. Breakfast at 7am-
9am. Snacks at 10pm, 1am-4am, 10:30am,
12-5pm. Open to all self-identified women
who are past or present sex workers.
Wheelchair accessible. Takeout available.
Free

(41) The Door is Open - Meal Program
255 Dunlevy Ave, Vancouver, BC
M, T, Th, F, Sat at 11am. W at 8:30am &
11:30am. Sun at 12pm.
Wheelchair accessible. Takeout available.
Free

(42) Vancouver Second Mile Society -
Meal Program
509 E Hastings St, Vancouver, BC
Sign up required, contact (604) 254-2194
info@vsms.ca. Wheelchair accessible.
Takeout available. Delivery available.
\$3.00

(43) Sheway - Takeout Meals
533 E Hastings St, Vancouver, BC
Only for women who have a current or
recent history of drug and/or alcohol use
and are pregnant or parenting.
M-F 11:30am-1:30pm. Closed on holidays.
Groceries are also available to eligible
clients. For information contact (604) 216-
1684 or drop-in M-F 10:30am-3:30pm.
Wheelchair accessible. Takeout available.
Free

(44) YWCA Crabtree Corner - Meal
Programs
533 E Hastings St, Vancouver, BC
Only for Women and children.
Breakfast M-F, 8:45-9:45am.
Lunch M, T, TH, F 1-2:30pm and W, 12-
1:15pm.
Wheelchair accessible. Takeout available.
Free

(45) Mission Possible - Power Breakfast
543 Powell St, Vancouver, BC
Sat 9-11am (lineup 8am).
Wheelchair accessible. Takeout available.
Free

(46) Lookout Society's Powell St.
Getaway - Snacks
528 Powell St, Vancouver, BC
Daily at 10:30am, 12:30pm, 2pm, 4pm &
6:30pm. Serving 10 people at a time during
COVID.
Wheelchair accessible. Takeout available.
Free

(47) DTES Neighbourhood House - Meal
Program
573 E Hastings St, Vancouver, BC
Oatmeal on Mon, Tues, Wed at 10am. Hot
lunch on Wed at 12:30pm. Also offering
free family programs to DTES families.
Contact fdi@dteshouse.ca or call (604)
215-2030.
Wheelchair accessible. Takeout available.
Free

(48) DUDES Club - Takeout Meal
606 Powell St, Vancouver, BC
Th at 4pm.
Wheelchair accessible. Takeout available.
Free

(49) Union Gospel Mission - Meal Program
601 E Hastings St, Vancouver, BC
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.
Wheelchair accessible. Takeout available.
Free

(50) Quest Food Exchange Low Cost Grocery (Hastings)
611 E Hastings St, Vancouver, BC
M and Sat 9am-3:45pm. T to Fri 9am-5:45pm. Closed holidays.
Referral required, contact (604) 602-0186.
Wheelchair accessible.
Low cost

(51) Salvation Army Boundless - Breakfast Program
3213 Fraser St, Vancouver, BC
F 9-10am
Wheelchair accessible. Takeout available.
Free

(52) Salvation Army Boundless - Nourishing Hope Hampers
3213 Fraser St, Vancouver, BC
Grocery hampers, pickup by appointment only.
Sign up required, contact (604) 872-7676.
Wheelchair accessible.
Free

(53) Mount Pleasant N'hood House - Referral Support
800 E Broadway, Vancouver, BC
For information about meals and groceries available, call (604) 879.8208
Referral

(54) CityReach - Food for Families (Culloden Court)
6265 Knight St, Vancouver, BC
Nutritious foodbank. Open for registered guests F, 3-4pm. 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.
See www.cityreach.org/foodforfamilies for details and current registration information.
Wheelchair accessible. Takeout available.
Free

(55) A Loving Spoonful - Meals and groceries
1449 Powell St, Vancouver, BC
Only for individuals and families living with HIV.
Eligible individuals and families can sign up by calling (604) 682-6325, or be referred by a Doctor, Nurse, Dietitian, Case Worker or Social Worker. To refer an individual or family, fax referrals to (604) -683-6327 or call (604) 682-6325 with any questions.
Delivery available.
Free

(56) 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 or recreation@vafcs.org .
Delivery available.
Free

(57) 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 or elders@vafcs.org.
Delivery available.
Free

(58) VCH - Healthiest Babies Possible Food Support
1669 E Broadway, Vancouver, BC
Only for prenatal or pregnant women and youth facing challenging life circumstances.
Food access and other supports available.
Drop in or phone to sign up during hours of M, W, F 8:30am-4:30pm or Th 9:15a.m-5:30p.m.
Sign up required, contact (604) 675 3982 or hbp@vch.ca. Delivery available.
Free

(59) The Kettle Society - Meal Program
1725 Venables St, Vancouver, BC
Daily 11:30am-2pm. Required to provide name.
Wheelchair accessible. Takeout available.
Free

(60) Cedar Cottage Food Network - Produce Box
2670 Victoria Dr, Vancouver, BC
Only for residents of Kensington-Cedar Cottage neighbourhood
Low cost pre-packaged produce box.
Pickup Wed, 11:30am-12:30pm.
Sign up required, contact ccfnmobilemarkets@gmail.com.
Wheelchair accessible.
Low Cost

(61) 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

(62) Quest Food Exchange Low Cost Grocery (Dundas)
2020 Dundas St, Vancouver, BC
M, Sat 9am-3:45pm. T-Fri 9am-5:45pm.
Closed holidays.
Referral required, contact (604) 602-0186.
Wheelchair accessible.
Low cost

(63) 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

(64) 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

(65) Pandora Community Food Market
2325 Franklin St, Vancouver, BC
Low cost fresh produce market operated by Kiwassa Neighbourhood House. W 2-4pm under blue tents near the field house in Pandora Park.
Contact food@kiwassa.ca or (604) 254-5401 for more info.
Wheelchair accessible.
Low cost

(66) LOAF (Local Open Access Fridge) - Garden Drive
2297 E Hastings St, Vancouver, BC
Barrier free fridge, freezer and pantry providing produce, dairy, non-perishable and frozen goods, as well as personal hygiene products.
Located behind Dachi restaurant, accessible 24/7.
More info at www.loafridge.ca or @loafridge (Instagram).
Free

(67) Saige Community Food Bank - Food Hamper Delivery
2425 Oxford St, Vancouver, BC
No barrier, safe program for LGBTQ2+.
Provides fresh produce and baked goods.
Sign up required.
Contact info@saigecommunityfoodbank.com.
Wheelchair accessible. Delivery available.
Free

(68) CityReach - Club Freedom Meal
2650 Slocan St, Vancouver, BC
A Christ-centred worship service and hot meal, no registration required. Sun 11am-12pm.
For information contact jemald@cityreach.org.
Wheelchair accessible. Takeout available.
Free

(69) CityReach - Food For Families
(Slocan)

2650 Slocan St, Vancouver, BC

Nutritious foodbank. Open for registered seniors only on T, 4:30-5:15pm. Open for any registered guests on T, 5:30-6:30pm or Th, 11am-noon.

Only for individuals and families referred by a partner agency or school.

See www.cityreach.org/foodforfamilies for details and current registration information.

Wheelchair accessible. Takeout available.

Free

(70) CityReach - Food for Families (YWCA South)

7001 Kerr St, Vancouver, BC

Nutritious foodbank. Open for registered guests F, 2-3pm. Only for individuals and families referred by a partner agency or school.

See www.cityreach.org/foodforfamilies for details and current registration information.

Wheelchair accessible. Takeout available.

Free

(71) Collingwood N'hood House - Food Hampers

5288 Joyce St, Vancouver, BC

Sign up required, contact (778) 244-4488 or info@cnh.bc.ca.

Takeout available. Delivery available.

Free

(72) Collingwood N'hood House - Morning Star Breakfast

5288 Joyce St, Vancouver, BC

Sat - Open for showers at 7.

Sat - Take-away breakfast and lunch bags 8-8:30am.

Wheelchair accessible. Takeout available.

Free