

Free and Low Cost Food Programs in Vancouver - Last updated August 14, 2023

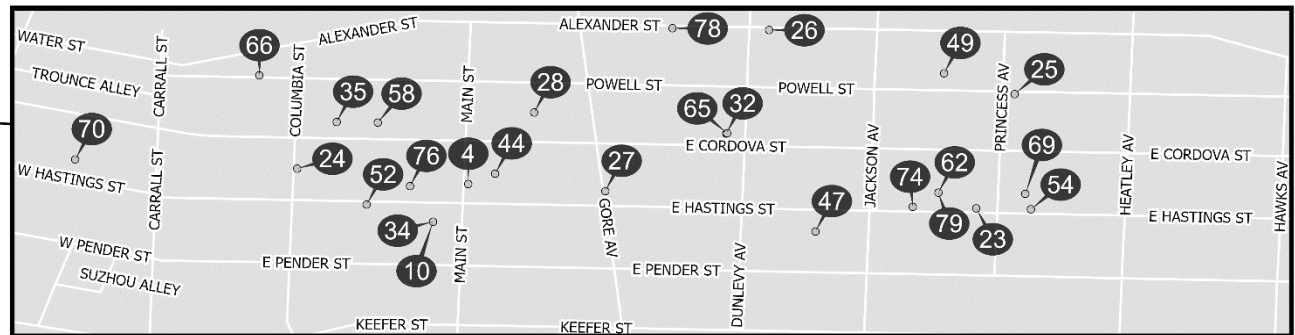
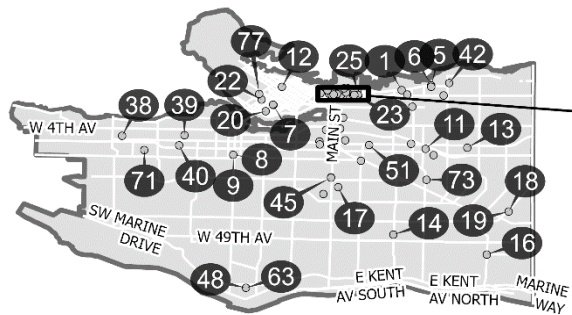
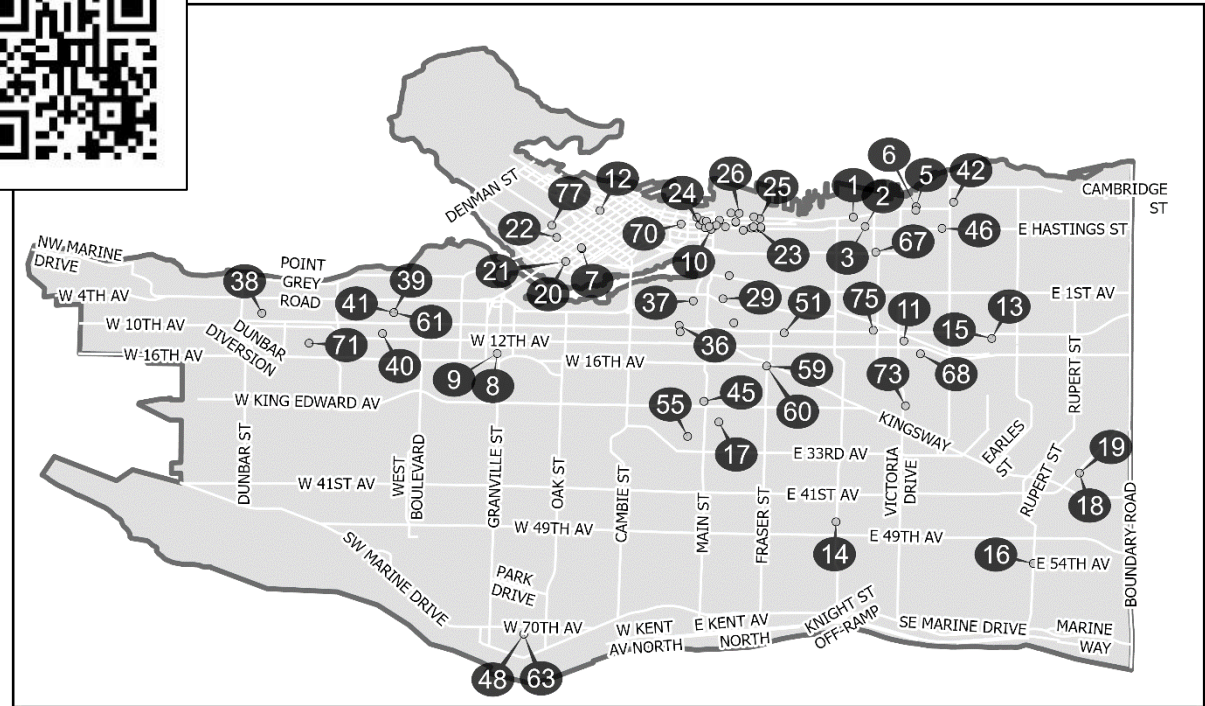
Unceded territory of the xʷməθkʷəy̓əm (Musqueam), Sḵwx̱wú7mesh (Squamish), and səliłwətaʔ / səliłwətał (Tsleil-Waututh) Nations



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

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.asp>
- 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



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 3-9.

Day	Monday (M)	Tuesday (T)	Wednesday (W)	Thursday (Th)	Friday (F)	Saturday (Sat)	Sunday (Sun)
Program Number	8	8	4	8	8	10	10
	9	9	8	9	9	18	13
	10	10	9	10	10	19	18
	12	15	11	12	12	22	22
	18	18	18	15	14	24	24
	21	21	21	17	16	26	26
	22	22	22	18	18	28	31
	23	23	23	21	21	31	34
	24	24	26	22	22	33	40
	26	26	27	24	24	34	41
	27	27	31	26	26	41	46
	31	31	32	27	27	46	47
	41	33	33	30	31	47	50
	46	36	41	31	33	49	52
	47	41	43	33	39	52	54
	52	46	44	41	41	53	56
	53	47	46	46	42	54	58
	54	52	47	47	46	55	65
	56	53	52	48	47	56	66
	58	54	53	52	52	58	69
	62	56	54	53	53	65	71
	64	58	56	54	54	66	72
	65	61	58	56	57	68	73
	66	62	62	58	58	69	78
	69	64	65	62	59	71	
	70	65	66	63	62	72	
	71	66	69	65	65	73	
	72	69	70	66	66	76	
	75	70	71	69	69	77	
	76	71	72	70	70	78	
	78	72	73	71	71		
	79	73	75	72	72		
		76	76	73	73		
		78	78	75	75		
		79	79	76	76		
				78	78		
				79	79		

(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 sign up by calling [\(604\) 682-6325](tel:6046826325), 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](tel:6046836327) or call [\(604\) 682-6325](tel:6046826325) with any questions.

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](tel:6042514844) and/or 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](tel:6042514844) and/or elders@vafcs.org

Delivery available.

Free

(4) Aboriginal Front Door Society - Food Bank

384 Main St, Vancouver, BC

Wed 10-11am for AFDS members only. Wed after 11am for the general public. Wheelchair accessible.

Free

(5) Aboriginal Mother Centre Society - 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

(6) 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

(7) AIDS Vancouver - Supplementary Grocery Program

1101 Seymour St, Vancouver, BC

Only for registered clients of AIDS Vancouver living on a limited income. Groceries including protein, cereal, milk, eggs, produce. Pickup a grocery bag between 1-4pm on scheduled days. See current schedule at

<https://www.aidsvancouver.org/the-grocery-program>. Sign up required, contact [\(604\) 893-2201](tel:6048932201) and/or

contact@aidsvancouver.org. Free

(8) Care BC - Chinese Meals on Wheels

3077 Granville St, Vancouver, BC

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

Chinese meals delivered weekdays 11am-1pm by Chinese speaking volunteers. 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](tel:6047336615) and/or cmow@carebc.ca

Delivery available.

\$9.00

(9) Care BC - Western Meals on Wheels

3077 Granville St, Vancouver, BC

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

Western meals delivered weekdays 11am-1pm, priced from \$5-9. 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](tel:6047327638) or wmow@carebc.ca. Delivery available.

Low cost

(10) 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

(11) 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

(12) Christ Church Cathedral - Maundy Cafe

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

(13) 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

(14) 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 Ave & Fraser River
Nutritious foodbank. Fri 3-4pm. Not currently accepting new registrations, info at www.cityreach.org/foodforfamilies.
Sign up required, contact fff@cityreach.org. Wheelchair accessible.
Free

(15) CityReach - Food For Families (Slocan)

2650 Slocan St, Vancouver, BC
Only for individuals and families referred by a partner agency or school.
Nutritious foodbank. For families without minors: Tues 4-5:15pm. For families with minors: Tues 5:30-6:30pm or Thurs 11am-noon. Not currently accepting new registrations, more info at www.cityreach.org/foodforfamilies.
Sign up required, contact (604) 254-2489 or fff@cityreach.org. Wheelchair accessible. Free

(16) 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, 2-3pm. Not currently accepting new registrations, info at www.cityreach.org/foodforfamilies
Sign up required, contact fff@cityreach.org. Wheelchair accessible.
Free

(17) Cityview Church - Open Table

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

(18) 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. More info at <https://rcfood.wordpress.com/collingwood-d-neighbourhood-food-hub/fridge/> and/or foodhub@cnh.bc.ca
Wheelchair accessible.
Free

(19) 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

(20) Covenant House - Hamper Program

1302 Seymour St, Vancouver, BC
Only for youth under 25
Sign up required, contact (604) 685-7474 and/or info@covenanthousebc.org.
Wheelchair accessible. Takeout available.
Free

(21) 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

(22) 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. Intake process to become a client. Sign up required, contact [\(604\) 633-1472](tel:6046331472) and/or directions@fsgv.ca. Takeout available. Delivery available. Free

(23) 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](tel:6042152030). Wheelchair accessible. Takeout available. Free

(24) 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

(25) DUDES Club - Takeout Meal

606 Powell St, Vancouver, BC

Th at 4pm. Wheelchair accessible. Takeout available. Free

(26) Evelyne Saller Centre - Low Cost Meals

404 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> and/or [\(604\) 665-3075](tel:6046653075). Wheelchair accessible. \$2.00

(27) 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](tel:6046818365). Wheelchair accessible. Takeout available. Free

(28) Food on the Corner

222 Main St, Vancouver, BC

Sat 11am. Soup and coffee plus a bagged lunch with PB&J sandwich, banana, and granola bar. Info at <https://www.foodonthecorner.ca/> Free

(29) Food Stash - Rescued Food Box

290 E 1st Ave, Vancouver, BC

Only for people experiencing food insecurity who are located within the service area posted at <https://www.foodstash.ca/rescued-food-box> and who have a self-disclosed disability and/or chronic health condition that makes accessing food challenging. Weekly delivered box of ~30 pounds of healthy perishable food (fruit, vegetables, dairy, and meat). Sign up required, contact [\(604\) 862-9701](tel:6048629701) and/or coordinator@foodstash.ca. Delivery available. \$10.00

(30) Food Stash - Rescued Food Market

290 E 1st Ave, Vancouver, BC

Th, 3-5:30pm fresh food market (fruit, vegetables, dairy, meat). \$12 one-time registration fee (3-month membership). Sign up required, contact [604-862-9701](tel:6048629701) <https://www.foodstash.ca/market>. Wheelchair accessible. Low Cost

(31) Gathering Place Community Centre - Meals

609 Helmcken St, Vancouver, BC

Meals every day of the week. Breakfast 9am-noon, Lunch 11:30am-4:30pm, Dinner 4:30-7pm. Menu at: <https://vancouver.ca/parks-recreation-culture/gathering-place-cafeteria.aspx> Wheelchair accessible. Takeout available. \$3.50

(32) Gospel Mission Society - Food Program

255 Dunlevy Ave, Vancouver, BC

Serving sandwiches or hot food Wed 7-8pm

Wheelchair accessible. Takeout available.

Unknown

(33) Greater Van Food Bank - Terminal Ave Location

295 Terminal Ave, Vancouver, BC

Only for Registered clients

Check <https://foodbank.bc.ca/> for

schedule (usually Tues, Thurs, Fri from 10 am-4 pm; Wed from 1-7 pm; and Sat 10am-2pm).

Sign up required, contact [\(604\) 876-3601](tel:6048763601) reception@foodbank.bc.ca. Wheelchair accessible.

Free

(34) Guru Nanak's Free Kitchen

401 Main Street

Hot vegetarian meal (Guru Ka Langhar).

Served Saturday 1pm & Sunday 12pm

outside of the Carnegie Centre.

Free

(35) Inner-City Women's Initiatives Essential Services

101 E Cordova St, Vancouver, BC

Only for women.

W, F 5pm

Wheelchair accessible. Takeout available.

Free

(36) 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](tel:6046872172). \$8.00

(37) 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](tel:6042575151).

Wheelchair accessible. Delivery available.

Free

(38) Kits Cares - Low Cost Food Market

3512 W 7th Ave, Vancouver, BC

Thurs, 12:30-2:30pm. Fruits, vegetables, bread, and non-perishables are available.

For info contact kitscarescafe@tenth.ca.

Operated by Tenth Church.

Wheelchair accessible.

Low cost

(39) Kits House Living Room Food Distribution

2305 West 7th Ave, Vancouver, BC

Community space open to all on Mon-Fri.

9am-4:30pm - no membership or registration required! Features amenities, free WiFi, tea and coffee, and community connections. On Fridays, limited number of fresh and non-perishable food items available to take home - no registration required, no questions asked, while supplies last.

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) Kitsilano Neighbourhood House Little Free Pantry

2305 West 7th 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 neighbourhood house on Vine Street. More info at

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

Free

(42) Kiwassa Neighbourhood House - Community Lunch Program

2425 Oxford St, Vancouver, BC

Runs the first & third Friday of the month.

3 course meal, first served at 12:15pm

Register by calling 604-254-5401, walk-ins

taken as space permits. Contact

food@kiwassa.ca for more info.

Wheelchair accessible. Seniors \$5, children

12 & under \$3, everyone else \$6

(43) Kiwassa Neighbourhood House - Produce Market

2425 Oxford St, Vancouver, BC

Fresh produce market. Wed, 2-4pm.

Contact food@kiwassa.ca or [604-254-5401](tel:604-254-5401)

for more info.

Wheelchair accessible.

Low cost

(44) La Boussole - Foodbank

312 Main St, Vancouver, BC

Wed, 1:30pm. For information contact

[\(604\) 683-7337](tel:604-683-7337) and/or Laboussolle@Lbv.ca

Wheelchair accessible.

Free

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

3981 Main 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 at capacity, not registering new clients.

Sign up required, contact [\(236\) 862-8280](tel:236-862-8280)

and/or fooddistribution@lmnhs.bc.ca.

Wheelchair accessible.

Free

(46) LOAF (Local Open Access Fridge) - Garden Drive

2297 E Hastings St, Vancouver, BC

Barrier free fridge, freezer and pantry

providing produce, dairy, non-perishable,

frozen goods, and personal hygiene

products. Located behind Dachi

restaurant, accessible 24/7. More info at

www.facebook.com/loafridge/ or

[@loafridge](https://www.instagram.com/loafridge) on Instagram.

Free

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

450 E Hastings St, Vancouver, BC

Daily at 10:30am, 12:30pm, 2pm, 4pm &

6:30pm.

Wheelchair accessible. Takeout available.

Free

(48) Marpole Community Food Hub - Grocery Program

8680 Hudson St, Vancouver, BC

Pickup grocery bags on Thurs, 10am-noon.

Sign up required, contact [\(604\) 263 9212](tel:604-263-9212).

Wheelchair accessible.

Free

(49) Mission Possible - Power Breakfast

543 Powell St, Vancouver, BC

Sat 9-11am (lineup 8am).

Wheelchair accessible. Takeout available.

Free

(50) 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-](https://bcfarmersmarket.org/coupon-program/get-involved/individuals/)

[program/get-involved/individuals/.](https://bcfarmersmarket.org/coupon-program/get-involved/individuals/)

Free

(51) Mount Pleasant N'hood House - Referral Support

800 E Broadway, Vancouver, BC

For information about meals and groceries

available, call [\(604\) 879-8208](tel:604-879-8208).

(52) 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

(53) Quest Food Exchange Low Cost Grocery (Dundas)

2020 Dundas St, Vancouver, BC

Mon-Fri 9am-5:45pm. Sat 9am-3:45pm.

Closed Sunday and Holidays.

Referral required, contact [\(604\) 602-0186](tel:604-602-0186).

Wheelchair accessible.

Low cost

(54) Quest Food Exchange Low Cost Grocery (Hastings)

611 E Hastings St, Vancouver, BC

Mon-Fri: 9am-5:45pm. Sat 9am-3:45pm.

Sun 11am-3pm. Closed holidays.

Referral required, contact [\(604\) 602-0186](tel:604-602-0186).

Wheelchair accessible.

Low cost

(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) 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

(57) Saige Community Food Bank - Food Hamper Delivery

2425 Oxford St, Vancouver, BC

No barrier program for 2SLGBTQ

individuals. A food hamper with fresh produce and baked goods available on the 2nd and 4th Fridays of the month.

Sign up required, phone # must be included contact:

fb@saigecommunityfoodbank.com.

Free

(58) Salvation Army - Harbour Light, Meal Program

119 E Cordova St, Vancouver, BC

Mon-Fri at 11am; Sat-Sun at 4:15pm.

Wheelchair accessible.

Free

(59) Salvation Army Boundless - Breakfast Program

3213 Fraser St, Vancouver, BC

F 9-10am

Wheelchair accessible.

Free

(60) Salvation Army Boundless - Nourishing Hope Hampers

3213 Fraser St, Vancouver, BC

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

Sign up required, contact [\(604\) 872-7676](tel:604-872-7676).

Free

(61) 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.

To register: contact Sara at [\(604\) 736-3588](tel:604-736-3588) ext 129 or sarad@kitshouse.org

Cost: \$7

Sign up required, contact [\(604\) 736-3588](tel:604-736-3588) sarad@kitshouse.org.

Low cost

(62) 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](tel:604-216-1699) or drop in Mon-Fri between 10:30am-3pm

Wheelchair accessible.

Free

(63) St Augustine's Anglican Church - Dinners To-Go

8680 Hudson St, Vancouver, BC

Th 6-7pm. Maximum 2 dinners per guest, please.

For info contact [\(604\) 263-9212](tel:604-263-9212) or foodhub@staugustinemarpole.com.

Wheelchair accessible. Takeout available.

Free

(64) Tenth Church - Oasis Cafe

11 W 10th Ave, Vancouver, BC

Mon 5:30-7:30pm, Tues 11am-1pm. Takeout and dine in meals. For info contact:

oasis.cafe@tenth.ca.

Wheelchair accessible.

Free

(65) 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. **Women only on**

Wed at 8:30am & 11:30am. More info at

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

Free

(66) The Dugout - Hot Breakfast

59 Powell St, Vancouver, BC

Daily hot meal at 7:30am. For info, call **(604) 685-5239**.

Takeout available.

Free

(67) The Kettle Society - Meal Program

1725 Venables St, Vancouver, BC

Daily 11:30am-2pm. Required to provide name.

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 10:30am). Dinner M-F at 6:30pm (tickets at 6pm), Sat-Sun at 4pm (tickets at 3:30pm).

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

Wheelchair accessible. Free

(72) Vancouver Community Fridge - LMNH

3981 Main Street

Fridge, freezer, and pantry stocked with free food, located in front of Little Mountain Neighbourhood House. Available 24/7.

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

Wheelchair accessible. Takeout available.

Free

(73) 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

(74) 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

(75) 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.

To sign up, drop in or phone Mon, Wed, Fri 8:30am-4:30pm or Thurs 9:15a.m-5:30p.m.

Sign up required, contact **604 675 3982**

&/or hbp@vch.ca. Delivery available.

Free

(76) Washington Community Market

179 E Hastings St, Vancouver, BC

Low cost essential food and household supplies, Mon-Sat 9am-5pm. For info contact (604) 683-0073.

Wheelchair accessible.

Low cost

(77) 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

(78) WISH Drop-In Centre - Takeout Meals

330 Alexander St, Vancouver, BC

Only for all self-identified women and gender-diverse folks who are past or present sex workers

Daily. Dinner 6-8pm. Breakfast 7-9am.

Snacks 10pm, 1-4am, and 10:30am.

Wheelchair accessible. Takeout available.

Free

(79) YWCA Crabtree Corner - Meal Programs

533 E Hastings St, Vancouver, BC

Only for Women and children

Breakfast: Mon-Fri, 8:45-9:45am.

Lunch: Mon, Tues, Thurs, & Fri: 1-2:30pm.

Wed: 12-1:15pm.

Wheelchair accessible. Takeout available.

Free