

## 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	Hamper Program-for		ed@dtesnhave.ca

Neighbourhood House	families and isolated seniors		
Food Stash	Food recovery and delivery program-must be referred by an agency		<a href="http://www.foodstash.ca">www.foodstash.ca</a>
Grandview Woodlands Food Connection Program	Hamper Program	604-718-5895	<a href="mailto:gwfcnetwork@gmail.com">gwfcnetwork@gmail.com</a>
Greater Vancouver Food Bank	<a href="http://FoodBank.bc.ca">Food Bank.bc.ca</a>	604-876-3601	<a href="mailto:reception@foodbank.bc.ca">reception@foodbank.bc.ca</a>
Jewish Family Services	Jewish Food Bank	604-558-5719	<a href="mailto:Communitycare@jfsvancouver.ca">Communitycare@jfsvancouver.ca</a>
Kits Cares Café-10 <sup>th</sup> Church	Grocery Program		<a href="mailto:kitscarescafe@tenth.ca">kitscarescafe@tenth.ca</a>
Kiwassa Neighbourhood House	Food Hampers for residents of Hasting Sunrise and area	604-254-5401	<a href="mailto:food@kiwassa.ca">food@kiwassa.ca</a>
La Boussole	Food Bank	604-683-7337	<a href="mailto:Laboussole@lbv.ca">Laboussole@lbv.ca</a>
Little Mountain Neighbourhood House	Food Support Program		<a href="mailto:fooddistribution@lmnhs.bc.ca">fooddistribution@lmnhs.bc.ca</a>
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	<a href="http://Muslimfoodbank.com">Muslimfoodbank.com</a>
Quest Food Exchange	Food recovery and redistribution-referrals through agencies only	604-602-0186	<a href="http://Questoutreach.org">Questoutreach.org</a>

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

### **Volunteer Opportunities**

All of the above programs and organizations use volunteers to run their programs so connecting with any of these programs to volunteer is a great start. The Jewish Food Bank for example relied on over 300 volunteers in 2020 to ensure food security programs could respond to the needs of the community.

In addition the following website is a great search engine for all types of volunteer opportunities within food security.

**govolunteer.ca** – complete the advanced search with keywords like “sustainability”, “farming”, “food hampers” or any other area you are interested in.

### **Where to donate**

To donate, please call any of the above numbers and they will connect you with the right person whether it is to donate food or money.