

Free and Low Cost Food Programs in Vancouver – Last updated April 29, 2024

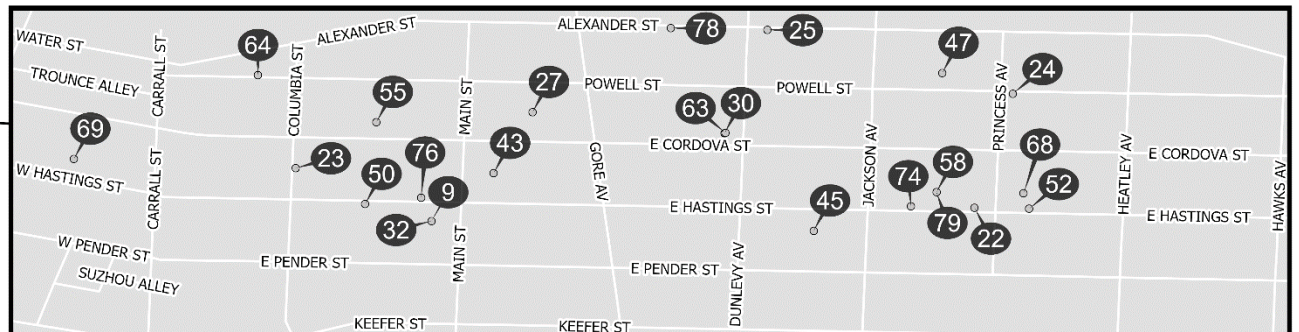
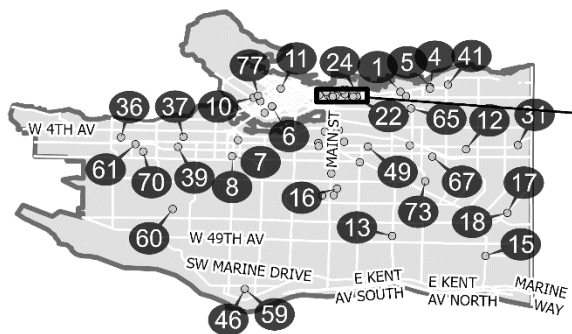
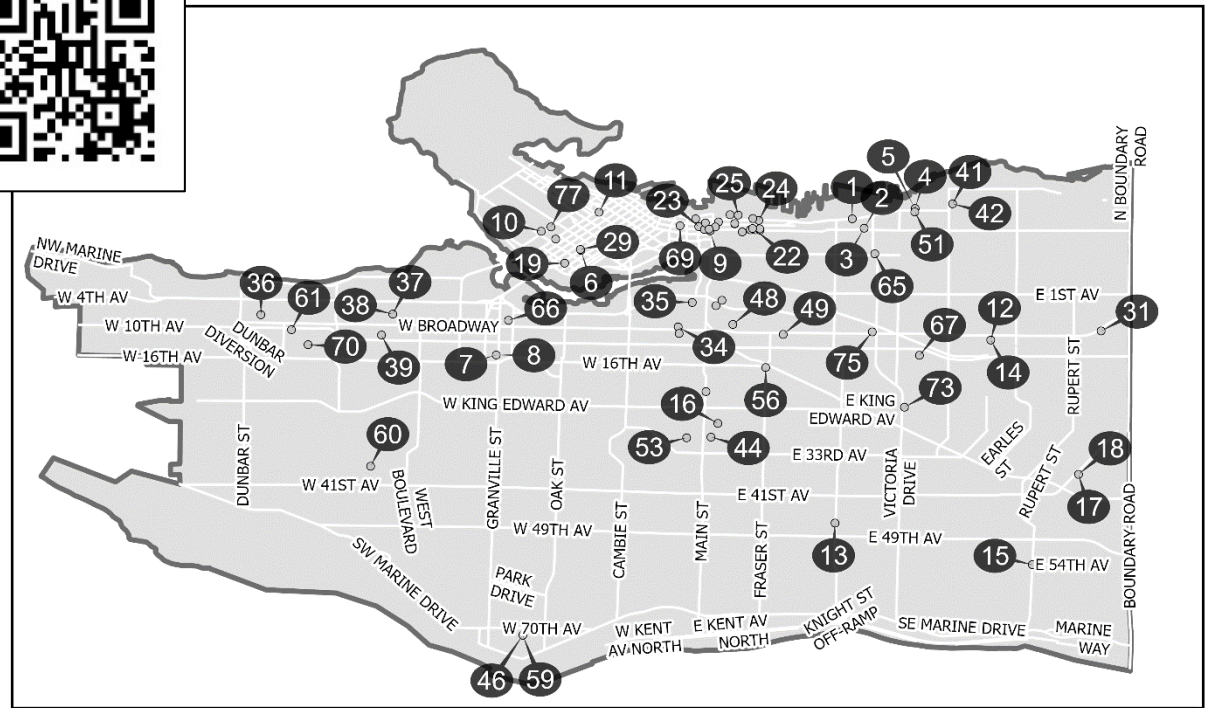
Unceded territory of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and salilwataʔ / salilwataʔ (Tsleil-Waututh) Nations



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.aspx>
- 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 3-10.

Day	Monday (M)	Tuesday (T)	Wednesday (W)	Thursday (Th)	Friday (F)	Saturday (Sat)	Sunday (Sun)
Program Number	7	7 76	7	7 72	7 73	9	9
	8	8 78	8	8 73	8 75	17	12
	9	9 79	17	9 75	9 76	18	17
	11	14	20	11 76	10 78	21	21
	17	17	21	14 78	11 79	23	23
	20	20	22	16 79	13	25	25
	21	21	25	17	15	27	29
	22	22	26	20	17	29	32
	23	23	29	21	20	31	38
	25	25	30	23	21	32	40
	26	26	31	24	23	38	45
	29	29	38	25	25	45	48
	38	31	42	26	26	47	50
	45	33	43	28	29	50	52
	50	34	45	29	31	51	55
	51	38	50	31	37	52	63
	52	45	51	33	38	53	64
	55	50	52	38	41	55	68
	58	51	55	45	45	63	70
	62	52	58	46	50	64	71
	63	55	63	50	51	67	72
	64	57	64	51	52	68	73
	68	58	68	52	54	70	78
	69	62	69	55	55	71	
	70	63	70	58	58	73	
	71	64	71	59	63	76	
	72	68	72	63	64	77	
	75	69	73	64	68	78	
	76	70	75	68	69		
	78	71	76	69	70		
	79	72	78	70	71		
		73	79	71	72		

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

Free

(4) 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

(5) 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

(6) AIDS Vancouver - Supplementary Grocery Program

1101 Seymour St, Vancouver, BC

Only for Community Case Management clients and participants from The Corner Groceries include protein, milk, eggs, and produce. Grocery bags available for pick up on scheduled days. See current schedule at

aidsvancouver.org/the_grocery_program.

To do an intake and assess eligibility, contact [\(604\) 893-2201](tel:6048932201) or

contact@aidsvancouver.org.

Sign up required, contact [\(604\) 893-2201](tel:6048932201) or contact@aidsvancouver.org.

Free

(7) 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 www.carebc.ca/chinese-mow-vancouverrichmond. Sign up required, contact [\(604\) 733-6615](tel:6047336615) or cmow@carebc.ca. Delivery available.

\$9.00

(8) 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

www.carebc.ca/western-mow-vancouverrichmond. Sign up required,

contact [\(604\) 732-7638](tel:6047327638) or

wmow@carebc.ca.

Delivery available.

Low cost

(9) 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

(10) Central Presbyterian - Rescued food distribution

1155 Thurlow Street

Weekly distribution of rescued foods on Friday from 11:30am to 12:30PM. People are encouraged to bring their own shopping bag.

Wheelchair accessible.

Free

(11) Christ Church Cathedral - Maundy Cafe

690 Burrard St, Vancouver, BC

Mon, Thurs, Fri from 11:30am-12:30pm.

Wheelchair accessible. Takeout available.

Free

(12) 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

(13) 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 Avenue and Fraser River. Nutritious foodbank. Fri 3-4pm. Not currently accepting new registrations, more info at

www.cityreach.org/foodforfamilies.

Sign up required, contact

fff@cityreach.org.

Wheelchair accessible.

Free

(14) CityReach - Food For Families (Slocan)

2650 Slocan St, Vancouver, BC

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

Only for individuals and families referred by a partner agency or school. Nutritious foodbank. For families without minors:

Tues 3-4:15pm (First and Third Tuesday of each month). For families with minors:

Tues 4:30-5:30pm or Thurs 11am-noon. Not currently accepting new registrations,

more info at

www.cityreach.org/foodforfamilies.

Sign up required, contact [\(604\) 254-2489](tel:6042542489)

or fff@cityreach.org.

Wheelchair accessible.

Free

(15) 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, more info at

www.cityreach.org/foodforfamilies

Sign up required, contact

fff@cityreach.org.

Wheelchair accessible.

Free

(16) 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

(17) 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.

More info at

rcfood.wordpress.com/collingwood-neighbourhood-food-hub/fridge/ or

foodhub@cnh.bc.ca.

Wheelchair accessible.

Free

(18) 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](tel:6044350323).

Wheelchair accessible.

Free

(19) Covenant House - Hamper Program

1302 Seymour St, Vancouver, BC

Only for youth under 25

Sign up required, contact [\(604\) 685-7474](tel:6046857474)

or info@covenanthousebc.org. Wheelchair accessible. Takeout available.

Free

(20) 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

(21) 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. Youth Pantry program Tues/Thurs/Sat, call to inquire. Intake process to become a client.

Sign up required, contact [\(604\) 633-1472](tel:6046331472) or directions@fsgv.ca.

Takeout available. Delivery available.

Free

(22) 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@dtesnhouse.ca or call [\(604\) 215-2030](tel:6042152030).

Wheelchair accessible. Takeout available.

Free

(23) 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

(24) DUDES Club

606 Powell St, Vancouver, BC

Th at 4pm. Mainly dine-in format. Men are prioritized, and extra meals are handed out to community on a first come, first serve basis.

Wheelchair accessible.

Free

(25) 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

www.vancouver.ca/parks-recreation-culture/evelyne-saller-centre-cafeteria.aspx or [\(604\) 665-3075](tel:6046653075).

Wheelchair accessible.

\$2.00

(26) 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

(27) Food on the Corner

222 Main St, Vancouver, BC

Sat 11am. Soup and coffee plus a bagged lunch with PB&J sandwich, banana, granola bar. Info at

www.foodonthecorner.ca.

Free

(28) Food Stash - Rescued Food Market

290 E 1st Ave, Vancouver, BC

Thursdays, 3-7pm fresh food market (fruit, vegetables, dairy, meat). \$24 one-time registration fee (3-month membership).

Sign up required, contact [\(604\) 862-9701](tel:6048629701) or www.foodstash.ca/market.

Wheelchair accessible.

(29) Gathering Place Community Centre - Meals

609 Helmcken St, Vancouver, BC

Meals every day of the week. Breakfast 9am-noon (\$2.25), Lunch 11:30am-4:30pm (\$2.75), Dinner 4:30-7pm (\$3.50). Menu at

www.vancouver.ca/parks-recreation-culture/gathering-place-cafeteria.aspx.

Wheelchair accessible. Takeout available.

Low cost

(30) Gospel Mission Society - Food Program

255 Dunlevy Ave, Vancouver, BC

Serving sandwiches or hot food Wed 7-8pm.

Wheelchair accessible. Takeout available.

Free

(31) Greater Van Food Bank - Lougheed Hwy Location
3454 Lougheed Hwy, Vancouver, BC
Only for Registered clients
Check www.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 or reception@foodbank.bc.ca. Wheelchair accessible.
Free

(32) Guru Nanak's Free Kitchen
401 Main Street
Hot meal served Saturday 1pm, Sunday 12pm outside of Carnegie Centre.
Free

(33) Inner-City Women's Initiatives Essential Services
609 Helmcken St, Vancouver, BC
Only for women
5-6:30PM
Wheelchair accessible. Takeout available.
Free

(34) Japanese Community Volunteers - Meals on Wheels
42 W 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.
\$8.00

(35) 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 www.jfsvancouver.ca/services/family-and-adult-resources/food-and-support/ or call (604) 257-5151.
Wheelchair accessible. Delivery available.
Free

(36) Kits Cares - Low Cost Food Market
3512 W 7th Ave, Vancouver, BC
Thurs, 12:30-2:30pm. Low-cost and subsidized produce and canned goods. Cash, debit and credit accepted. Guests can also enjoy a hot drink and a sweet treat at a cafe area at no cost. Free food available. For info contact kitscarescafe@tenth.ca. Operated by Tenth Church. Wheelchair accessible.
Low cost

(37) Kits House Living Room Food Distribution
2305 West 7th Ave, Vancouver, BC
11am - 1PM. Fresh and non-perishable food items are available to take home - no registration required, no questions asked, while supplies last.
Free

(38) Kits Neighbourhood House Free Pantry and Fridge
2305 West 7th Ave, Vancouver, BC
Take what you need and give what you can to this pantry with non-perishable foods and fridge/freezer with perishable items. Available 24/7. Located outside the neighbourhood house on Vine Street. More info at www.kitshouse.org/2021/11/02/kitsilano-little-free-pantry.
Free

(39) Kitsilano Community Centre Breakfast Program
2690 Larch St, Vancouver, BC
Only for People experiencing homelessness
Biweekly: 2nd and 4th Saturday, 7:30am-9am. Hot breakfast until 8:45am, showers until 9am, toiletries and clean change of clothes provided. Valet services available for carts and dogs.
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 www.bcfarmersmarket.org/coupon-program/get-involved/individuals/.
Free

(41) Kiwassa Neighbourhood House - Community Lunch

2425 Oxford St, Vancouver, BC

First & third Friday of the month, 12:15pm. 3 course meal. Seniors \$5, children 12 & under \$3, everyone else \$6. Walk-ins taken as space permits. For more info contact food@kiwassa.ca. Sign up required, contact [\(604\) 254-5401](tel:(604)254-5401). Wheelchair accessible.

Low cost

(42) 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

(43) La Boussole - Foodbank

312 Main St, Vancouver, BC

Wed, 1:30pm. For information contact [\(604\) 683-7337](tel:(604)683-7337) or Laboussole@Lbv.ca.

Wheelchair accessible.

Free

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

4580 Walden 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 admitting families with kids and single parents (Limited spots).

Sign up required, contact fooddistribution@lmnhs.bc.ca. Wheelchair accessible.

Free

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

450 E Hastings St, Vancouver, BC

Daily at 10:30am, 1pm, and 4pm. Coffee 9-10am, 10:30-11am, and 4-5pm.

Wheelchair accessible. Takeout available.

Free

(46) 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) foodhub@staugustinemarpole.com.

Wheelchair accessible.

Free

(47) Mission Possible - Power Breakfast

543 Powell St, Vancouver, BC

Sat 9-10am (lineup 8am). Takeout only.

Wheelchair accessible.

Free

(48) 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-program/get-involved/individuals>.

Free

(49) 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).

(50) 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

(51) 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 to shop. For more information on referrals, please visit:

www.questoutreach.org/refer-clients.

Low cost

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

611 E Hastings St, Vancouver, BC

Mon-Fri: 9am-4pm. Sat 9am-4pm. Sun and holidays closed. Referral required to shop. For more information, visit:

www.questoutreach.org/refer-clients.

Low cost

(53) 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

www.bcfarmersmarket.org/coupon-program/get-involved/individuals/.

Free

(54) Saige Community Food Bank - Food Hamper Pickup

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, contact

fb@saigecommunityfoodbank.com.

Free

(55) Salvation Army - Harbour Light, Meal Program

119 E Cordova St, Vancouver, BC

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

Wheelchair accessible.

Free

(56) Salvation Army Boundless - Nourishing Hope Hampers

3213 Fraser St, Vancouver, BC

Grocery hampers, pickup by appointment only. Program will end in September 2023.

Sign up required, contact [\(604\) 872-7676](tel:6048727676).

Free

(57) 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 ext 129](tel:6047363588) or sarad@kitshouse.org

\$7

(58) Sheway - Lunches

533 E Hastings St, Vancouver, BC

Only for Sheway clients who have a current or recent history of drug 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:6042161699) or drop in Mon-Fri between 10:30am-3pm.

Wheelchair accessible.

Free

(59) 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:6042639212).

Wheelchair accessible. Takeout available.

Free

(60) St Mary's Kerrisdale - Community Meal

2490 W 37th Ave, Vancouver, BC

Every Tuesday, 11:30AM - 12:30PM. Free, sit-down hot lunch. Hot entree or soup, salad, bread, and sweets. Arrive 30 min prior to enjoy a coffee/tea with others. All welcome!

Wheelchair accessible.

Free

(61) St. James Community Square Pantry

3214 W 10th 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 community centre on Trutch Street. More info at www.sjcommunitysquare.org/

Free

(62) Tenth Church - Oasis Cafe

11 W 10th Ave, Vancouver, BC

Mon 5:30-7:30pm, Tues 11am-1pm. Dine in meals only. Access via the alley at Ontario street. For info contact

oasis.cafe@tenth.ca.

Wheelchair accessible.

Free

(63) 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. Wed at 9am.

More info at www.thedoorisopen.ca/free-lunch-program/.

Free

(64) The Dugout - Hot Breakfast

59 Powell St, Vancouver, BC

Daily hot meal at 7:30am. For info call [\(604\) 685-5239](tel:6046855239).

Takeout available.

Free

(65) The Kettle Society - Meal Program

1725 Venables St, Vancouver, BC

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

Wheelchair accessible. Takeout available.

Free

(66) Three Links Foundation - Sunday

Free Breakfast

1443 W 8th Ave, Vancouver, BC

Every Sunday, 9:30am to 11:30am. Warm breakfast for individuals experiencing homelessness, featuring items such as ham, egg, and cheese sandwiches, coffee, muffins, cereal, pancakes, hot chocolate, water, and juice.

Wheelchair accessible. Takeout available.

Free

(67) 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

(68) Union Gospel Mission - Meal Program

601 E Hastings St, Vancouver, BC

Lunch every day at 11am (tickets at 10:45am). Dinner M-F at 6pm (tickets at 5:45pm), Sat-Sun at 4pm (tickets at 3:45pm). For info call [\(604\) 253-3323](tel:6042533323).

Wheelchair accessible. Takeout available.

Free

(69) 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

(70) 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

(71) Vancouver Community Fridge - LMNH

3718 Main Street

Fridge, freezer, and pantry stocked with free food. Temporarily located in front of the Soap Dispensary. Available 24/7.

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

Wheelchair accessible. Takeout available.

(72) Vancouver Community Fridge - Mount Pleasant

273 E 4th Ave, Vancouver, BC

The fridge, freezer and pantry are maintained in partnership by Food Stash Foundation and the Vancouver Community Fridge Project. Food is free and everyone is welcome to take what they need and leave what they can. The Fridge is accessible 24/7 and it is in the alley between E 4th Avenue and Scotia Street at the CoFood Community Garden. More info: <https://foodstash.ca/fridge>.

Wheelchair accessible.

(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](tel:6042542194) or info@vsms.ca. Wheelchair accessible.

Takeout 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. Available on the 2nd floor. Food access and other supports available.

To sign up, drop in or phone Mon to Fri 8:30-4:30PM.

Sign up required, contact [\(604\) 675-3982](tel:6046753982) 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](tel:6046830073).

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