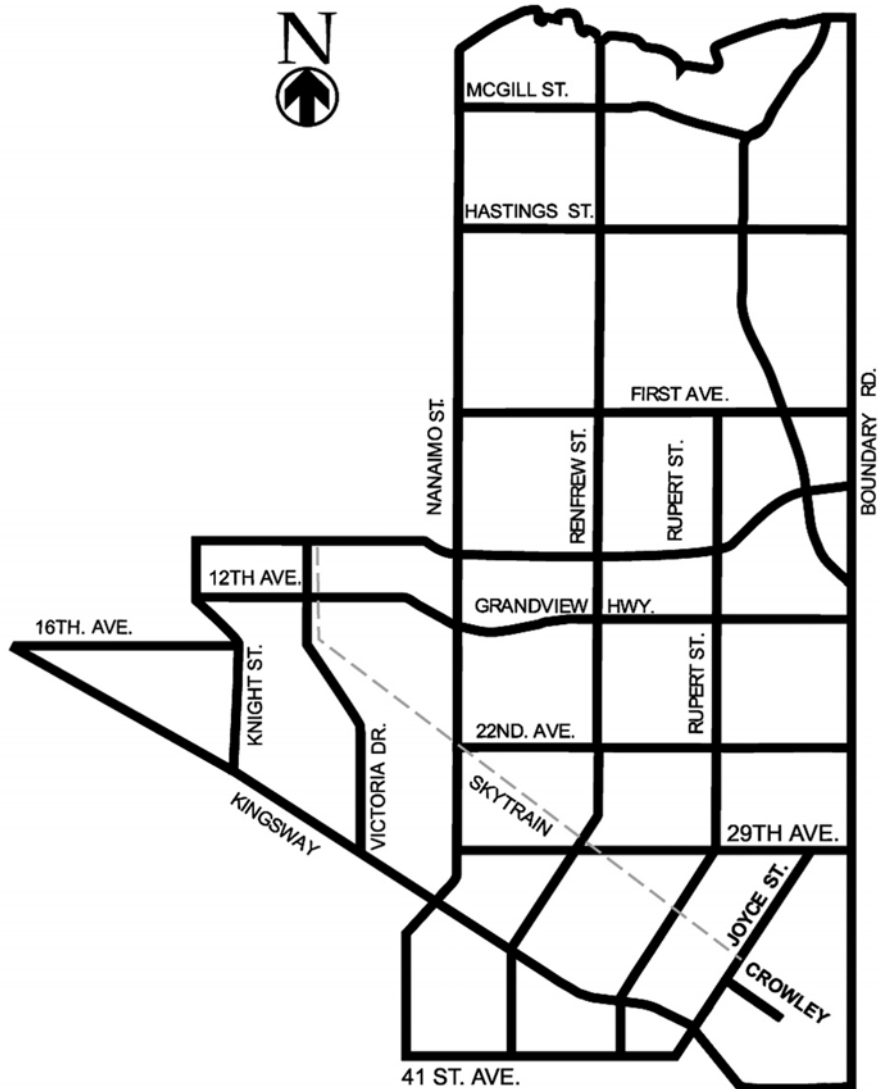


GROCERY, MEAL AND OTHER FOOD RESOURCES

Community Health Area # 3: Northeast Vancouver



Grocery Resources That Accept Phone Orders and Deliver

Name	Phone	Order & Delivery Information	Minimum Delivery & Charges
<p>Dairyland www.morethanmilk.ca</p> <p>* See website for a list of items that can be delivered.</p>	<p>Phone 604-421-4663</p> <p>Fax 604-444-7243</p>	<p>Store Hours Monday – Friday 8 a.m. – 4:30 p.m.</p> <p>Delivery once per week.</p>	<p>Delivery Charge No charge and no minimum order</p> <p>Delivery Time Order by 3 p.m. for next day delivery.</p>
<p>Ezgrocer.ca www.ezgrocer.ca</p>	<p>Phone 604-251-9990</p> <p>Shop online www.ezgrocer.ca</p>	<p>Delivery Times Monday – Friday 10 a.m. – 9 p.m.</p> <p>Deliveries to the Vancouver area.</p> <p>Shop until midnight for next day delivery or schedule your delivery for up to 6 days ahead</p> <p>No weekend delivery.</p>	<p>Delivery Charge \$8</p> <p>Minimum \$50 order</p> <p>Free delivery on orders over \$200</p>

Name	Phone	Order & Delivery Information	Minimum Delivery & Charges
<p>Green Earth Organics www.greenearthorganics.com</p>	<p>Phone 604-708-2345</p> <p>Fax 604-708-5998</p>	<p>Delivery Times 2:30 p.m. – 10:30 p.m.</p> <p>Office Hours Monday – Thursday 8 a.m. – 4 p.m. Friday 8 a.m. – 2 p.m.</p> <p>Order before 9 a.m. the day before you need delivery.</p>	<p>Delivery Charge \$25 minimum order No delivery charge</p> <p>* Food box changes weekly due to seasonal changes, Hotline for this week's Harvest Box: 604-708-5969</p>
<p>Organics At Home 1479 Hunter Street North Vancouver www.organicsathome.com (warehouse)</p>	<p>Phone 604-983-6657</p>	<p>Phone Orders Monday – Friday 9 a.m. – 4 p.m.</p> <p>Internet orders anytime.</p> <p>Delivers To North Shore Vancouver Burnaby New Westminister Tri-cities</p> <p>Schedule Monday - Thursday</p>	<p>Delivery Charge \$30</p>

Name	Phone	Order & Delivery Information	Minimum Delivery & Charges
<p>Small Potatoes Urban Delivery www.spud.ca</p>	<p>Phone 604-215-7783</p>	<p>Delivery Times 9 a.m. – 9 p.m. * delivery days vary depending on where you live.</p> <p>Their answering machine takes your order.</p> <p>Free catalogue available.</p>	<p>Delivery Charge For FREE delivery, your order must meet a minimum based on your area.</p> <p>Call or check their website for details.</p>

Grocery Stores that Deliver (you must shop in store)

Name	Phone	Delivery	Hours
<p>Banana Grove Market and Deli 2705 East 22nd Avenue</p>	<p>Phone 604-435-0646</p> <p>Fax 604-435-0665</p>	<p>Delivery Charge Free for seniors or physically disabled in Renfrew Collingwood.</p>	<p>Store Hours Monday – Sunday 9 a.m. – 7:30 p.m.</p>
<p>Safeway 3410 Kingsway Street www.safeway.com</p>	<p>Phone 604-439-0818</p> <p>Customer Service 1-800-safeway (1-800-723-3939)</p> <p>Head Office 604-301-2697</p>	<p>Delivery Charge \$6.50, same day delivery.</p> <p>Delivery Time Check with store for specific time.</p> <p>No Sunday delivery.</p>	<p>Store Hours 7 a.m. – 12 noon</p>

Shop by Phone Program Operated by Volunteers

Name	Time To Phone	Delivery Details	Registration
<p>Killarney Market 2611 49th Avenue East (49th and Elliott)</p>	<p>Wednesday 9 a.m. – 11:30 a.m.</p>	<p>Delivery Charge Free with \$35 minimum order</p> <p>Delivery Restriction Restricted to Vancouver Coastal Health Clients</p> <p>Delivery Area Fraser – 33rd. Boundary - Cambie</p>	<p>South Vancouver Seniors Network 604-324-3670</p> <p>Tuesday – Friday 10:30 a.m. – 3 p.m.</p>
<p>Safeway (various locations)</p> <p>* Operated by Vancouver Coastal Health Volunteers</p> <p>www.vch.ca/volunteers</p>	<p>Broadway Program Tuesday and Thursday 8 a.m. – 10:30 a.m.</p> <p>Oakridge Program Wednesday 8 a.m. – 10 a.m.</p> <p>Kingsway Program Thursday 8 a.m. – 10:30 a.m.</p>	<p>For those who can't get out and shop for themselves</p>	<p>Call Vancouver Coastal Health Central Volunteer Services 604-709-6402</p>

Group Shopping Program

Group shopping programs are for senior or disabled adults who need help with their shopping, who don't have friends or family to help them, and who are eligible for HandyDart services.

Volunteers help Vancouver Coastal Health (VCH) clients one-on-one who have been transported by HandyDart to a local mall. There is not charge for the services.

Shoppers can take two bags each home on the bus.

Name	When	Pick Up Areas	Delivery	Registration
<p>Oakridge Shopping Westside Group</p> <p>Operated by VCH Community Volunteer Program www.vch.ca/volunteers</p>	<p>Date Wednesday</p> <p>Time 10 a.m. pickup 1 p.m. return</p> <p>How Clients picked by from home by HandyDart</p>	<p>Clients living west of Main Street.</p>	<p>Delivery Charge \$3.50</p> <p>Oakridge Shopping Centre</p>	<p>Phone 604-709-6489</p> <p>Priority given to VCH clients</p>
<p>Oakridge Shopping Eastside Group</p> <p>Operated by VCH Community Volunteer Program www.vch.ca/volunteers</p>	<p>Date Friday, expect statutory holiday</p> <p>Time 10 a.m. pickup 1 p.m. return</p> <p>How Clients picked by from home by HandyDart</p>	<p>Clients living east of Main Street.</p>	<p>Delivery Charge \$3.50</p> <p>Oakridge Shopping Centre</p>	<p>Phone 604-709-6489</p> <p>Priority given to VCH clients</p>

Delivered Meal Programs

Name and Contact Information	What's Delivered	Cost and Schedule
<p>Better Meals 604-299-1877 www.bettermeals.com</p> <p>Hours Monday – Friday 8:30 a.m. – 5 p.m.</p>	<p>Frozen full course dinners - \$3.50</p> <p>Special diets (diabetic and low sodium) \$6.50</p> <p>Monthly specials</p>	<p>Delivery Cost \$20 minimum order</p> <p>Delivery Times Weekly throughout Vancouver, Victoria, and most of the Fraser Valley</p>
<p>Gold Card Catering 604-594-5520 www.goldcardcatering.com</p> <p>Hours Monday – Thursday 9 a.m. – 4 p.m.</p> <p>Friday 9 a.m. – 12 noon</p>	<p>Entrees \$4.75 - \$7</p> <p>Single Servings \$3.50 - \$5</p> <p>Soups \$1.50 - \$2.25</p> <p>Desserts \$2 - \$3.25</p>	<p>Delivery Cost \$25 minimum order \$2 delivery charge on orders less than \$50</p> <p>Delivery Times Times are given once the order is placed</p>
<p>Tonari Gumi Japanese Community Volunteer Association 604-687-2172 www.jcva.bc.ca</p> <p>* Delivers to Vancouver only</p>	<p>Japanese lunch \$6 including delivery charge</p> <p>For seniors with a physical or mental disability (not just for Japanese speakers)</p>	<p>Delivery Cost No minimum order required but you must qualify for meals.</p> <p>Delivery Times Monday -- Friday Noon – 2 p.m.</p>

Name and Contact Information	What's Delivered	Cost and Schedule
<p>Kosher Meals on Wheels Jewish Family Services Agency 604-257-5151 (Seniors Department) www.jfsa.ca</p>	<p>Frozen meals.</p>	<p>Delivery Cost \$9.50 – please order 1 week before delivery date</p> <p>Delivery Times Thursday</p>
<p>Home and Health Care Society of BC Vancouver – Richmond 604-732-7638 www.carebc.ca</p> <p>Monday – Friday 8 a.m. – 4:30 p.m.</p>	<p>Hot noon meals including an entrée, soup, and dessert.</p> <p>They can accommodate some special diets.</p> <p>\$5 hot meal entrée \$2.50 is added to frozen and hot meals if you order a sandwich pack (sandwich and fruit)</p>	<p>Delivery Cost You must order at least five meals if you're a new client.</p> <p>Delivery Time Monday – Friday 11 a.m. – 11 p.m.</p>
<p>Chinese Meals on Wheels Chinese Speaking Coordinator 604-292-7200 www.carebc.ca/meals</p>	<p>Meals prepared by SUCCESS. Vancouver and Richmond only.</p> <p>\$5 - 1 hot meal (soup and rice)</p>	<p>Delivery Cost You must order at least five meals if you're a new client.</p> <p>Delivery Time Monday – Friday 11 a.m. – 11 p.m.</p>

Name and Contact Information	What's Delivered	Cost and Schedule
<p>Casalinga Meal Service 604-435-1994 www.casalingafoods.com</p> <p>Monday – Friday 9 a.m. – 5 p.m.</p> <p>*Registered with Veterans Affairs Canada</p>	<p>Fresh frozen meals. Wholesome gourmet freezer products Fresh items</p> <p>\$5 – starting price for entrées</p> <p>Serves the Lower Mainland.</p>	<p>Delivery Cost Free.</p>
<p>St. Paul's Anglican Church 1130 Jarvis Street Vancouver, BC 604-685-6832 www.stpaulsanglican.bc.ca</p>	<p>Part of the Vancouver Food Bank.</p> <p>Wednesday's 10 a.m. - 11 a.m.</p>	<p>Delivery Cost Free.</p>
<p>A Loving Spoonful #100 – 1300 Richards 604-682-6325 www.alovingspoonful.org info@alovingspoonful.org</p> <p>Service is for clients living with HIV/AIDS who:</p> <ul style="list-style-type: none"> - Have a medical need for this service - Meet eligibility criteria - Are referred to by a physician <p>Call for more information</p>	<p>Weekly delivery of seven nutritious entrées, snack pack, bread, and fresh fruit.</p>	<p>Delivery Cost Free meals</p> <p>Delivery Times Tuesday</p>

Low-Cost and Free Meals in the Community

Where	What
<p>Cedar Cottage Neighbourhood House 4065 Victoria Drive 604-874-4231 ccnh@telus.net</p>	<p>Meal Supper Club for Seniors Wednesday 4.p.m. – 6 p.m. Cost: \$3</p> <p>First Nations Supper Tuesday 6 p.m. – 8p.m. Cost: Free</p> <p>Family Meals Thursday 6 p.m. Cost: \$2.50 (Adults), \$1.50 (Children over 3)</p> <p>Everyone welcome</p>
<p>Frog Hollow Neighbourhood House 2131 Renfrew Street 604-251-1225 www.froghollow.bc.ca</p>	<p>Meal Emergency Food Bag Limited 1 bag per month Accessible anytime Cost: Free by referral</p> <p>* To request a bag please call and ask to speak to Eva</p>

Where	What
<p>Collingwood Neighbourhood House 5288 Joyce Street 604-435-0323 www.cnh.bc.ca</p>	<p>Meal Lunch, Seniors Tuesday and Thursday - 12 noon - 1 p.m. Cost: \$4.50 (seniors), \$5.50 (public), \$3 (youth)</p> <p>Lunch, Families Branching Out Thursday – 12:30 p.m. Cost: Free, Drop-In <i>* For parents with young children (0-6 years)</i></p> <p>Dinner, Families Branching Out Monday – 6 p.m. – 8 p.m. Cost: Free. Drop-In <i>* For parents with young children (0-6 years)</i></p> <p>Breakfast and Shower Program Saturday – 9 a.m. – 10:45 a.m. <i>* For all ages</i></p> <p>Lunch, Amlatsi Family Place Friday 10 a.m. – 12 noon Cost: Free, drop-in. <i>* For Aboriginal families with children (0-6 years)</i></p> <p>Skill Building Community Kitchen First Wednesday of the month 5 p.m. – 7 p.m. Call: 604-435-0323 to register (limited space) <i>* Learn to cook food and share a meal. You'll be given a container of cooked food.</i></p> <p>Youth Community Kitchen Every Friday night Call: 604-435-0323 to register</p>

Where	What
<p>Hastings Community Centre 3096 East Hastings 604-718-6230</p>	<p>Meal Seniors Meals to Wheels alternate Thursday 12 noon – 3 p.m. Cost: \$3 Soup Pot Community Meal</p> <p>One Tuesday each month 11:30 a.m. – 12:45 p.m. Cost: \$2</p> <p><i>* Phone ahead for schedule</i></p>
<p>Renfrew-Collingwood Senior Centre Wheels To Meals 604-430-1441 www.rencollseniors.ca</p> <p>* Boundaries: Venebles to Fraser, Knight to Boundry</p>	<p>Meal Lunch, Tuesday and Friday 12 noon Cost: \$4 for meal. \$2 each way transportation.</p>
<p>Renfrew-Collingwood Seniors Society 604-430-1441 www.rencollseniors.ca</p>	<p>Meal Adult Day Care Food Program Monday, Wednesday, Thursday 12 noon Cost: \$3.50, Referral Required</p> <p>Community Program Tuesday and Friday 11:45 a.m. – 12:45 p.m. Cost: \$3.50 <i>* Open to seniors in Renfrew Collingwood</i></p>

Where	What
<p>Kiwassa Neighbourhood House 2425 Oxford Street 604-254-5401 www.kiwassa.vcn.bc.ca</p>	<p>Meal Canning Kitchen Wednesday 9:30 a.m. – 1 p.m. Cost: Shared cost. <i>* Can, preserve, and cook food. Nutritionist runs the program. Childcare provided.</i></p> <p>Breakfast Club Monday – Friday, 8 a.m. – 8:45 a.m. Summer months: 9 a.m. – 9:45 a.m. Cost: By donation <i>* A child must accompany an adult</i></p> <p>Lunch, Seniors Fridays. Alternates between Chinese and Western Meals. Cost: \$2.50 <i>* Includes fun activities and speakers.</i></p> <p>Community Dinner Cost: \$4 (adults), \$2 (per child), free for children under 2 years. <i>* Registration required</i></p>
<p>Trout Lake Community Centre 3350 Victoria Drive 604-257-6955</p>	<p>Meal Lunch, last Tuesday of each month Cost: \$5 for members Membership: \$3 per year.</p>
<p>Wilson Heights United Church 1634 East 41st Avenue www.whuc.net</p>	<p>Community Meal Thursday, 5:30 p.m. – 7 p.m. Cost: by donation <i>* All welcome</i></p>

School Meal Programs

Where	What
<p>Franklin Elementary School 250 Skeena Street 604-713-4709</p>	<p>Meal Hot Lunch Program for students organized through local fast food restaurants. Cost: \$2.25 - \$4 according to meal. <i>* Students must sign up for program</i></p>
<p>Norquay Elementary School 4710 Slocan Street 604-713-4666</p>	<p>Meal Breakfast for students 8:15 a.m. - 8:45 a.m. Cost: \$5 each month.</p> <p>Lunch Program Cost: \$60 each month.</p>
<p>Thunderbird School 2325 Cassiar Street 604-713-4611</p>	<p>Meal Hot Lunch Program for students Cost: \$50 each month or by donation <i>* Subsidized by Vancouver School Board</i></p>

Other Food Resources

Name	What, Cost, and Schedule
<p>Community Gardens www.vch.ca/population/food</p>	<p>Community gardens are organized by your neighbours and community groups across the Lower Mainland. They are for people who don't have their own land to grow vegetables or flowers.</p> <p>Vancouver Coastal Health's Food Security pages will give you links to local community garden resources in your area.</p>
<p>Community Kitchens 604-876-0659 ex. 118 www.communitykitchens.ca cooking@uniserve.com</p>	<p>A community kitchen is a group of people who meet to cook healthy meals that don't cost a lot. Anyone can join.</p> <p>While the focus is on giving to places like food banks, volunteers can take produce home if they need it.</p>
<p>Dial-a-Dietitian 604-732-9191 1-800-667-3438 (Toll free in BC) www.dialadietitian.org</p>	<p>Dial-a-Dietitian will give you free nutrition information. When you call a trained dietitian will answer.</p> <p>Translation is available in 130 languages.</p>
<p>Farmer's Markets www.vch.ca/population/food</p>	<p>Farmer's markets are usually held outside where farmers can sell their food to you at prices that are often very inexpensive.</p> <p>Vancouver Coastal Health's Food Security pages will give you links to local farmer's markets in your area.</p>

Name	What, Cost, and Schedule
<p>Fruit Tree Project 604-873-1191 www.vcn.bc.ca/fruit</p>	<p>Fruit Tree works with people who have fruit trees on their backyard or land.</p> <p>They collect fruit and donate a lot of it to community groups like the Food Bank or to Community Kitchens.</p> <p>They also host canning and tree pruning classes and can give you tips on what to do with fruit and how to keep your trees healthy.</p> <p>Currently operates in Mount Pleasant, Little Mountain, Grandview-Woodland, East Vancouver and Kitsilano.</p>
<p>Good Food Bag 604-877-4681 www.vch.ca/women/pregnancy</p>	<p>For clients of Healthiest Babies Possible program. Cost: \$5</p>
<p>Shop Smart Tours Overwaitea Food Group Ltd 1-800-448-2118 to register</p>	<p>Free nutrition and grocery tours with a nutritionist. Available in BC.</p>
<p>Inland Refugee Society 411 Dunsmuir Street. 4th Floor. 778-328-8888 www.inlandrefugeesociety.org</p>	<p>Food Bank Wednesday, 2 p.m. – 5 p.m.</p> <p>For refugees and refugee claimants. Must register first with Inland Refugee Society so you can access the Food Bank.</p>

Name	What, Cost, and Schedule
<p>Jewish Family Services 950 West 41st Avenue 604-257-5151 www.jfsa.ca</p>	<p>Jewish Food Bank Every other Thursday, 10 a.m. – 11 a.m. For Jewish low-income people and families.</p>
<p>La Boussole 612 E. Broadway Avenue. 604-683-7337 www.lbv.ca</p>	<p>Food Bank Wednesday – 10:30 a.m. For the Francophone community</p>
<p>Partners in Hope Food Co-Op 557 East 21st Avenue 604-215-3552 (to order) 604-215-0335 (office) www.partnersinhoperecovery.com</p> <p>Area Served 33rd Ave – North to Coal Harbour Main Street – West End.</p>	<p>Members pool their resources and purchase food in bulk and then sell them in individual portions.</p> <p>Cost Family package: \$20 Adult: \$20 General supplement: \$10 Meat or fruit and veggie: \$10 Canned food package: \$10</p> <p>Delivery Time Friday between 12 noon – 2 p.m. or 2 p.m. – 4 p.m.</p> <p>* Payment in advance of delivery.</p>
<p>Neighbourgardens (part of City Farmer) 604-736-2250 www.cityfarmer.org</p>	<p>Vegetable and other gardens City Farmer keeps a list of gardens that aren't being used and a list of gardeners who want to share a garden.</p>

Name	What, Cost, and Schedule
<p>Vancouver Police Department Free Meals List www.vancouver.ca/police</p>	<p>Free meals list includes youth-only and women-only low-cost meals.</p>
<p>Surry Food Bank Food Index List www.surreyfoodbank.com/food</p>	<p>A searchable list of food services in Surrey. You can search by neighbourhood, type of service, and people served.</p>