



FREE AND LOW-COST COMMUNITY FOOD RESOURCES WESTSIDE



Kits Cares Café FREE

Grocery hampers (pick-up) at Redemption Church every Thursday from 1:30-2:30pm. 3512 W 7th Ave W, Vancouver. West 7th Ave and Collingwood Street
All are welcome!
<https://www.tenth.ca/pages/kits-cares-cafe-2021>

Community Food Pantry FREE

Non-perishable items, dry, canned goods. Take what you need – leave what you can.
Vine street and 7th Ave – outside Kitsilano Neighbourhood House

The Rescued Food Box Program LOW COST - WAITLIST ONLY

Weekly food box (delivery), packed with around 30 pounds of healthy perishable food, rescued from grocery stores, sorted and packed by staff and volunteers.
Costing \$10 per delivery, the program supports individuals experiencing food insecurity to maximize their resources and create healthier eating habits, while reducing financial and physical barriers to accessing food.
More info: <https://www.foodstash.ca/rescued-food-box>
To apply: <https://www.foodstash.ca/apply>

Jewish Family Services FREE

Grocery hampers and prepared meal delivery. Call 604-558-5719 X3 to register.
All are welcome!
<https://www.jfsvancouver.ca/services/family-and-adult-resources/food-and-support/>

Community Fridge FREE

Take what you need – leave what you can. Located at 3066 W 13th Ave, in the alley next to the red house and big garden.
Please note: This fridge does not have a freezer.
<https://vcfp.square.site/find-a-fridge>

Seniors Lunch at Kitsilano Neighbourhood House LOW COST

2305 W 7th Ave, Vancouver
Join friends and neighbours for light exercise, engaging conversation, entertainment and a delicious meal, provided by one of the partnering restaurants: White Spot, Gobble.
\$60 for 10 visits (11th visit FREE!)
Tuesdays 11:00am – 1:00pm
*no lunch program on: Dec 28, 2021; Jan 4, 2022
To register:
<https://www.kitshouse.org/seniors-lunch/> or contact Ronja at 604.736.3588 ext 129 or ronjaf@kitshouse.org

