

PCN 3 Food Resources

Clinic & Provider Companion Guide

APRIL 2025

This is a guide for clinics and providers to use with the patient-facing Food Resources for PCN 3 - Northeast. Although most of the community resources listed can be accessed directly by patients in the community, this guide will help to provide direction for providers on which services might be appropriate.

PCN 3 SPECIFIC FOOD RESOURCES

Name	Neighbourhood	Services	Access
Kiwassa Neighbourhood House 2425 Oxford St. food@kiwassa.ca	Hastings-Sunrise	Low-cost Produce Market	Affordable fresh fruits and vegetables for sale, no registration required (CURRENTLY CLOSED UNTIL FURTHER NOTICE)
		Community Lunch	1 st and 3 rd Friday, doors open at 12pm - affordable & nutritious 3 course lunch (\$3-\$6) for the neighbourhood
		Breakfast Club	Every school day 8:45 - 9:00am - Free nutritious breakfast for Tillicum School students and families
		Saige Community Food Bank (Food Hamper Delivery Service)	2 nd & 4 th Friday - Supporting transgender, gender non-conforming and queer individuals and those who have difficulty accessing traditional food banks (lack of ID or housing, etc.)
Frog Hollow Neighbourhood House 2131 Renfrew St. eva@froghollow.bc.ca 604-761-9828	Hastings-Sunrise	Multicultural Food Skills Exchange	Food skills & nutrition workshops. Learn hands on cooking skills and preparing healthy meals and snacks.
		Kids in the Kitchen	Family drop-in cooking program for children in the drop-in program aged 0-5
		Neighbourhood Pantry	Non-perishable goods pantry for families in need residing in Hastings Sunrise area - by appointment
		Community Gardens	Community members of all ages can learn how to grow vegetables from the Indigenous perspective of land stewardship
Little Mountain Neighbourhood House 102 - 1193 Kingsway	Cedar Cottage	Riley Park Community Garden	Harvests are shared among volunteers and excess food is donated to the LMNH Food Hub Program

*will move back to PCN 5 location in March 2026 joannem@lmnhs.bc.ca		Food Distribution Program fooddistribution@lmnhs.bc.ca	Low-cost market style program for people living in geographic boundary from Cambie to Knight St. and 16 th to 49 th Ave.
Cedar Cottage Neighbourhood House 3973 Dumfries St.	Cedar Cottage	Family Soup and Sandwiches arudra@cedarcottage.org	Thursdays from 5 – 7pm. Free food program for families with children 0 – 18 years in the Kensington Cedar Cottage neighbourhood
		Seniors Supper Club seasteman@cedarcottage.org	Wednesdays 3 – 5pm – Hot, balanced, nutritious meal program (\$10.00) for seniors in the Kensington Cedar Cottage neighbourhood
Cedar Cottage Food Network cedarcottagefoodnetwork@gmail.com	Cedar Cottage	Community Food Markets – Fresh & affordable produce at two markets in Kensington-Cedar Cottage	For residents of Kensington-Cedar Cottage Wednesday 11am – 12:30pm at 2670 Victoria Dr. (outside of First Christian Reformed Church) Saturday 11am – 12:30pm at 5175 Dumfries St, outside of Kensington Community Centre
Collingwood Neighbourhood House 5288 Joyce St. foodsecurity@cnh.bc.ca ph: 604-435-0323	Renfrew-Collingwood	Community Care Harvest Box & Market	Spring to Fall – subscription service to harvest box for low-income participants & small pay-what you can market
		Community Fridge & Pantry – located outside front entrance	Outdoor fridge offering free and healthy food to all community members
		Free Food Program e-mail foodhub@cnh.bc.ca to get on the waitlist	Thursday 12 – 1pm – Free food for local residents (postal code starting with V5R) who require food support. Registration required (REG. CURRENTLY CLOSED)
		Farmers Market Nutrition Coupon Program (FMNCP)	Coupons to lower income families, pregnant people and seniors that can be used at participating BC Farmers' Markets

FOOD SERVICES

Name	Area	Services	Access
Vancouver Neighbourhood Food Networks info@vancouverfoodnetworks.com	Vancouver-wide	Food hubs located in neighbourhood houses and community centres throughout Vancouver, each offering food programs	Vancouver residents - find the location of your neighbourhood hub to see what food support is available.

Greater Vancouver Food Bank reception@foodbank.bc.ca Ph: 604-876-3601	Greater Vancouver	Vancouver clients can pick up free food once a week. Includes children's programs for babies (includes formula), pre-schoolers, and grade schoolers, as well as a Seniors program.	Registration required https://foodbank.bc.ca/find-food/registration/
CityReach Care Society info@cityreach.org Ph: 604-254-2489	Greater Vancouver	Food For Families - weekly food hamper program. fff@cityreach.org	Registration is required (REG. CURRENTLY CLOSED)
		Club Freedom – weekly meal program jemald@cityreach.org	Sundays @ 11am – at CityReach Warehouse, 2650 Slocan St.
Vancouver Community Fridge Project	Vancouver	Map of community fridges and pantries across Vancouver	Free food accessible to those in need in the community – no policing, no shame policy
Quest Non-Profit Grocery Market Locations in North Van, Vancouver, Burnaby & Surrey	Greater Vancouver	Low-cost grocery markets that support those facing economic barriers. Locations in DTES and East Vancouver	Referral required from Primary Care Provider (or community service) for patients facing financial instability Referral Form: https://clients.questoutreach.org/rifer-clients
Food Stash Foundation Ph: 604-862-9701	Vancouver (except UBC)	Rescued Food Market – affordable market stocked with rescued, quality surplus from food retailers.	Thursdays from 3 – 7pm – Membership required – randomized lottery after registration
		Community Fridge & Pantry – E4th and Scotia St. (back alley)	Free and open 24/7 – No policing, no judgement and no shame
		Food Box Delivery Program – weekly food box for people with low income, disability and or a chronic health condition that makes it difficult to access other services.	Cost is \$10.00 per week for people living in Foodstash's service area who have self-disclosed disability and/or chronic health condition. (PROGRAM AT CAPACITY – WAITLIST CLOSED)

INDIGENOUS FOOD RESOURCES

Name	Community/Area	Services	Access
Vancouver Aboriginal Friendship Centre Ph: 604-251-4844	Vancouver-wide	Elders' Food and Wellness Program,	For Indigenous Elders 65+ Sign up required Contact elders@vafcs.org
		Weekly Bread Delivery	Wednesdays - Free, fresh & nutritious bread to anyone in need in the community Contact info@vafcs.org
Aboriginal Mother Centre Community Kitchen Email: kitchen@aboriginalmothercentre.ca Ph: 604-558-2627	Vancouver	Community Kitchen	Affordable meals and job training for the local Aboriginal community. Open Monday to Friday, meals are \$4.50. Elders receive a warm, home-cooked meal every Thursday. Contact: Shirley Longpre, 604-558-2627 x108

FOOD SERVICE DIRECTORIES

Patients and caregivers can call or access these resources directly to get help with navigation or finding resources

- [211 BC](#) - Online social services directory and call line - dial 2-1-1 to access support over the phone
- [Vancouver Food Asset Map](#) - Online filterable food map - includes filters for Indigenous Food Programs and listings for cultural food options (Halal, South Asian, Filipino, etc.)
- [Pathways Community Services Directory](#) - Community-facing directory - filterable by various food supports by region

HEALTH SUPPORTS

With the exception of the PCN Interprofessional Team, the following health supports can be accessed by patients and caregivers directly.

- [Canada's Food Guide](#) - provides guidance on healthy eating for people 2 years of age and older. Includes tips for healthy eating, a food guide kitchen with recipes and cooking skills and more.
- [8-1-1 HealthLink BC Registered Dietitian](#) - Patients can call 8-1-1 to access a Registered Dietitian free of charge. Dietitians can provide education and information, help prevent and manage health conditions, offer nutrition and eating advice, and help guide to other programs and services.

- [PCN Interprofessional Team \(IPT\) Registered Dietitian](#) – If you have access to the program, you can refer your patient to the IPT Registered Dietitian so they can get free support for their mild to moderate issues. Patients can have approx. 3 appointments. Contact your [Community Network Manager](#) if you have questions about access or referrals.

DIET SUPPLEMENTS

- [Ministry of Health Diet Supplements](#) are monthly amounts paid to assist eligible recipients to meet costs associated with a therapeutic diet that is required as a result of a specific medical condition or special dietary need. **Patients must qualify for diet supplements and provide written confirmation of the need for them from a Primary Care Provider or Registered Dietitian.**