

Regional Inventory of Emergency Food Assets in Northern BC

This document contains an inventory of emergency food assets available in communities throughout northern BC. For questions and enquiries about the organizations, please reach out via the contact information in the right-most column of the table.

Examples of services offered include:

- Emergency food hampers/food boxes
- Take-out meals
- Food delivery services
- Non-food related services (e.g. mental health supports, financial supports, etc.)

Community Name	Organization Name	Current Hours	Who it serves	Services Currently Provided	Program Changes (COVID-19)	Needs	Contact Information
Burns Lake	The Link Food Centre and Mobile Food Centre	The Link Food Centre: Tuesdays: 10 am to 1 pm Thursdays: 4 pm to 7 pm	Any person or family who is in need of food supports (one time or ongoing)	Any person who is not able to travel to the Lakes District food bank may access services through the Mobile Food Centre	We normally follow a shopping model but are now distributing prepared food hampers due to COVID-19 restrictions. Providing two weeks worth of food instead of one, to encourage people to stay home and only visit the food centre once every two weeks.	Seeking funding to help with increased food and staff costs	Phone: 250-692-9601 Facebook: The Link Food Centre Website: www.ldfes.com
Chetwynd	Tansi Friendship Centre	Hot Lunches: Friday, 12 pm to 1 pm (takeout/	Everyone in Chetwynd, as well as Saulteau &	Doors will re-open August 10 th	Hot lunches at the Legion for bigger kitchen space as hot lunches are becoming very busy, and	Food donations for food bank, and volunteers	Laurelle Watson phone: 250-874-0187

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		delivery) Food Bank: Tuesdays, 1:30 am to 4 pm Home school snack assistance done weekly Elder's Circle: Mondays, 1:00 pm to 3 pm	West Moberly First Nations	Mental Health & Substance Use: Monday to Friday, 8:30 am to 4:30 pm Employment Insurance support via phone appt. Thursdays, 10 am to 2 pm Kids' craft/school activity bags weekly Individual support done on case-by-case basis Hot lunches available at the Chetwynd Legion	food bank storage is extremely limited at Tansi.	for cooking hot lunches.	Leatha Dowd phone: 250-788-5355 Legion Address: 4511 Veterans Way Website: Tansi Friendship Centre
Dawson Creek	Networks Ministries	Food Bank: Tuesday, Wednesday, Thursday: 10 am to 2:30 pm (by appointment) Good Food Box: 1st and 3rd Thursday of	Social workers available (by appointment) to assist in filling out forms and applying for government programs; furniture program available to those in	Free store closed to the public, but will supply necessary clothing or household items as needed Food Bank operates out the window at the front of the building (like a drive-through) Good Food Box distributed drive-through style; volunteer numbers reduced; not		Food	Contact for Food bank appointment: Phone: 250-784-0166 Jacqueline - Executive Director Phone: 250-719-1010

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		each month: 11 am to 2:30 pm Social worker support: Tuesday to Friday (by appointment)	emergency situations only; advocacy and support available via video calls	accepting furniture or clothing donations at the time			
Dawson Creek	The Salvation Army Community and Family Services (Food Bank)	Food Bank Hours: Monday, Wednesday, Friday, 10:30 am to 1:30 pm	Food essentials, personal and hygiene care, formula and diapers	Food Bank: Pre-packaged food hampers. Community & Family Services: Financial assistance for medication and medical emergency travel Referrals for accommodations/shelter	Clients encouraged to schedule appointment to ensure social distancing If not possible, coincide with other appointments to decrease community contact COVID-19 emergency assistance posted at front entrance Assistance with rental fees in urgent/critical situations due to COVID-19 lay-offs	Decrease in our drop boxes at the grocery stores Running low on some food (bread/juice)	Deris Fillier (Major) Director of TSA Community and Family Services Phone: 250-782-8669 Email: deris_fillier@ca.n.salvationarmy.org Director of Community Family Services and Food Bank available M - F for emergency

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					Food delivery to those who can't access our Food Bank		assistance. Phone: 250-783-8669.
Dawson Creek	Nawican Friendship Centre	Services available by appointment only: Mental Health & Substance Use counselling; assistance filling out forms Hot lunches available to anyone: Monday to Saturday, 12 pm to 2 pm	All of our services are available to everyone in the community	Mental Health & Substance Use counselling via phone/Zoom Supports offered: bread and food tables Assistance filling forms by phone, email, etc., emergency hampers; isolation technology, individual supports on a case by case basis	Limited interaction in all programs, moving services to virtual where possible Pick-up/Drop-off services (food, prescriptions, etc.)	Deep freezer, food staples (flour, sugar, butter, coffee), toilet paper, hand sanitizer	Jannah Kohlman Executive Director Phone: 250-782-0449 (private cell #) Nicole DeVuyst - General Manager Phone: 250-719-8940 (private cell number) Main Phone: 250-782-5202
Dawson Creek	St. Mark's Food Bank	Tuesday to Thursday, 10 am to 1 pm				Face masks	Facebook: St. Mark's Food Bank Phone: 250-782-2939

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Dawson Creek	South Peace United Church			Provides money to St Mark's Food Bank Gift care distribution to two schools in Dawson Creek (Tremblay and École Frank Ross) At-risk children in the community are provided with restaurant tabs to help with lunch/after school meals			Rev Marilyn Carroll Phone: 250-219-0303
Dawson Creek	Café Hug a Mug		Everyone welcome	Started a "Pay it Forward" initiative, where people can donate and the owner purchases a meal for someone in need			Phone: 250-782-6659
Dawson Creek	Society for Community Living	Call times: Monday, Tuesday, Thursday, 9 am to 1 pm	Seniors		Rural and Urban Seniors' Food Delivery Option for a \$27.00 Essentials Pack: 1 can soup 1 can corn 1 can peas 1 can pork & beans 1 can mandarin oranges 1 can tuna fresh potatoes		Coordinator - Anne Pearson Phone: 250-782-2611 ext. 227

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					fresh carrots fresh bananas 1 loaf of bread crackers oatmeal		
Fort Fraser & Area	Fort Fraser & area Foodbank	2nd Saturday of each month	Everyone	Pre-packaged food hampers , with some shopping model items	We are doing home delivery to reduce contact. Adding extra staples so people won't go out as much.	Need gloves, sanitizer and soup. Extra funds for added food costs and transportation.	Yvonne: Phone: 250-570-7496 available by phone from 8 am to 8 pm
Fort Nelson	Aboriginal Friendship Society Food Bank	Food bank schedule open 2 times/month: Aug 6: 1 pm to 3 pm Aug 20: 1 pm 3 pm Please see schedule for all 2020 dates					Phone: 250-774-2993 Email: fnafs@northwestel.net FNAFS Main Hall , Fort Nelson, BC Fort Nelson, 5012 49 Ave
Fort St. James	Stuart Lake Outreach Group Society	Third Wednesday of the month from 10 am to 12 pm.	Any person or family who is in need of food supports (one supports)	Food bank is open. Offering Pre-packaged hampers based on family size as well as fresh & frozen products.	For Emergency Hampers other than the 3rd Wed. of month, contact is through District Office (250-996-8233) to		Direct Contact for Stuart Lake Outreach: Email:

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			time or ongoing)		arrange for emergency hamper or through email (slogs.foodbank@gmail.com)		slogs.foodbank@gmail.com Contact Name: Kerry Facebook Emergency Contact through District Office. Phone: 250-996-8233 & they will pass requests on.
Fort St. John	The Salvation Army Community and Family Services (Food Bank)	Monday, Tuesday, Thursday, Friday: 10 am to 12 pm, 1 pm to 4 pm. Wednesday, 10 am to 12 pm	Everyone	Food Bank Pre-packaged meals, daily giveaways, pet food, hygiene supplies, cleaning products, daily community bagged lunch at emergency shelter Perishable food recovery program: Fresh/frozen meat, produce, & dairy	No drop-in, no sit-down meals		Email: Cameron Eggie, ED: cameron_eggie@can.salvationarmy.org Jismi Joseph: Jismi_joseph@can.salvationarmy.org

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Haida Gwaii - Old Massett	Food Bank: Old Massett Village Council & Haida Health Centre						Chris Horner Phone: 250-626-7517
Haida Gwaii – Queen Charlotte & Skidegate	Islands Wellness Society Food for community members in Daajing Giids, Queen Charlotte, and HIGaagilda Skidegate.	By appointment	Community members of: Queen Charlotte, Skidegate, Sandspit, and outlying South Island households	Monthly Food Cards Emergency food boxes of non-perishables and emergency kitchen meal bags (3 meals/baking) delivered twice a week for most vulnerable people BC Farmers Market Coupons available for qualifying individuals	Fresh/frozen meal bags delivered twice a week for vulnerable citizens (using Youth Center space) Emergency pantry and food boxes available upon request	Paid coordinator (10 hours per week) to assist with meal program, food safe volunteers assisting, EOC assisting with deliveries	Daajing Giids Queen Charlotte Phone: 250-637-1500 or 250-559-4100 Email: Bonnie Olsen victimservices@islandswellnesssociety.com Website: Island Wellness Society
Haida Gwaii	BC Ministry of Children and Family Development (MCFD) Support for						Daajing Giids Queen Charlotte Patricia Manning Phone: 250-626-9559

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	families with food costs.						
Haida Gwaii – Port Clements	Cedarview Community Church			Food and gas vouchers, and temporary financial assistance; direction for government supports.			<p>Pastor Wes Harder Phone: 250-983-6763</p> <p>Website: Cedarview Community Church</p> <p>Cedarview COVID-19 Financial Assistance Phone: 250-983-6763</p>
Hazelton	Food Bank	Wednesdays, 2 pm to 4:30 pm	Everyone	Groceries	Deliveries as necessary, allow delegate to get food for isolated or sick person	Food	<p>Email: Janet_Houge sen@can.salvati.onarmy.org</p>
Kitimat	Foodshare	Monday to Friday, 10 am to 12 pm	Everyone	Perishable food	Common areas no longer in use; pre-packaged foods handed out to individuals	Food	<p>Patty Wiebe Phone: 778-631-2878</p>

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Lakes District	W.O.W. bus	Mondays	Everyone	W.O.W. bus picks up food share perishables on Mondays from the food bank and distributes it to anyone who may need it		It is not a guarantee that food will be available every week	Call or visit the public library to sign up: Phone: 250-692-3192 No need for a library card, stop by the bus with photo ID and proof of address to be signed up
Mackenzie	Care & Share	7 days a week, on call	Low income families, emergencies. Required to fill out an application.	Pre-packaged food hampers	Have implemented the distancing model	Pre-packaged foods, gloves, sanitizers, masks	Wilda L'Heureux Phone: 250-997-4819
Mackenzie	St. Peters Pantry	3rd Wednesday of each month	Providing meals to fixed income families, emergencies within the community.	Provide fresh vegetables and pre-packaged foods to low income families at time of emergencies in community	One family at a time to enter church and gather enough food for 1 week.	Cash donations for fresh food, pre-package foods, canned goods, gloves, sanitizers, masks	Charmaine Lavalle Phone: 250-997-7200

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Prince George	Prince George Native Friendship Centre (PGNFC) Food Bank	Monday to Thursday, 2pm to 3 pm	Singles, families, elders	Emergency food hampers available Monday through Thursday, 2 to 3 pm	Ramping up the "Better at Home" program by reaching out to low-income seniors in the community, and delivering food bags as needed; some food bank hamper delivery as well, for those who cannot travel to the PGNFC. We are increasing number of hampers a person may access in a year, and reducing the time requirement between hampers	Labor is our biggest challenge now! Receiving regular offers of support for food costs, no volunteers in program at present, could use more staffing to keep up.	PGNFC Phone: 250-564-3568 Website PG Food asset map
Prince George	Prince George Native Friendship Centre Smokehouse Restaurant	Monday to Friday, 11 am to 1 pm		Low cost (\$5) food available for take-out			1600 3rd Avenue Phone: 250-564-3568
Prince George	Society of St. Vincent de Paul	See services currently provided	Free meals, everyone welcome	Breakfast daily: 9 am to 10 am Lunches daily: 2 pm to 3 pm	Everything is currently take out; no access to drop-in area or social concerns office.		1220-2nd Ave. Phone: 250-564-7871

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			Emergency food hampers for families with children, persons with disability (must have proof, i.e. paycheck stub) and seniors.	Mondays and Thursdays, providing fruit and vegetable hampers: 9 am to 10 am			
Prince George	Fire Pit	See services currently provided	The Fire Pit is a place where people can gather to relax with friends; to learn, share, and understand culture, health, and community	<p>Take-out breakfast: Tuesdays and Thursdays at 10 am</p> <p>Wednesday paper bag lunches</p> <p>Hot supper: Saturdays, 6 pm to 7 pm</p> <p>Take-out breakfast and paper bag lunches, Saturdays and Sundays</p> <p>Hot lunches & dinners put on by the Drug Users Group (time TBD), United Drug Users group serving</p>	Currently closed to the public. They are providing take out breakfasts at 10 am on Tuesdays and Thursdays and paper bag lunches at noon on Wednesdays.		1120 Third Ave. Phone: 250-563-6113
Prince George	Carrier Sekani			Currently providing food hampers and cleaning supplies to families with	The soup bus has stopped.		Phone: 250-563-1281

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	Family Services			children, and previous clients (mostly). Providing help with Indigenous housing.			
Prince George	Salvation Army	Daily See services currently provided	Everyone welcome	Daily intakes anytime in the morning but ideally 10 am to 11 am Pre-packaged food hampers and bread line hampers Family hamper pick-up: Tuesdays and Thursdays, 1 pm to 3 pm. Anyone else, Monday, Wednesday, Friday: 1 pm to 3 pm	All food pre-packaged		3500-18th Avenue Phone: 250-564-4000 Health care workers can arrange to pick up hampers for multiple clients if they have food bank cards by emailing Terra at terra_laflamme@can.salvationarmy.org
Prince George	New Hope Society	Monday to Friday, 9 am to 3 pm for drop-in	Women only	Breakfast bar with toast and a bagged hardboiled egg. Soup at lunch.	Letting in three women at a time to adhere to social distancing.		Phone: 250-562-8680
Prince George	PG Brain Injury Group	Call case managers to	Members only	Offering food hampers to their members, they can call their case managers to arrange			Phone: 250-564-2447

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		arrange food hampers					
Prince George	Hadih House	Pick up to-go meals: Monday to Friday, 1 pm to 2:30 pm	Those who have signed up for the service	Food hampers	In some cases support workers will pick up hampers and deliver them		To sign up, or for questions, contact Marilyn Nelson Phone: 250-563-7976 Website Information on COVID-19 emergency hampers
Prince George	Christian Life	Sundays, 7 pm		Sunday dinner: 7 pm			1164 3rd Ave Phone: 250-563-5721
Prince George	Pregnancy Outreach Program (POP)		Participants of the POP (not open to the general public)	Food vouchers by appointment	Community kitchen for clients is currently cancelled		Email: Jodie Flanagan jodie@pgefry.bc.ca Randi Denicola randi@pgefry.bc.ca
Prince George	Guru Nanak Free Food Langar	Tuesday, Thursday, Saturday,	Any person or family who is in need of food	Food take-away	Food drop-off to seniors		2225 Victoria Street

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		Sunday, 2 pm to 4 pm	supports (one time or ongoing)				Phone: 778-281-2424 Facebook page
Prince George	PG Public Interest Research Group - University of Northern British Columbia	Mon - Thurs 10 am to 3 pm	Mainly the UNBC community; open to all	Good Food Box program Sept-Apr; low-waste bulk food store	Good Food Box pickup will accommodate physical distancing; Bulk food is staff serve not self-serve.	Seeking funding/donors to support subsidized Good Food Boxes, disposable gloves, general donations	Dara Campbell Email: pgpirg@unbc.ca Website: PGPIRG Facebook Instagram/Twitter: @pgpirg
Prince George	AWAC shelter	Shelter is running as usual Men can access during 10 am to 4 pm	Women and female youth (separate men drop-in times)	Women's drop in closed from 10 am to 1 pm daily for deep cleaning of drop in, dorms, and washrooms. Outreach office is drop in as usual – screening individuals at window to assist as much as we can without allowing them into office.			General inquiries: Phone: 250-562-6262 Email: info@awacomunityservices.org Website: AWAC Shelter

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Prince Rupert	Prince Rupert Food Bank	Monday to Friday by appointment		Groceries only; lunch pick-up (AM only) at Salvation Army	Friendship house free store closed		
Prince Rupert	Salvation Army	Breakfast and soup kitchen: Monday to Friday Food bank: call ahead for delivery	Everyone	Breakfast and soup kitchen program providing bagged meals for pick up Food bank will deliver to clients who call ahead	Pick-up meals only		25 Grenville Ct, Prince Rupert, BC V8J 1R3 Phone: 250-624-6180
Prince Rupert	Meals on Wheels	Monday, Wednesday, Friday: 11:30 am to 1 pm	Seniors, people with disabilities, those recovering from surgery	Meals home delivered to participants			425-1395 Summit Avenue, Prince Rupert, BC V8J 2A6 Phone: 250-622-6315
Prince Rupert	Better at Home		Seniors	Preparing and delivering food to seniors			Phone: 250-622-2891
Prince Rupert	Kaein Island Antipoverty Society	Food Share Program 7 days a week at various locations: Tuesday & Friday at 569		Food Share program The first Wednesday of each month food bags are distributed , which contain protein, dairy, and staple items, – must register for bags by the last Wednesday of each month	At McKay St the food items are out on the sidewalk for self-selection Must bring your own bags		Phone: 250-627-5277 Email: family@citytel.net

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		<p>McKay St (KAPS)</p> <p>Monday at Hays cove Ave Makola Housing parking lot</p> <p>Wednesday at Git Lach Moon (for residents there)</p> <p>Thursday at Friendship House (for First Nations elders)</p> <p>Saturday at Kaien Manor</p> <p>Sunday at Catholic Church</p>					
Prince Rupert	Nisga'a Society		Nisga'a community members	Providing traditional foods as they are available (e.g.			Website: https://gitmaxmakay.ca/

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				seafood, oolighans, and grease)			
Quesnel	Salvation Army Soup Kitchen & Food Bank	Soup kitchen: Tuesday to Friday, 11 am to 12:45 pm Food Bank: Tuesday to Friday, 9 am to 11 am Tuesday to Friday by appointment	Soup kitchen & Food Bank	Soup kitchen has been altered to bagged lunches Food bank is available by appointment only	None at this time		Elaine Schonke: Elaine_Schonke@can.salvationarmy.ca Phone: 250-992-7079
Quesnel	7th Day Adventist Church			Monday meal is now "takeout"	None at this time		1518 Maple Dr, Quesnel, BC V2J 4A1 Phone: 250-747-1357
Quesnel	Quesnel Tillicum Society/ Native Friendship Centre	Monday to Friday, 8 am to 3:30 pm		Friday meal is now a "takeout" lunch.	None at this time		Tammy Burrows: tammy.burrows@qnfc.bc.ca Phone: 250-992-8347

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Quesnel	Wild Women of the North Society	Available as needed Late night meals: Friday 10:00 pm to 1:00 am		Hot meals served with outreach work two days per week. Hampers provided to those in need when food is available	Hampers have been less frequent due to fewer donations Friday night hot meals 10:00 pm to 1:00 am	Food or monetary donations to purchase food.	Willow Giesinger: wildwomenofthenorth@gmail.com Phone: 250-255-8911
Quesnel	Cleo Stromquist	Available as needed	Weekly food hampers, hot meal distribution to community partners such as Coalition of Substances Users of the North (CSUN) & Seasons House	Frequency of food hampers has lessened due to fewer available donations. Cleo has been dropping pre-made meals at specific public locations in town for those in need	Food or monetary donations to purchase food. Containers to distribute food.		Cleo Stomquist Phone: 250-249-5909
Quesnel	Long Table Grocery		Allows option for purchase of \$10 bags of groceries that will be distributed to those in need through Quesnel	Distribution has expanded beyond Quesnel Family Services and has included the option for members of the public to nominate an individual or family in need anonymously	Continued support by community donations		Amy Quarry Phone: 250-983-5675

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			Family Services				
Quesnel	Canadian Mental Health Association	Monday to Friday, 9 am to 4 pm		<p>Connection to local free and low cost food supports and supplemental funding to be put towards food. Supporting community food programming and working collaboratively to identify gaps in services in the community and implement initiatives to address these gaps.</p> <p>Monday: 11 am to 12:30 pm, bagged lunch at 465 Kinchant St., Anglican Hall</p> <p>Tuesday: 11 am to 12:45 pm, bagged lunch, 374 MacLean St., Salvation Army, Warrior Song's Café</p> <p>Wednesday: 11 am to 12:45 pm, bagged lunch, 374 MacLean St., Salvation Army, Warrior Song's Café</p> <p>Thursday: 11 am to 12:45 pm, bagged lunch, 374 MacLean</p>	Services provided via phone and internet		<p>Kirsten Balaski Phone: 250-983-6239 Email: KirstenBalaski@cmhapq.ca</p>

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				<p>St., Salvation Army, Warrior Song's Café</p> <p>Friday: 11 am to 1 pm, bagged lunch, 319 N. Fraser Dr., Quesnel Native Friendship Centre</p> <p>10 pm to 1 am, meal to go, Lh'tako Gazebo along the river walk</p> <p>Saturday: 12 pm to 2 pm, bagged lunch, 214 Anderson Dr., Victory Way Church</p> <p>Sunday: 10 pm to 1 am, meal to go, Lh'tako Gazebo along the river walk</p>			
Quesnel	Quesnel Native Friendship Centre	Fridays, 11 am to 1 pm		Bagged lunches	<p>Friendship Centre services closed for all, except by appointment</p> <p>Breakfast program cancelled until further notice</p>		<p>319 North Fraser Drive, Quesnel BC</p> <p>Phone: 250-992-8347</p> <p>Website:</p>

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					For deliveries, call the number in the contact information		https://www.queensfriendshipcentre.com/
Smithers	Pregnancy Outreach Program				Providing food vouchers by appointment		Phone: 250-847-9477
Stewart	Stewart Food Bank						Pat Grue Phone: 250-636-2767
Terrace	Kalum Community School Society	Good Food Box on the 2nd Thursday of the month		Good Food Box Program Farmers Market Coupon Program	Farmers' market coupon program – can fill out applications at TWRCS, KCSS, and the farmers market		Email: parhar.kcss@gmail.com Phone: (250) 615-8753 Kalum Community School Society Facebook Page
Terrace	Terrace Food Bank	Open 3 days per month, check Facebook page monthly for open times		Pre-packaged food boxes handed out to participants		Accepting donations in various ways, including e-transfer: terracefoodbank@yahoo.com	Phone: 250-900-9916 Email: terracefoodbank@yahoo.com Facebook page

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Terrace	Ksan Transition House			Take-away lunch bags available			P: (250) 635-6447
Terrace	Ksan Place	<p>Fridays: 12 pm to 12:30 pm (last names A-I); 1 pm to 1:30 pm (last names I-R); 2 pm to 2:30 pm (last names S-Z)</p> <p>Donation Room: Tuesday to Thursday, women only: 10 am to 12:30 pm general public: 12:30 pm to 1:30 pm</p>	Anyone who needs food	<p>Friday Food Share program: Giving out food bags - served from large tent outside, located inside the Ksan Place gate; donation room</p> <p>Share in the Harvest Program – volunteer in the garden, greenhouse, berry patches & orchard, and receive a share of the produce</p>	<p>Friday, Food Share Lunches To-Go, 12:00 pm - 2:30 pm from Tent.</p> <p>Limited Food Share deliveries available for people ill or isolating or at extremely high risk, within Thornhill or the City of Terrace. Only available with advance arrangements.</p> <p>Food Share deliveries must be pre-arranged. Call Peggy's cell. Deliveries will be between 14:30-15:30</p>	PPE (gloves, masks); touchless, free standing hand sanitizing station; food	<p>101-2812 Hall St., Terrace</p> <p>Phone: 250-635-2654</p> <p>Peggy Cell Phone: 250-615-7991</p> <p>Share in the Harvest Facebook Page</p>
Terrace	Ksan Residence and Shelter	Shelter open 365 days a		Take-away lunch bags available, hot lunches, coffee, water, juice when possible	Common areas are no longer in use so all meals are to-go	PPE (gloves, masks), plastic bags, food	2812 Hall St.

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		year 24 hours a day Non-resident support services, preferred times, 8 am to 8 pm, 7 days a week					Phone: 250-635-5890
Terrace	Salvation Army	See services currently provided		Food Bank: 1st & 3rd Tuesday and Thursday of every month, 9:30 am to 1:30 pm Food Share: Wednesday and Saturday, 1 pm to 1:30 pm Community Brunch: Wednesday and Thursday, 9:30 am to 10:30 am	Community brunch only providing take-out at this time		Phone: 250-635-5446 Facebook page
Tumbler Ridge	Tumbler Ridge Food Bank	By appointment	Everyone	General food items			Phone: 250-242-7404
Vanderhoof	Neighbour Link	Monday to Thursday, 9 am to 1 pm	Seniors, low-income households	Emergency food and food hampers	Food hampers are now delivered	Canned foods, baked beans, fruit, vegetables, pasta sauces,	Eric Black, Coordinator

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						peanut butter, packaged items (e.g. Kraft Dinner, flour, sugar, cereal, etc.)	Phone: 250-567 9007 or Cell: 250-567-0691
Vanderhoof							
Vanderhoof							
Vanderhoof							

**** Services are subject to change. Please contact the organizations, or visit their respective websites for updated information.**