# WHERE TO GET FOOD IN THUNDER BAY

#### **FOOD BANKS**

\*\*Register once by calling 211.
Pick ups 2x/month\*\*



Bread Box, Bethlehem Church 75 Walkover St.

Every second Wednesday 10:00am-12:00pm

Current River Churches Food Cupboard 361 Hodder Ave, Unit C, 344-3391 Every second Saturday 8:30-11:30am

Gathering Table Food Cupboard 228 Pearl Street, 345-6898 Second and fourth Sunday of the month, 11:30am-12:15pm

Salvation Army Food Bank 545 North Cumberland Street, 345-7319 Every Thursday, 11:00am-2:00pm

Rural Cupboard Food Bank Conmee Community Complex, 19 Holland Rd, 285-0836 For rural residents outside of Thunder Bay Must show I.D. of each family member and verification of country address

Every third Wednesday 9:00-11:00am (second Wed in Dec. only)

Thunder Bay Indigenous Friendship Centre 401 Cumberland Street North, 345-5840 Third Tuesday, by appointment only.

# The organizations below provide food to their clients only, calling in advance is recommended:

Confederation College Food Bank, SUCCI Office, Shuniah Rm 160, 475-6226

Elevate NWO 102-106 - Cumberland St N, 345-1516 For active clients, phone to register Available every Wednesday 8:30am - 3:00pm or until

Lakehead University Food Resource Centre "The Pantry" 955 Oliver Road, UC-2014B, 343-8010 ext 8850 frc@lusu.ca

Monday to Wednesday 12:00-4:00pm, Thursday & Friday 9:00am-1:00pm

resources run out

Healthy Kids - Windsor Site Food Cupboard Unit 16-288 Windsor Street, 333-0148 Every Thursday 1-4 pm



2023

## **FREE DAILY MEALS**

Salvation Army Soup Van Dinner meal provided daily @ Wilson Park 7:00-7:30pm



St. Andrew's Dew Drop Inn 292 Red River Road, 345-0481 Take home lunch 9:00am-3:30pm Hot meal 12:30-3:30pm Open to the public daily

Urban Abbey/The Habit 308 Red River Rd, 768-8923 Open to the public Lunch Monday to Friday 12:30pm Dinner Saturday 5:30pm

## **AFFORDABLE FRESH PRODUCE**

Good Food Box via Northwestern Ontario Women's Centre, 345-7819

A monthly program for people who want to buy quality, fresh produce at a lower price than the grocery store, delivered to their neighborhood.

Goodfoodboxtb.org for order & pick-up dates

Community Food Market via Roots Community Food Centre & NorWest Community Health Centers Please call 285-0189 or email info@rootscfc.org for current locations, dates and times. Fruits & vegetables at wholesale cost

NorWest Community Health Centers has offered some clients "greens prescriptions" for food purchases at the market;

call 626 8484 for info.

Pamphlet updated December 2022 by Thunder Bay & Area Food Strategy





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Family Giving Centre @ St. Thomas Anglican Church 1400 South Edward St, 623-3608 Every second Friday 10:00-11:30am

Our Kids Count \*can also register at OKC 704 McKenzie Street, 623-0292 ID required Thursdays (can access once per month)

Redwood Park Church Food Bank 532 North Edward St West, 577-3463 Every second Thursday 12:00-2:30pm



St. Agnes - St. Vincent de Paul Society 1019 Brown Street, 475-7489 Every second Friday 9:00-10:30am

The Gathering Place 239 Amelia Street West, 623-8184 Every second Tuesday 10:00am-1:00pm

The Losier Centre (Food Cupboard) @ Thunder Bay Methodist Church, 920 Sprague Street 622-7686 Emergency food available from the storage container (off Christina) Every Thursday morning 10:00-11:00am first 3 weeks of December

Thunder Bay Food Bank 129 Miles Street East, 626-9231 Every second Friday 9:00-11:00am

Rural Cupboard Food Bank Conmee Community Complex, 19 Holland Rd, 285-0836 For rural residents outside of Thunder Bay Must show I.D. of each family member and verification of address Every third Wednesday 9:00-11:00am

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2023

### **FREE DAILY MEALS**

Grace Place 235 Simpson Street, 473-3538 Hot dine-in meals Monday, Tuesday & Wednesday 1:00-4:00pm

Salvation Army Soup Van Dinner meal provided daily @ Minnesota Park 6:00-6:30pm



Shelter House Soup Kitchen
420 George Street, 623-8182
All meals served daily to clients.
Daily take-out lunch 1:30-2:30pm and dinner 7:00-8:00pm available to the public.

24-hour access to sandwiches and pastries.

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