

# WHERE TO GET FOOD IN THUNDER BAY

## ***Food Banks – Northward***

### **Gathering Table Food Cupboard**

228 Pearl Street, 345-6898

- Second and fourth Sunday of the month, 11:30am - 12:15pm

### **Thunder Bay Indigenous Friendship Centre**

401 Cumberland Street North, 345-5840

- Third Tuesday
- By appointment only

### **Elevate NWO**

102-106 - Cumberland St N, 345-1516

- For active clients, phone for details
- Available every Wednesday

### **Current River Churches Food Cupboard**

361 Hodder Ave, Unit C, 344-3391

- Every second Saturday 8:30 - 11:30am
- Register via 211

### **Salvation Army Food Bank**

545 North Cumberland Street, 345-7319

- Every Thursday, 11:00am – 2:00pm
- Register via 211

### **Bread Box, Bethlehem Church**

75 Walkover St. (starting July 7<sup>th</sup>)

- Every second Wed 10:00am - 12:00pm
- Register via 211

## ***Affordable Fresh Produce***

### **Good Food Box** via Northwestern

Ontario Women's Centre

73 N. Cumberland St. #101, 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 2021 order & pick-up dates

### **Community Food Market** via Roots to

Harvest & NorWest CHC

Held @ Limbrick Resource Center, 97

Limbrick Place, 285 0189

- Every Tuesday from 1:00 - 4:00pm
- Fruits & vegetables at wholesale cost
- NorWest CHC has offered some clients "greens prescriptions" for food purchases at the market; call 626 8484 for info.

## **For more information**

### **Call 211**

Pamphlet updated July 2021 by  
Thunder Bay & Area Food Strategy

## ***Additional Food Banks***

### ***Students***

#### **Lakehead University Food Bank**

955 Oliver Road, UC-2014B, 343-8850

foodbank@lusu.ca

- Email to schedule a pick-up on Wednesday or Friday, 2:00 – 3:00pm
- Lakehead University students only; allowed one package per week

#### **Confederation College Food Bank, SUCCI Office**

Shuniah Rm 160, 475-6226

- Call or register online for pick up Monday to Friday, 8:30am - 4:30pm
- Confederation College students only

### ***Rural***

#### **Rural Cupboard Food Bank**

19 Holland Rd, Conmee Community

Complex, 285-0836

- For rural residents outside of Thunder Bay west to Upsala and South to Pigeon River only
- Must show I.D. of each family member and verification of country address
- Open every third Wednesday 9:00 – 11:00am

## ***Free Daily Meals***

### *Southward*

#### **Shelter House Soup Kitchen**

*420 George Street, 623-8182*

- Breakfast, lunch and dinner 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 outside of meal service hours

#### **Salvation Army Soup Van**

- Dinner meal provided daily @ Minnesota Park 6:00 – 6:30pm

#### **Grace Place**

*235 Simpson Street, 473-3538*

- Hot dine-in meals Mon, Tues & Wed 1:00-4:00pm

#### **Hope for Change Community Group**

- Provides weekend snacks, soup, etc.
- Saturday's 3:00 – 5:00pm @ Blake Funeral Home

### *Northward*

#### **St. Andrew's Dew Drop Inn**

*292 Red River Road, 345-0481*

- Open to the public daily
- Take home lunch 9:00am – 3:30pm
- Hot meal 12:30 – 3:30pm

## ***Free Daily Meals***

### *Northward (cont'd)*

#### **Salvation Army Soup Van**

- Dinner meal provided daily @ Wilson Park 7:00 – 7:30pm

#### **Urban Abbey/The Habit**

*308 Red River Rd, 768-8923*

- Open to the public
- Lunch Monday to Friday 12:30pm
- Dinner Saturday 5:30pm

#### **Hope for Change Community Group**

- Provides weekend snacks, soup, etc.
- Sunday's 3:00 – 5:00pm @ Parking Lot across On Deck

## ***Food Banks - Southward***

#### **Thunder Bay Food Bank**

*129 Miles Street East, 626-9231*

- Every second Friday 9:00 - 11:00am
- Register via 211

#### **Family Giving Centre @ St. Thomas Anglican Church**

*1400 South Edward Street, 623-3608*

- Every second Friday 10:00 - 11:30am
- Register via 211

## ***Food Banks – Southward (cont'd)***

#### **Redwood Park Church Food Bank**

*532 North Edward St West, 577-3463*

- Every second Thursday 12:00 -2:30pm
- Register via 211

#### **The Losier Centre (Food Cupboard) @ Thunder Bay Methodist Church**

*920 Sprague Street 622-7686*

- Emergency food available from the storage container (just off Christina)

#### **The Gathering Place**

*239 Amelia Street West, 623-8184*

- Every second Tuesday 10:00am - 1:00pm
- Register via 211

#### **Our Kids Count**

*704 McKenzie Street, 623-0292*

- ID required
- Thursday's 1:00-4:00

#### **St. Agnes - St. Vincent de Paul Society**

*1019 Brown Street, 475-7489*

- Every second Friday 9:00 – 10:30am
- Register via 211