

# Where to Get Food in Thunder Bay: A List of Food Programs and Food Banks

## Emergency Food Programs

### Southward

**Thunder Bay Food Bank**  
129 Miles Street East, 626-9231

- Open Tuesday and Friday 9:00 to 11:00 a.m. (except the first week of every month)
- Limit once a month, must bring I.D. for self and children, with current address.

**Family Giving Centre, St. Thomas Anglican Church, 1400 South Edward Street, 623-3608 line 2**

Email: stthomasfgc@gmail.com

- Open to Westfort residents and individuals and families living in close proximity of Westfort
- Must show I.D.
- Please phone ahead before coming
- Open two Fridays per month, 10:30 to 11:30 a.m. with a free community lunch from 11:00 to 12:00 on those days

**Redwood Park Opportunities Centre**  
532 North Edward Street, 577-3463

- Open every Thursday 12:30 to 2:30 p.m.
- Closed the week of Christmas and New Year's
- Only Northwood and County Park residents
- I.D. required
- Limit once per month, pick-up only
- Call for more details

**St. Vincent de Paul Society South Ward Branch, 1019 Brown Street, St. Agnes Church, 577-3464**

- Must live in the South Ward
- Limit once every 2 months
- Hampers distributed from 9:00 to 10:30 a.m. Fridays
- Proper I.D. with current address must be shown

**The Losier Centre, 920 Sprague Street Thunder Bay Methodist Church**  
622-7686

- Food available on an emergency basis only
- Open Wednesday 9:00 to 11:00 a.m.
- Closed during July and August and on holidays

**The Gathering Place,**  
239 West Amelia Street, 623-8184

- Hampers available on Tuesdays between 12:30 to 2:30 p.m.
- Limit once a month
- Must show I.D.

### Northward

**Elevate NWO, 574 Memorial Avenue,**  
345-1516

- For clients only
- Phone for details
- Available on Wednesday's

**St. Vincent de Paul Society North Ward Branch, 664 Red River Road, Corpus Christi Church, 344-4898**

- Wednesday by walk-in from 1:00 to 3:00 p.m.
- Available to North Ward families with children only, does not include Current River residents
- Must show I.D. for entire family with current address
- Limit 6 visits / year

**Current River Churches Food Cupboard, 344-3391**

- Open every Tuesday from 9:30 to 11:30 a.m.
- For residents from Current River Ward, Lakeshore Drive, Pass Lake, and Shuniah Township
- Requires proof of current residence
- Can be used once every two weeks

**Salvation Army Community & Family Services, 545 North Cumberland Street, 344-7300**

- Hampers by appointment only
- Appointments must be made a week in advance
- Limit once a month, must show I.D., income and expense information

## Students

### Lakehead University Food Bank 343-8850 or 343-8259

- Open Monday to Friday 10:30 a.m. to 4:00 p.m.
- Reduced hours May to September, open from 2:30 to 3:30 p.m.
- For Lakehead University students only; must show I.D.
- Limit once a month
- If no one at food bank, go to Student Union office
- Contact [foodbank@lusu.ca](mailto:foodbank@lusu.ca)

### Confederation College Food Bank, 475-6110 or 475-6226

- Open Monday to Friday, 8:30 a.m. to 4:00 p.m.
- For Confederation College students only
- Visit SUCCI office or call for further details

## Rural

### Rural Cupboard Food Bank, Highway 11/17, Kakabeka Falls at Redeemer Lutheran Church, 285-0836

Email: [ruralcupboardfoodbank@gmail.com](mailto:ruralcupboardfoodbank@gmail.com)

- For east and south rural residents only; must show
- I.D., social insurance number and verification of address
- Open every third Wednesday from 11:00 a.m. to 1:30 p.m. (Held on the second Wednesday in December)
- Please bring your own bags

## Daily Meals (no charge)

### St. Andrew's Dew Drop Inn - 286 Red River Road, 345-0481

- Daily meals from 2:00 to 3:30 p.m., open to the public

### Shelter House Soup Kitchen - 420 George Street, 623-8182

- Lunch 1:00 to 2:30 p.m., dinner 7:00 to 8:00 p.m.
- Open daily to the public
- Sandwiches available at the door

### Salvation Army Soup Van, 344-7300

- 6:00 p.m. for Southward residents
- 7:00 p.m. for Northward residents
- Call for information and locations

### Grace Place - 235 Simpson Street, 473-3538 or 627-9848

- Meals 2 times a week: Tuesday and Wednesday 1:00 to 4:00 p.m.
- Sunday service, coffee and baking at 2:00 p.m.

### Elim Community Church Soup Kitchen 360 Black Bay Road

- Tuesday and Thursday, 10:00 a.m. to 12:30 p.m.
- Open to the public

## Community Food Programs

### Our Kids Count

- Kitchens, food cupboards and food vouchers available for participants
- 704 McKenzie street location call 623-0292

### Thunder Bay Indian Friendship Centre 345-5840

- Pre/postnatal program, community kitchen and garden

### NorWest Community Health Centres, Thunder Bay, 525 Simpson Street, 622-8235

- Pre/postnatal programs including cooking and food packages for program participants. Call for further details.

### Beendigen Inc., 541 Luci Court, 628-0624

- Pre/postnatal programs for Aboriginal mothers, including community kitchens, hot meals, food packages and food coupons for program participants only.

### June Steeve Lendrum Family Resource Centre, 283 Pearl Street, 345-0311

- Call for details.

### SAM-MISOL 475-6502

- Pre/postnatal programs for teen mothers aged 13 to 21 looking to complete their high school education.
- Daycare and breakfast program available for program participants. Call for further details.

### Anishnawbe Mushkiki Aboriginal Health Access Centre, 343-4843

- Pre/postnatal support
- Healthy Kindred Kitchen Program, Healthy choices, Community Kitchens
- Fetal Alcohol Syndrome/Fetal Alcohol Effects Project

### Ontario Women's Native Association (ONWA), 380 Ray Boulevard, 623-3442

- Community kitchen last Tuesday of each month from 12:00 to 2:00 p.m.

## Grocery Delivery

### George's Market - 14 Balsam Street, 345-7021

- Call in grocery order any time for pick up or same day delivery
- Call for current delivery pricing
- Every Wednesday is Seniors' Day
- Personal service
- Open 7 days per week
- Pay by cash, Visa, Mastercard and Amex

### Westfort Foods Inc. - 111 Frederica Street, 623-4220

- Delivery to residents South of the Harbourview Expressway: Mondays, Wednesdays and Friday's
- Delivery to residents North of the Harbourview Expressway: Tuesday's and Thursday's
- Minimum \$30 purchase + delivery charge
- Deliveries made after 3:00 p.m.
- Phone in orders before 1:00 p.m
- Method of payment: cash, Mastercard, Visa, Debit
- No deliveries on weekends
- No time guarantee

## Meal Delivery

### Meals on Wheels: Southward, 625-3667; Northward, 684-2862

- Meals include soup, main plate and dessert
- Cost: \$7.25 per meal for eligible customers
- Delivery between 10:30 a.m. and 12:30 p.m. by qualified volunteers
- Call to apply, not available on weekends

### George's Market - 14 Balsam Street, 345 - 7021

- Daily lunch specials, choice of dinners
- Call for pick up, same day delivery or more information

### Blue Door Bistro - 116 South Syndicate Street, 623-5001

- Frozen meal delivery
- Call for more information

## Food for Seniors

### Senior Lunch A Month - NorWest Community Health Centres, Thunder Bay Site, 525 Simpson Street, 622-8235

- Soup & sandwich lunch on last Monday of each month
- Call to register, transportation is available

### Thunder Bay 55+ Centre - 700 River Street, 684-2795

- For people 55 and over
- Hot lunches served Monday to Friday, 11:30 a.m. to 1:30 p.m.
- Soup and sandwiches 8:30 a.m. to 3:30 p.m.
- Price: \$6.75 for main dish

### Our Kids Count Older Adult Kitchen Program, 704 McKenzie Street, 623-0292

- Cook and take home healthy meals
- Runs Monday mornings, call to register

## Stretching your food dollars

### Community Gardens

- Garden plots for people to grow their own vegetables and lower their food costs.
- Call TBDHU for more details, 625-5956

### Community Kitchens

- Small groups of people who get together to cook healthy, economical meals to take home to their families.
- Call TBDHU for more details, 625-5956

### Gleaning

- Provides transportation to local farms to pick crops for free after the main harvest.
- Call TBDHU for more details, 625-5956

### Good Food Box

- A program for people who want to buy quality, fresh, local produce at a lower price than shopping at the grocery store, delivered to their neighborhood.
- Call 345-7819 for more details

For more information on programs and services, call the Community Information and Referral Centre at 211.

Produced by the Thunder Bay Food Action Network with support from the Thunder Bay District Health Unit.