

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.

- 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 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 2022 by
Thunder Bay & Area Food Strategy

Additional Food Banks

Students

Lakehead University Food Resource Centre "The Pantry"

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

frc@lusu.ca

- Email to schedule a pick-up
- Lakehead University students only

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