



## In your Community - PCN 3 Northeast

Neighbourhood Houses offer a variety of programs, including food supports, to support their surrounding neighbourhoods. Many of them also act as a Neighbourhood Food Hub. There are five Neighbourhood Houses in PCN 3 Northeast providing food programs, as well as the Cedar Cottage Food Network.



**Kiwassa Neighbourhood House** - Low Cost Produce Market, Community Lunch, Breakfast Club, Saige Community Food Bank & more  
Ph: 604-254-5401 Address: 2425 Oxford St.



**Frog Hollow Neighbourhood House** - Sunrise Community Kitchen, Multicultural Food Skills Exchange, Neighbourhood Pantry & more  
Ph: 604-251-1225 Address: 2131 Renfrew St.



**Little Mountain Neighbourhood House** - Riley Park Community Garden, Farmers Market Donation Station, Food Distribution Program & more  
Ph: 604-879-7104 Address: 1193 Kingsway, Unit 102 (until March 2025)



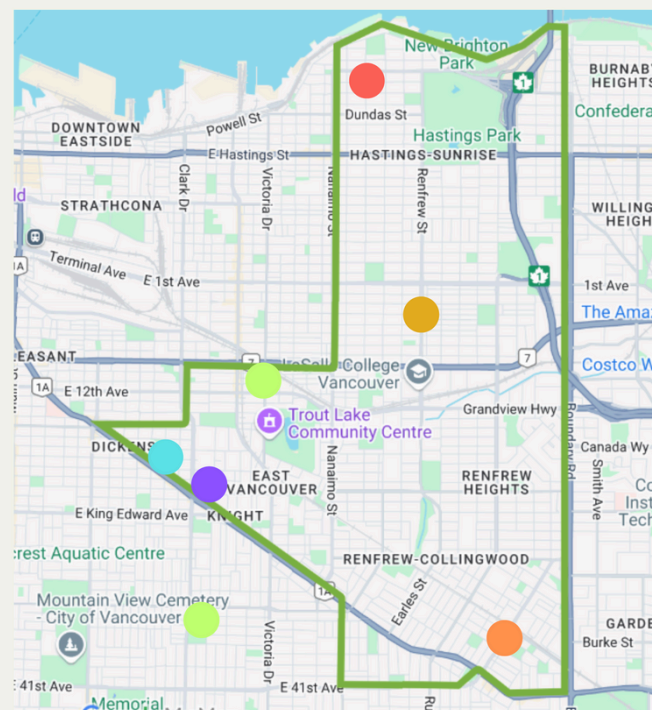
**Cedar Cottage Neighbourhood House** - Family Soup & Sandwiches, Seniors Supper Club, Recipe Box & more  
Ph: 604-874-4231 Address: 3973 Dumfries St.



**Cedar Cottage Food Network** - Community Food Markets every Wed. and Sat. at two locations. Wed. 2670 Victoria Dr., Sat. 5175 Dumfries  
e-mail: [cedarcottagefoodnetwork@gmail.com](mailto:cedarcottagefoodnetwork@gmail.com)



**Collingwood Neighbourhood House** - Community Care Harvest Box & Market, Community Fridge & Pantry, Free Food Program, Community Kitchen & Lunch, Food Skills Workshops & more  
Ph: 604-435-0323 Address: 5288 Joyce St.



PCN 3 Northeast includes the neighbourhoods of Hastings-Sunrise, Renfrew Collingwood & Cedar Cottage in Vancouver

## Food Services In Vancouver



### VANCOUVER NEIGHBOURHOOD FOOD NETWORKS

Network of community organizations supporting increased access to food. Find a location near you!  
[vancouverfoodnetworks.com](http://vancouverfoodnetworks.com)



### GREATER VANCOUVER FOOD BANK

**Registration required** - Clients can pick up food once a week.  
[foodbank.bc.ca/find-food](http://foodbank.bc.ca/find-food)



### CITYREACH CARE SOCIETY

**Registration required** - Family food program and weekly meal program.  
[cityreach.org](http://cityreach.org)



### VANCOUVER COMMUNITY FRIDGE PROGRAM

Find a community fridge in Vancouver - volunteer led program.  
[vcfp.square.site](http://vcfp.square.site)



### QUEST NON-PROFIT GROCERY MARKET

**Referral required** - clients can access non-profit grocery markets across metro Vancouver.  
[questoutreach.org](http://questoutreach.org)



### FOOD STASH FOUNDATION

**Membership required** - Rescued Food Market and a community fridge.  
[foodstash.ca](http://foodstash.ca)

## Food Resource Directories



### 211 BC

An online directory and call line/navigation support for social services including food supports.  
[bc.211.ca](http://bc.211.ca)  
or call 2-1-1



### VANCOUVER FOOD ASSET MAP

Filterable map of food resources across Vancouver.  
[vancouverfoodnetworks.com/vancouver-food-asset-map](http://vancouverfoodnetworks.com/vancouver-food-asset-map)



### PATHWAYS COMMUNITY SERVICES DIRECTORY

Provincial directory of community services and supports including food.  
[vancouver.pathwaysbc.ca](http://vancouver.pathwaysbc.ca)



**VANCOUVER  
ABORIGINAL  
FRIENDSHIP CENTRE**

Elders’ Food and Wellness Program for Indigenous Residential School Survivors and Weekly Bread Delivery for the community.  
[vafcs.org/food-security](http://vafcs.org/food-security)



**ABORIGINAL MOTHER  
CENTRE COMMUNITY  
KITCHEN**

Nutritious meals and job training opportunities for local Aboriginal community members.  
[aboriginalmothercentre.ca/programs](http://aboriginalmothercentre.ca/programs)

Health Supports



**CANADA’S FOOD GUIDE**

This guide is Health Canada’s guidance on healthy eating for people in Canada 2 years of age and older to help meet nutrient needs, improve nutritional health and well being and lower the risk of long term nutrition related diseases. It includes tips for healthy eating, a food guide kitchen with recipes and cooking skills and much more! Visit [food-guide.canada.ca/en](http://food-guide.canada.ca/en)



**8-1-1 HEALTHLINK BC REGISTERED DIETITIAN**

Registered Dietitians at HealthLink BC can answer your healthy eating and nutrition questions. Their services are free of charge. They can provide education and information, help you to prevent and manage health conditions, offer nutrition and eating advice to meet your goals, help guide you to other programs and services. **Dial 8-1-1** or visit [healthlinkbc.ca](http://healthlinkbc.ca)



**PCN INTERPROFESSIONAL TEAM (IPT) REGISTERED DIETITIAN (referral required)**

PCN Registered Dietitians support short-term, moderate-needs patients who are referred to them by their Vancouver-based Family Doctors or Nurse Practitioners who have access to the program. They provide support free of charge for those who qualify. Check with your Family Doctor or Nurse Practitioner to see if they have access, and feel this program would work for you. [vancouverpcn.ca/health-supports/allied-health-services/pcn-registered-dietitians](http://vancouverpcn.ca/health-supports/allied-health-services/pcn-registered-dietitians)

Diet Supplements



Diet supplements are monthly amounts paid to assist eligible recipients to meet costs associated with a therapeutic diet that is required as a result of a specific medical condition or a special dietary need. You can find out more about diet supplements, funding available, application requirements and who is eligible on the gov.bc.ca website here: <https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/health-supplements-and-programs/diet-supplements>

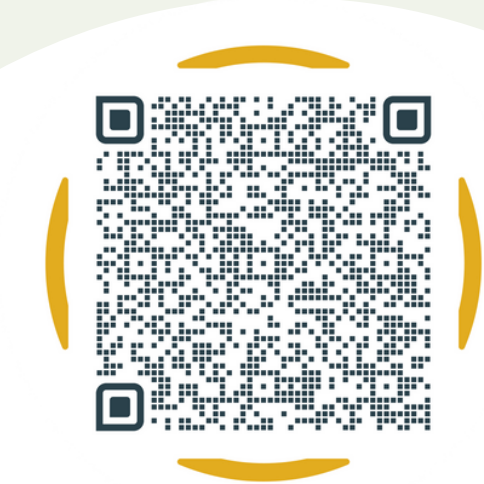
This resource is not exhaustive and provided for general information purposes. It is not intended to offer medical advice. **Call “9-1-1” immediately if you think you have a medical emergency.** Always seek the advice of your family physician, nurse practitioner or other qualified health care provider prior to starting any new treatment, or if you have questions regarding symptoms or a medical condition.

This resource was created as part of a project led by the PCN 3 Steering Committee, made up of Family Doctors, a Nurse Practitioner and Patient Partner. The committee is supported by the [Vancouver Division of Family Practice](http://Vancouver Division of Family Practice), an organization that supports family practices and primary care improvement in Vancouver.

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Created in partnership with the Vancouver-Northeast Primary Care Network



**Vancouver - Northeast  
Primary Care Network**