

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
resources run out

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

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



NORTH SIDE

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

Thunder Bay + Area
Food Strategy
Connecting Food and Community



FOOD BANKS

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Pick ups 2x/month**

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

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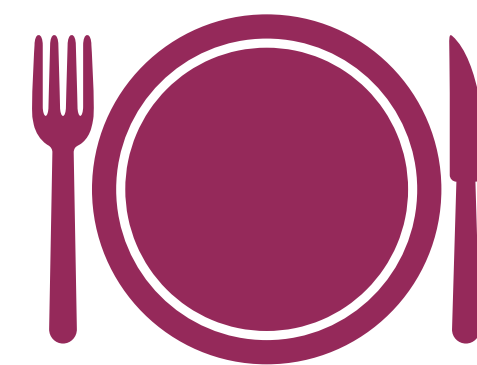
SOUTH SIDE

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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