

WHERE TO GET FOOD IN THUNDER BAY

FOOD BANKS

**Register once by calling 211 for these food banks

Bread Box, Bethlehem Church

75 Walkover St.

Every second Wednesday 10:00am-12:00pm

Current River Churches Food Cupboard

361 Hodder Ave, Unit C, 807-344-3391

Every second Saturday

8:30-11:30am (Mar-Oct) &

9:00am-12:00pm (Nov-Feb)



Salvation Army Food Bank

545 North Cumberland Street, 807-345-7319

Every second Thursday, 10:00am-2:00pm

These food banks do not take registration through 211

Gathering Table Food Cupboard

228 Pearl Street, 807-345-6898

Second and fourth Sunday of the month,

11:30am-12:30pm

Rural Cupboard Food Bank

Conmee Community Complex, 19 Holland Rd,

807-285-0836

For rural residents outside of Thunder Bay

Must show I.D. of each family member and verification of country address

Third Wednesday of the month (second Wed in Dec. only)

Registration 9:00-11:00am, Food Bank 11:00am-1:00pm

Thunder Bay Indigenous Friendship Centre

401 Cumberland Street North, 807-345-5840

Third Tuesday of every month, 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, 807-475-6226

Lakehead University Food Resource Centre "The Pantry"

955 Oliver Road, UC-2014B, 807-343-8010 ext 8850

frc@lusu.ca

Monday/Wednesday 10:00-4:00pm,

Thursday & Friday 12:00pm-4:00pm

Healthy Kids - Windsor Site Food Cupboard

Unit 16-288 Windsor Street, 807-333-0148

Every Thursday 1-3 pm



NORTH SIDE

2024

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, 807-345-0481

Take home lunch 9:00am-3:30pm

Hot meal 12:30-3:30pm

Open to the public daily

Urban Abbey

308 Red River Rd, 807-768-8923

Open to the public

Lunch Monday to Friday 12:30pm

Dinner Saturday 5:30pm

Elevate NWO -

106 Cumberland St N, Suite 102, 807-345-1516

For active clients

Breakfast (9-12) and Lunch (12-4) Monday - Friday



AFFORDABLE FRESH PRODUCE

Good Food Box via Northwestern Ontario Women's Centre, 807-345-7819

A monthly program for people who want to buy quality, fresh produce at a lower price than the grocery store, delivered to their neighborhood.

www.Goodfoodboxtb.org for order & pick-up dates

Community Food Market via Roots Community Food Centre

450 Fort William Road, 807-285-0189

Email: info@rootscfc.org

Website: <https://www.rootscfc.org/>

Fruits & vegetables at wholesale cost

Wednesday 4:00-7:00pm, Thursday 2:00-6:00pm & Fridays

10:00am-1:00pm

NorWest Community Health Centers has offered some clients "greens prescriptions" for food purchases at the market

Call Jenna at 807-622-8235 ext. 2254 for info.

Pamphlet updated March 2024 by
Thunder Bay District Health Unit



WHERE TO GET FOOD IN THUNDER BAY



SOUTH SIDE

2024

FOOD BANKS

**Register once by calling 211 for these food banks

Family Giving Centre @ St. Thomas Anglican Church

1400 South Edward St, 807-623-3608

Every second Friday 10:00-11:30am

Thunder Bay Food Bank

129 Miles Street East, 807-626-9231

Every second Friday 9:00-11:30am

Redwood Park Church Food Bank

532 North Edward St West, 807-577-3463

Every second Thursday 12:30-2:30pm

(sometimes earlier if deliveries are on time)

St. Agnes - St. Vincent de Paul Society

1019 Brown Street, 807-475-7489

Every second Friday 9:00-10:30am



The Gathering Place

239 Amelia Street West, 807-623-8184

Every second Tuesday 11:00am-2:00pm

These food banks do not take registration through 211

The Losier Centre @ Thunder Bay Free Methodist Church,

920 Sprague Street 807-622-7686

Every Wednesday morning 10:00-11:00am

(Please use the Christina Street entrance and go downstairs)

Our Kids Count

704 McKenzie Street, 807-623-0292

ID required

Every Thursday 1:00-3:00pm (can access once per month)

Rural Cupboard Food Bank

Conmee Community Complex, 19 Holland Rd, 807-285-0836

For rural residents outside of Thunder Bay

Must show I.D. of each family member and verification of country address

Third Wednesday of the month (second Wed in Dec. only)

Food Bank 9:00 am - 11:00am

Thunder Bay Indigenous Friendship Centre

401 Cumberland Street North, 807-345-5840

Third Tuesday of every month, by appointment only - bookings open the 1st week day of the month

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

FREE DAILY MEALS

Grace Place

235 Simpson Street, 807-473-3538

Hot dine-in meals Monday to Thursday

1:00-4:00pm

Salvation Army Soup Van

Dinner meal provided daily @

Minnesota Park 6:00-6:30pm



Shelter House

420 George Street, 807-623-8182

Hot meals served daily to the public

Lunch 1:30-2:30pm

Dinner 7:00-8:00pm

*Access to sandwiches and pastries at window outside of meal times.

AFFORDABLE FRESH PRODUCE

Good Food Box via Northwestern Ontario Women's Centre, 807-345-7819

A monthly program for people who want to buy quality, fresh produce at a lower price than the grocery store, delivered to their neighborhood.

www.Goodfoodboxtb.org for order & pick-up dates

Community Food Market via Roots Community Food Centre

450 Fort William Road, 807-285-0189

Email: info@rootscfc.org

Website: <https://www.rootscfc.org/>

Fruits & vegetables at wholesale cost

Tuesday 1-3 pm Vale Community Centre 420 Vale Ave

NorWest Community Health Centres has offered some clients "greens prescriptions" for food purchases at the market

Call Jenna at 807-622-8235 ext 2254 for info.

Pamphlet updated March 2024 by Thunder Bay District Health Unit

