

Where to Get Food in Thunder Bay



NORTH SIDE

2024

Food Banks

**Register once by calling 211 for these food banks*

Bread Box, Bethlehem Church

75 Walkover Street
Every second Wednesday 10:00am-12:00pm

Current River Churches Food Cupboard

361 Hodder Avenue, Unit C, 807-344-3391
Every second Saturday
8:30am -11:30am (Mar-Oct) & 9:00am-12:00pm (Nov-Feb)

Salvation Army Food Bank

545 North Cumberland Street, 807-345-7319 545
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

Comnee Community Complex, 19 Holland Road,
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 9:00am -11:00am
Food Bank 11:00am -1:00pm

Thunder Bay Indigenous Friendship Centre

401 Cumberland Street N., 807-345-5840
Third Tuesday of every month, by appointment only.

*The organization below provide food to their clients
only, calling in advance is recommended:*

Confederation College Food Bank

SUCCI Office, Shuniah Room 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 10:00am - 4:00pm
Thursday & Friday 12:00pm - 4:00pm

Healthy Kids - Windsor Site Food Cupboard

Unit 16-288 Windsor Street, 807-333-0148
Every Thursday, 1:00pm - 3:00pm

Free Daily Meals

Salvation Army Soup Van

Dinner meal provided daily
@ Wilson Park 7:00pm - 7:30pm

St. Andrew's Dew Drop Inn

292 Red River Road, 807-345-0481
Take home lunch 9:00am - 3:30pm
Hot meal 12:30pm - 3:30pm, Open to the public daily.

Urban Abbey

308 Red River Road, 807-768-8923
Open to the public.
Lunch Monday to Friday 12:30pm
Dinner Saturday 5:30pm

Elevate NWO

106 Cumberland Street N., Suite 102, 807-345-1516
For active clients.
Breakfast (9:00am - 12:00pm)
Lunch (12:00pm - 4:00pm), 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 4:00pm - 7:00pm
Thursday 2:00pm - 6:00pm
Fridays 10:00am - 1:00pm

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.

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 Street, 807-623-3608

Every second Friday 10:00am - 11:30am

Thunder Bay Food Bank

129 Miles Street E., 807-626-9231

Every second Friday 9:00am - 11:30am

Redwood Park Church Food Bank

532 North Edward Street W., 807-577-3463

Every second Thursday 12:30pm - 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, 9:00am - 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 10:00am - 11:00am

(Please use the Christina Street entrance and go downstairs.)

Our Kids Count

704 McKenzie Street, 807-623-0292

ID required. Every Thursday 1:00pm - 3:00pm

(Can access once per month)

Rural Cupboard Food Bank

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

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verification of country address.

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

Food Bank 9:00am - 11:00am

Thunder Bay Indigenous Friendship Centre

401 Cumberland Street N., 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 Room 160, 807-475-6226

Free Daily Meals

Grace Place

235 Simpson Street, 807-473-3538

Hot dine-in meals Monday to Thursday

1:00pm - 4:00pm

Salvation Army Soup Van

Dinner meal provided daily

@ Minnesota Park 6:00pm - 6:30pm

Shelter House

420 George Street, 807-623-8182

Hot meals served daily to the public.

Lunch 1:30pm - 2:30pm

Dinner 7:00pm - 8:00pm

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

Affordable Fresh Produce

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Northwestern Ontario Women's Centre

807-345-7819

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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 1:00pm - 3:00pm

Vale Community Centre, 420 Vale Avenue.

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.