

Where to Get Food in Thunder Bay



NORTH SIDE

2026

Food Banks

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

Bread Box, Bethlehem Church

75 Walkover Street, 807-767-3961
Every second Wednesday 10:00am – 12:00pm

Current River Churches Food Cupboard

168 Munro Street, 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
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)
Food Bank 9:00am – 11:00am

Thunder Bay Indigenous Friendship Centre

401 Cumberland Street North, 807-345-5840
Third Tuesday of every month.
Registration first week day of the month.

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

Food Bank for Lakehead Students only

955 Oliver Road, UC-2014B
807-343-8010 ext. 8850, frc@lusu.ca
Monday/Wednesday: 9:30am – 4:00pm
Tues/Thurs/Fri: 10:00am – 4:00pm
Thursdays closed from 1:00pm – 1:30pm

Our Kids Count—Windsor Site Food Cupboard

Unit 16-288 Windsor Street, 807-623-0292 ext. 228
ID required. Every Thursday 1:00 pm – 3:00 pm

Free Hot Meals

Salvation Army Soup Van

Dinner meal provided daily.
Wilson Park 7:00pm – 7:30pm
Minnesota Park 6:00pm – 6:30pm

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 - Friday 12:30pm, Dinner Saturday 5:30pm

Elevate NWO

106 Cumberland Street North, Suite 102, 807-345-1516
For active clients.
Breakfast (9:00am – 12:00pm)
Lunch (12:00pm – 4:00pm), Monday - Friday

Roots Community Food Centre

Ages 60+,
Last Friday of month, traditional food meal in
partnership with TBIFC
Wednesday 5:00pm – 6:30pm, Friday 11:00am – 12:30pm

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

Call Community Health Worker at
807-622-8235 ext. 2254 for info.

Where to Get Food in Thunder Bay



SOUTH SIDE

2026

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 ext. 2
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

2609 Redwood Avenue East, 807-577-3463
Every 2nd Thurs - 11:30am - 1:30pm
Email: foodbank@redwoodpark.ca

St. Agnes – St. Vincent de Paul Society

1019 Brown Street, 807-629-7404
Every second Friday 9:00am – 10:30am

The Gathering Place

239 Amelia Street West, 807-623-8184
Every second Tuesday 11:00am – 1:00pm

These food banks do not take registration through 211

The Losier Centre

@ Thunder Bay Free Methodist Church

920 Sprague Street, 807-622-7686
Please call 807-622-7686 Tuesday or Wednesday
10:00am – 2:30pm, or email hamper@tbayfmc.ca
to set up an appointment.

Our Kids Count

*can also register at OKC
704 McKenzie and 16-288 Windsor,
3rd Thurs of the month, 4:00pm – 6:00pm
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
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 9:00am – 11:00am

PACE

409 George Street, 807-343-4760
Food Hampers every Wednesday, 11:30am – 2:00pm

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

Free Daily Meals

Grace Place

235 Simpson Street, 807-473-3538
Hot dine-in meals Monday to Wednesday
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

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

807-285-0189
Email: info@rootscfc.org
Website: <https://www.rootscfc.org/>
Fruits & vegetables at below cost prices.
Tuesday 1:00pm - 3:00pm at
Kinsmen Northwood Centre, 609 James Street North

NorWest Community Health Centres

Call Community Health Worker at
807-622-8235 ext 2254 for info.