

# 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 Wed 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)

**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 Wed 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  
Mon-Wed 12:00 to 4:00pm, Thurs & Fri 9:00am - 1:00pm

Thunder Bay Indigenous Friendship Centre  
401 Cumberland Street North, 345-5840  
Third Tuesday, by appointment only

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  
Limbrick Resource Center, 97 Limbrick Place, 285 0189

Every Tuesday from 1:00 - 4:00pm  
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

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Family Giving Centre @ St. Thomas Anglican Church  
1400 South Edward St, 623-3608  
Every second Friday 10:00 - 11:30am

Our Kids Count  
704 McKenzie Street, 623-0292  
ID required  
Thursdays 1:00-4:00pm

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 Thu morning 10:00 - 11:00am first 3 weeks of Dec

Thunder Bay Food Bank  
129 Miles Street East, 626-9231  
Every second Friday 9:00 - 11:00am

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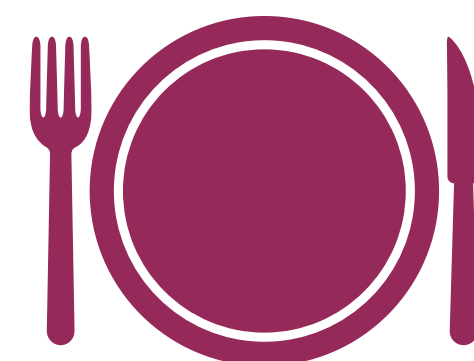


## SOUTH SIDE 2023

### FREE DAILY MEALS - SOUTHWARD

Grace Place  
235 Simpson Street, 473-3538  
Hot dine-in meals Mon, Tues & Wed  
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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