

Free or Low Cost Groceries Con't

Northern Women's Centre

Who is it for? Women

Key Information: Food Bank - Non-perishable food items, as well as some toiletries. 5 Good Food Boxes sponsored every month.

Hours of Operation: 24/7

Location: 3333 University Way (UNBC)

Phone #: 250-960-5632

Prince George Public Interest Research Group Good Food Store

Who is it for? Everyone welcome!

Key Information: Dry goods available at discount prices

Hours of Operation: Mondays-Thursdays 10:00 am-4:00 pm

Location: 3333 University Way (UNBC)

Website: <https://www.pgpirg.com/the-good-store>

The Good Food Box

Who is it for? Everyone welcome!

Key Information: \$15 for small box, \$25 for large box. Good Food Box - Low cost fresh fruit and vegetables, locally sourced as possible. Order online.

Hours of Operation: 1 box per month

Location: 3333 University Way

Website: <https://www.pgpirg.com/local-foods>

Northern Undergraduate Student Society Food Bank

Who is it for? Everyone welcome!

Key Information: Free non-perishable food items
Hours of Operation: NUGSS office - 9:00 am-4:00 pm. Other locations in the university are always accessible.

Location: 3333 University Way (UNBC)

Phone #: 250-960-5618

The Fire Pit

Who is it for? Everyone welcome!

Key Information: Donated items available such as bread and produce.

Hours of Operation: Tuesdays and Thursdays

Location: 1120 3rd Avenue

Phone #: 250-563-6113



DIGITAL ACCESS

To access this map on an mobile device, desktop, or iPad please visit <http://bit.ly/PGFoodAssetMap>

This brochure was created in June 2019. The dates found within may change during holidays. Up-to-date information and new resources will be added to the digital food asset map as they become available.

ACKNOWLEDGEMENTS

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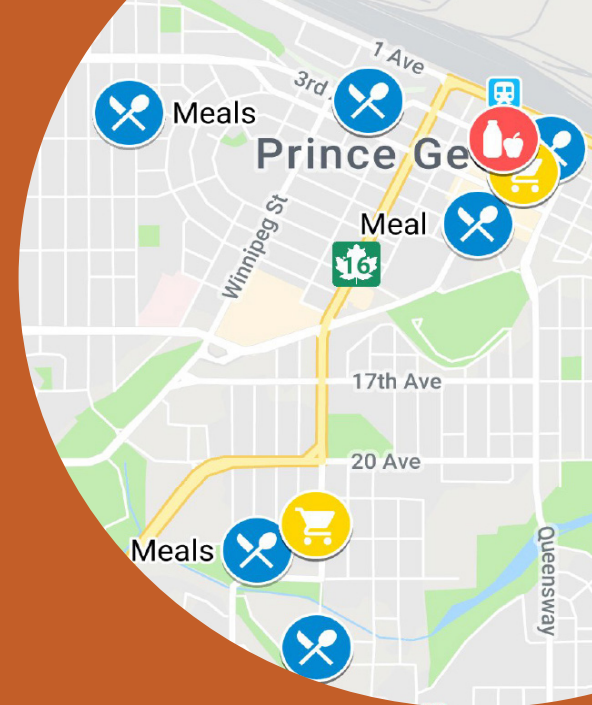
To provide feedback or have your service included in this resource please call 250-649-7226 or email IndigenousHealth@northernhealth.ca



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PRINCE GEORGE ABORIGINAL HEALTH IMPROVEMENT COMMITTEE

FOOD ASSET MAP

Updated June 2019



Free or Low Cost Meals

Hadih House Breakfast

Who is it for? Everyone welcome!

Key Information: Free cereal, oatmeal, yogurt, fresh fruit, and toast

Hours of Operation: Monday to Friday from 9:30 am to 10:30 am

Location: 2105 Pine Street

Phone #: 250-563-0858

Carrier Sekani Family Services Soup Bus

Who is it for? Everyone welcome!

Key Information: Free soup and sandwiches

Hours of Operation: Monday to Wednesday from 4:00 pm to 4:30 pm

Location: 2579 Victoria Street

Phone #: 250-563-1281

Who is it for? Everyone welcome!

Key Information: Free soup and sandwiches

Hours of Operation: Monday to Thursday from 5:30 pm to 6:00 pm

Location: 1188 6th Avenue

Phone #: 250-563-1281

Salvation Army Hunger Relief Soup Bus

Who is it for? Everyone welcome!

Key Information: Free soup and sandwiches

Hours of Operation: Saturdays at 3:30 pm

Location: 1687 Strathcona Avenue

Phone #: 250-563-0858

Prince George Native Friendship Centre Reconnect Youth Village

Who is it for? Youth under 19

Key Information: Free hot meals

Hours of Operation: Open 24/7

Location: 171 George Street

Phone #: 250-562-2538

Society of St. Vincent de Paul

Who is it for? Everyone welcome!

Key Information: Free hot meals including breakfast, lunch and sandwiches in the evening

Hours of Operation: Monday-Friday: breakfast 8:30-9:30 am, Lunch 12:30-1:30 pm. Sandwich line 7:30-8:00 pm. Saturday: Breakfast 9:00-11:00 am, sandwich & coffee 2:30-3:00 pm.

Sunday: breakfast 9:00-11:00 am, soup & sandwiches 2:30-3:00 pm.

Location: 1220 2nd Avenue

Phone #: 250-564-7871

AWAC Shelter

Who is it for? Women and children

Key Information: Free meals and snacks

Hours of Operation: Lunch is at 12:00 pm and Dinner at 5:00 pm

Location: 144 George Street

Phone #: 250-562-6262

The Fire Pit

Who is it for? Everyone welcome!

Key Information: Hot lunches and fruit and vegetables served in the afternoon

Hours of Operation: Lunch everyday at 2:30 pm, Snack everyday at 1:00 pm. Breakfast at 10:30 am served from December 1 - March 31

Location: 1120 3rd Avenue

Phone #: 250-563-6113

Alano Club of Prince George

Who is it for? Everyone welcome!

Key Information: Low cost breakfast for \$5 or less and lunch for \$6 or less

Hours of Operation: Everyday from 8:30 am to 6:00 pm

Location: 725 Alward Street

Phone #: 250-563-9517

Guru Nanak's Free Food Langar

Who is it for? Everyone welcome!

Key Information: Free meals and groceries including pizza, soup, fruit, and vegetables

Hours of Operation: Tuesday, Thursday, and Sunday from 2:00 pm to 4:00 pm

Location: 2225 Victoria Street

Phone #: 778-281-2424

PGNFC Smokehouse Restaurant

Who is it for? Everyone welcome!

Key Information: Low cost lunch for under \$5

Hours of Operation: Monday to Friday from 10:30 am to 3:00 pm

Location: 1600 3rd Avenue

Phone #: 250-614-7726

Free or Low Cost Hampers and Groceries

Prince George Native Friendship Centre

Who is it for? Single, Families, Elders

Key Information: Everyone welcome!

Hours of Operation: Monday to Thursday from 3:00 pm to 4:00pm

Location: 1600 3rd Avenue

Phone #: 250-564-3568

Society of St. Vincent de Paul

Who is it for? Available for families and seniors every two months. Care card and proof of address required

Key Information: Free food hamper with 1.5 weeks worth of food

Hours of Operation: Monday 2:00-3:00 pm, Tuesday & Wednesday 9:30-10:30 am and 2:00-3:00 pm, Thursday 2:00-3:00 pm, Friday 9:30-10:30 am and 2:00-3:00 pm

Location: 1220 2nd Avenue

Phone #: 250-564-7871

Who is it for? Everyone welcome!

Key Information: Free fresh fruit and vegetable hampers available to everyone once per week

Hours of Operation: Monday 9:30 am to 10:00 am or Thursday 9:30 am to 10:00 am

Location: 1220 2nd Avenue

Phone #: 250-564-7871

Salvation Army Food Bank

Who is it for? Everyone welcome!

Key Information: ID for each member of the household. Current mail as proof of address for each adult 19 yrs and older. Proof of household income. Proof of shelter expenses

Hours of Operation: Cardholders with children 12 yrs and under 10:30 am-12:00 pm. All other card holders 1:00-3:45 pm

Location: 3500 18th Avenue

Phone #: 250-564-4000