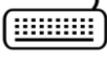
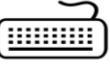
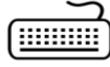


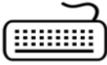
Ways to Access Groceries on the North Shore

Updated April 2022

See the details in a google map at <https://tablematters.ca/resources/food-asset-map/>. Email Margaret.Broughton@vch.ca with updates or additions.

Name	Delivery and Pick Up Options	Services Available				Website	Phone Number	Store Hours/Seniors Hours	Address
		Online shopping	Home Delivery	Pick-Up Order	Seniors Shop-by-Phone				
BCLocalRoot.ca	- BC-only brands + products. - Pickup is free with minimum \$50 order. - Delivery is free with minimum \$100 order, \$8 for orders \$50-99.99, \$10 for orders under \$49.99.				-	BCLocalRoot.ca	-	Weekly order cut-offs are: Wednesday at midnight (for delivery on Saturday 10am - 5pm), and Saturday at midnight (for delivery Tuesday 4-8 pm)	105 – 828 Harbourside Drive
productoyourdoor.ca	- Closed for maintenance since March 3rd - Delivery is free, no minimum order.			-	-	https://productoyourdoor.ca/	-	Order cut off is 5pm for next day delivery (Mon-Fri). As of March 3rd, closed for maintenance.	productoyourdoor@gmail.com
SPUD.CA	- Delivery is free for orders over \$150, for orders under \$150, fee varies by location https://www.spud.ca/locations.cfm . (E.g. \$4.95 if nearby Silver Harbour Centre).			-	-	https://www.spud.ca	(604) 215-7783	No physical store. Customer service hours: Monday - Friday: 8 am-8 pm Weekends: 10am-7pm	1660 E Hastings St, Vancouver
Choices Market	- Curb-side pickup. - Seniors can shop by phone.		-			https://shop.choicesmarkets.com/	(604) 770-2868	Monday - Sunday: 8am-10pm Currently, no seniors hours, but usually not busy in the mornings.	500-801 Marine Dr, North Vancouver
Safeway	- Headland, Mt Seymour, and East 27th locations: Shop online (Voila) + curbside pickup. \$15 off your first 3 orders on Voila. - Westview, Mt Seymour, & East 27th: Shop in-store (before 2 or 3 pm - varies by location) + same day afternoon delivery. - Mt Seymour also has sensory-friendly shopping every Sat, 10-11am.				-	http://safeway.ca	(604) 926-2550 (604) 988-6645 (604) 924-1302 (604) 980-3316	Mon-Sat: 7am-9pm, Sun: 7am-7pm Mon-Sun: 7am-10pm Mon-Sun: 7am-10pm Mon-Sun: 7am-10pm Currently does not have senior hours in the mornings anymore.	5385 Headland Drive, West Vancouver 780-2601 Westview Drive, North Vancouver 1175 Mount Seymour Road, North Vancouver 1170 27 Street E, North Vancouver
Nesters Market	- Curbside pickup - email orders to dave_jordan@nestersmarket.com . See online flyers- no online catalogue.	-	-		-	http://nestersmarket.com	(604) 929-0241	Monday - Sunday: 8am-8pm	415 Dollarton Hwy N, North Vancouver
Whole Foods Market	- Limited selection online, curbside pickup. https://www.wholefoodsmarket.com/shop/PRV . - Seniors can shop by phone.		-			http://wholefoodsmarket.com	(604) 678-0500	Monday - Sunday: 8am-9pm	925 Main Street, West Vancouver

Name	Delivery and Pick Up Options	Services Available <i>Note: some stores charge a processing/delivery fee ranging from \$3.99 - \$15.99. See store website for more details</i>				Website	Phone Number	Store Hours/Seniors Hours	Address
		Online shopping	Home Delivery	Pick-Up Order	Seniors Shop-by-Phone				
Whole Foods Market	- Limited selection online for pickup. Or, Personal Shopping Service + delivery or pickup on Mon-Fri excluding holidays, their shoppers need 48 hours to complete your order, minimum \$50 order + delivery fee (location-dependent), complete the order form and email to pnnvnstoresupportsupervisors@wholefoods.com.				-	http://wholefoodsmarket.com	(604) 973-1014	Monday - Sunday: 8am-9pm	120 E 13th Street, North Vancouver
Osaka Supermarket	- Delivery: next day delivery of any product, or 3-5 business days to deliver nonperishable foods + household items See detailed fees at https://www.tntsupermarket.com/eng/how-to-works/				-	https://www.tntsupermarket.com/	(778) 279-8000	Sunday - Friday: 10am-9pm Saturday: 9:30am-9pm	2200 Park Royal Mall S, West Vancouver
IGA Market	- Shop online for delivery or pickup. Or, shop in-store by 1:30 pm for delivery. - Seniors can shop by phone - call Jennifer at 604-498-2813 Mon-Fri 9am-4:30pm for next day delivery.					https://www.iga.net/en/online_grocery	(604) 913-3056	Monday - Saturday: 8am-8pm Sunday: 8am-7pm	2491 Marine Drive, West Vancouver
	- Shop online for delivery or pickup. Or, shop by phone - call on Tuesdays 8-10 am, they will call back that morning + deliver on Wednesday. - For shopping online, delivery is free with \$50+ purchase, or \$15 on orders under \$50					https://www.iga.net/en/online_grocery	(604) 985-4431	Monday - Sunday: 7am-9pm	130-150 Esplanade W, North Vancouver
Fresh St. Market	- Minimum \$40 order for delivery, excluding taxes, fees and delivery charge - Delivery fee is \$9.99				-	http://freshstmarket.com	(604) 913-7757	Monday - Saturday 7am-9pm Sunday 7am-7pm	1650 Marine Drive, West Vancouver
Loblaws City Market	- Minimum \$30 order - Delivery fee is \$9.95. Pickup fee is \$3-5. - Free pickup for 3 months when you spend \$100+ on your first order, use code 3PCX2022 - Free delivery twice when you spend \$100+ on your first order, use code 2PCX2022				-	http://loblaws.ca	(604) 984-2226	Monday - Sunday: 7am-10pm	1650 Lonsdale Avenue, North Vancouver
					-	http://loblaws.ca	(604) 922-1902	Monday - Sunday: 7am-8pm	861-845 Park Royal N, West Vancouver
Save On Foods	- Minimum \$40 order for delivery - Delivery fee varies by timeslot (2 hr windows)				-	http://saveonfoods.com	(604) 980-4857 (604) 983-3033 (604) 985-3069 (604) 983-2227	Mon - Sun 7am-11pm (Lynn Valley) Mon - Sun 7am-10pm (Brooksbank) Mon - Sun 7am-10pm (1250 Marine) Mon - Sun 7am-10pm (879 Marine)	2770 Lynn Centre Ave, North Vancouver 600-333 Brooksbank Avenue, North Vancouver 1250 Marine Drive, North Vancouver 140-879 Marine Drive, North Vancouver

Name	Delivery and Pick Up Options	Services Available				Website	Phone Number	Store Hours/Seniors Hours	Address
		Online shopping	Home Delivery	Pick-Up Order	Seniors Shop-by-Phone				
Stong's Market	- If ordering by phone, cut off time is 5 pm - Minimum \$50 order for pickup. Pickup fee is \$4.99 - Minimum \$50 order for delivery. Delivery fee is \$10.99 for Vancouver, North Van, West Van, and north Burnaby, or \$14.99 for Bowen Island and Lion's Bay. See delivery schedule on website					https://express.stongs.com/	(604) 973-0700	Monday - Sunday: 7am-9pm Seniors hours 7-8am on Mon Wed Fri	2150 Dollarton Highway, North Vancouver
Superstore	- Shop online or with the PC Express mobile app. Delivery via PC Express or Instacart. - Pickup available on orders over \$30. Place orders at least 2 hrs before pickup time. - Delivery fee depends on location. Recommended to place orders 1 day in advance. For a limited time, no minimum order value.				-	http://realcanadiansuperstore.ca	(604) 904-5537	Monday - Sunday: 7am-11pm	333 Seymour Boulevard, North Vancouver
Wal-Mart	- Grocery delivery fee is \$7.97-9.97, based on location. Same day delivery is \$12.97. Express 2 hour delivery is \$14.97. - Grocery pickup is free for standard orders, and \$4.97 for express 1 hour pickup. Order must exceed \$35 for pickup.				-	http://walmart.ca	(604) 984-6830	Monday - Sunday: 7am-11pm	925 Marine Drive, North Vancouver
Queensdale Market	Order by phone 604-987-6644 Tues/Weds between 8am-12pm. Delivery and pickup options available.	-				http://queensdalemarket.ca	(604) 987-6644	Monday - Friday: 8am-8pm Saturday - Sunday: 8am-7pm Statutory Holidays 8am-7pm	3030 Lonsdale Avenue, North Vancouver
Thrifty Foods	- Shop online or with their mobile app - Pickup service with minimum \$50 order		-		-	http://thriftyfoods.com	(604) 929-2299	Open: Monday - Sunday: 7am-9pm Delivery hours: 9:30am-6pm daily Pickup hours: 10am-8pm daily	845 Marine Drive, North Vancouver
Loulet Farm Market	Shop in-person.	-	-	-	-	www.ediblegardenproject.com	604 987 8138 ex 231	Open May to end of October. Produce + community vendors Sat 10am-2pm. Produce Wed 2pm-4pm.	1400 Rufus Ave, North Vancouver
Ambleside Artisan Farmer's Market	Shop in-person.	-	-	-	-	https://www.artisanmarkets.ca/our-markets/ambleside-market/	(604) 357-4756	Open May to October. Sundays from 10am-3pm	1000 Argyle Ave, West Vancouver
Lonsdale Artisan Farmer's Market	Shop in-person.	-	-	-	-	https://www.artisanmarkets.ca/our-markets/lonsdale-quay-farmers-market/	(604) 357-4766	Open May to October. Saturdays from 10am-3pm.	123 Carrie Cates Ct, North Vancouver