



Food in Metro Vancouver

A practical guide to free & affordable food, smart shopping, and making groceries last

Updated August 2026

Vancouver · Surrey · Burnaby · Richmond · North Shore · New West · Tri-Cities

How to use this guide

Everything here is real and current as of **August 2026**. This guide is available in **English** and in **Ukrainian** — ask for the version you need. Cards for food banks and free meals show a small badge — **Verified** means we confirmed the details against an official source; **Call ahead** means the place is real but hours change often, so phone first; Double-check means the place is real, but some of its details could not be confirmed against a primary source — read the card carefully before you travel. This is information, not advice — always double-check before you travel.

Inside

-  **Food Banks & Grocery Hampers**
-  **Free Meals, Community Fridges & 211**
-  **Ukrainian Food & Smart Substitutes**
-  **Supermarkets, Loyalty Cards & Apps**
-  **Storing Food Right & Transforming Leftovers**
-  **What Food Really Costs + Seasonal & Transit**
-  **How MealPill helps you**



Need food today? Call **2-1-1** (Mon-Fri 9am-9pm, excluding holidays) — free, confidential, multilingual. The online directory at **bc211.ca** is open 24/7 and can match you to the nearest food help right now.

1 Food Banks & Grocery Hampers



Everyone hits a tight month sometimes, and using a food bank is a normal, practical way to stretch your budget — not something to feel awkward about. Across Metro Vancouver you'll find free grocery hampers and low-cost non-profit markets, many run by neighbours who've been there themselves. Most places ask for photo ID and proof that you live in their area, and several ask you to register or book a first appointment before you pick up food. Below are 14 real, currently-operating locations, sorted by city. Days, hours, and phone numbers do change, so where a card lists a phone number it's always worth a quick call before you go.

Please phone ahead where the card lists a number. Community food programs change their days, hours, and locations more often than their websites are updated — and some sites run on a monthly rotating schedule. A two-minute call confirms you won't arrive to a closed door, and staff can tell you exactly what ID and paperwork to bring. A few programs publish no phone number at all — for those, use the contact channel shown on the card and the arrival time it recommends. A few programs publish no phone number at all — for those, use the contact channel shown on the card and the arrival time it recommends.

SHARE Food Bank — Coquitlam (Hillside Church)

✓ Verified

Wednesday hampers for Coquitlam residents at Hillside Church in Austin Heights.

📍 Hillside Church, 1393 Austin Ave, Coquitlam, BC

🚊 Near Burquitlam SkyTrain + bus · ~15–20 min

🕒 Wed 10:00–13:30

🆓 Free

👤 Coquitlam residents. Bring ID + proof of address (2 mo). FIRST-TIME REGISTRATION IS NOT DONE HERE — SHARE registers clients at the Port Moody site: 2615 Clarke St (rear of the building), no appointment necessary.

☎ 604-540-9161

🔗 sharesociety.ca

SHARE Food Bank — Port Moody (Main / Warehouse)

✓ Verified

The main Tri-Cities food bank in Moody Centre — register here in person, no appointment.

📍 2615 Clarke St (rear of building), Port Moody, BC

🚊 Near Moody Centre station (WCE/Evergreen Line) · ~15–20 min

🕒 Distribution Wed 10:00–13:30 · Office Mon 9:00–14:00, Tue 9:00–18:00, Wed 9:00–15:00, Thu–Fri 9:00–14:00

🆓 Free

👤 Port Moody residents. Bring ID for household + proof of address (2 mo). Walk-in; no appointment, no means test.

☎ 604-540-9161

🔗 sharesociety.ca

Greater Vancouver Food Bank — Head Office & Burnaby Distribution (Winston St)

✓ Verified

GVFB's Burnaby warehouse, where you can book and attend a registration appointment.

- 📍 8345 Winston St, Burnaby, BC V5A 2H3
- 🕒 Distribution Fri 12:00–19:00, Sat 10:00–15:00 · check GVFB's monthly calendar. Closed Sun, Mon, Tue, Wed, Thu and statutory holidays, and closed at ALL GVFB locations during the last FULL week of every month. Office Mon–Fri 8:30–16:00.

👤 Burnaby/GVFB catchment residents. Bring photo ID + proof of address (3 mo). Register ahead by phone/email; no walk-in.

🚌 Near Production Way–University SkyTrain + bus · ~20–30 min

💰 Free

☎ 604-876-3601

🔗 foodbank.bc.ca

Harvest Project (North Shore)

✓ Verified

North Shore support hub in North Vancouver with groceries plus rent-bank and clothing help.

- 📍 1073 Roosevelt Crescent, North Vancouver, BC V7P 1M4

🕒 Tue–Fri 10:00–16:00; Sat 10:00–14:00

👤 North Shore residents (proof of address required). Bring ID. Intake/registration required before first visit.

🚌 Bus from Lonsdale Quay (SeaBus) along Marine Dr · ~20–30 min

💰 Free

☎ 604-983-9488

🔗 harvestproject.org

Greater Vancouver Food Bank — North Vancouver Distribution

📞 Call ahead

GVFB's North Shore pickup site in Lower Lonsdale — register with GVFB first, then attend.

- 📍 225 E 2nd St, North Vancouver, BC V7L 1C4

🕒 Wed 9:00–17:45. Closed at ALL GVFB locations during the last FULL week of every month.

👤 North Shore (GVFB catchment) residents. Bring photo ID + proof of address (3 mo). Register ahead; no walk-in.

🚌 SeaBus to Lonsdale Quay + short bus/walk · ~10–20 min

💰 Free

☎ 604-876-3601

🔗 foodbank.bc.ca

Quest Non-Profit Grocery Market — North Vancouver

✓ Verified

Referral-based low-cost grocery market in Lower Lonsdale — pay well below retail, not free.

- 📍 167 1st St East, North Vancouver, BC V7L 1B2

🕒 Mon–Fri 10:00–18:00; Sat 10:00–16:00 (from Aug 17, 2026)

👤 Referral-only (from social worker/agency); not open to public. Bring Quest client card once registered.

🚌 SeaBus to Lonsdale Quay + short walk/bus · ~20–40 min

💰 Low-cost (not free)

☎ 604-566-0110

🔗 questoutreach.org

Don't Go Hungry — New Westminster (Queensborough Community Centre)

⚠ Double-check

Saturday food support in Queensborough.

- 📍 Queensborough Community Centre, 920 Ewen Ave, New Westminster, BC
- 🕒 Sat 12:45–13:15. Arrive 45–60 min early — the operator asks clients at New Westminster locations to come 45 minutes to 1 hour before distribution; the window itself is only 30 minutes.

- 👤 New Westminster residents. You may use only one of the three New Westminster locations per week. Burnaby residents are served only at the Burnaby-Edmonds location. To register on site bring physical ID (BCID, driver's licence) showing your name and proof of address.

🚌 Bus 410 from 22nd St SkyTrain · ~10–15 min

🛒 Free (grocery hamper, not a hot meal).

📞 No phone — the operator publishes none. Reach them through dontgohungry.ca/contact-us/ (Instagram / Facebook / LinkedIn).

🔗 dontgohungry.ca

Don't Go Hungry — New Westminster (Trinity Presbyterian Church, West End)

⚠ Double-check

Saturday food support in the West End.

- 📍 Trinity Presbyterian Church, 1320 Seventh Ave, New Westminster, BC (formerly St. Aidan's)
- 🕒 Sat 12:30–13:30. Arrive 45–60 min early — the operator asks clients at New Westminster locations to come 45 minutes to 1 hour before distribution.
- 👤 New Westminster residents. You may use only one of the three New Westminster locations per week. Burnaby residents are served only at the Burnaby-Edmonds location. To register on site bring physical ID (BCID, driver's licence) showing your name and proof of address.

🚌 Bus from 22nd St SkyTrain toward West End · ~15–20 min; also from New Westminster Station

🛒 Free (grocery hamper, not a hot meal).

📞 No phone — the operator publishes none. Reach them through dontgohungry.ca/contact-us/ (Instagram / Facebook / LinkedIn).

🔗 dontgohungry.ca

Richmond Food Bank Society — Cedarbridge (Main)

✓ Verified

Richmond's main food bank near Richmond Centre, with several weekly distribution windows.

📍 #100 – 5800 Cedarbridge Way, Richmond, BC V6X 2A7

🕒 Mon/Wed 10:00–13:00; Thu 10:00–13:00 (55+); Fri 15:00–18:00; Sat by appt

👤 Richmond residents (some visa/student restrictions apply). Bring ID + proof of residency. New clients: book appointment first.

🚌 Near Aberdeen/Lansdowne Canada Line · ~15–30 min

🛒 Free

📞 604-271-5609

🔗 rfbs.org

Richmond Food Bank Society — Daniels Road Depot (Peace Mennonite Church)

Call ahead

A Tuesday-afternoon pickup depot in east Richmond for already-registered clients.

📍 11571 Daniels Road, Richmond, BC (Peace Mennonite Church)

🕒 Tue 15:30–17:00

👤 Registered Richmond Food Bank clients only. Bring ID/mail showing address. Register first at Cedarbridge site.

🚌 Bus near No. 5 Rd / Williams Rd, east Richmond · ~10–15 min

💰 Free

☎ 604-271-5609

🔗 rfbs.org

Surrey Food Bank Society

✓ Verified

Surrey's main food bank in Newton, with dedicated days for families with infants and seniors.

📍 Unit 1 – 13478 78th Ave, Surrey, BC V3W 8J6

🕒 Mon/Tue/Thu/Fri 9:00–13:00; Wed 9:00–13:00 (Tiny Bundles, families with infants); alt. Mon 9:00–13:00 (Seniors Distribution)

👤 Surrey residents. Bring picture ID + proof of address for all family.

🚌 Near King George/Scott Rd SkyTrain + bus · ~15–30 min

💰 Free

☎ 604-581-5443

🔗 surreyfoodbank.org

Greater Vancouver Food Bank — Vancouver Distribution Site

Call ahead

GVFB's East Vancouver pickup site near Renfrew — register with GVFB first, then attend weekly.

📍 3454 Lougheed Hwy, Vancouver, BC V5M 2A4

🕒 Tue/Wed/Fri 10:00–16:00; Thu 13:00–19:00; Sat 10:00–15:00. Closed Sun, Mon and statutory holidays. Closed at ALL GVFB locations during the last FULL week of every month.

👤 Registered GVFB clients. Bring photo ID + proof of address (3 mo). Register ahead; no walk-in. Confirm at registration whether this is your assigned pickup site.

🚌 Near Renfrew/Rupert SkyTrain + bus · ~10–20 min

💰 Free

☎ 604-876-3601

🔗 foodbank.bc.ca

Quest Non-Profit Grocery Market — Dundas (East Vancouver)

✓ Verified

Referral-based low-cost grocery market in Hastings-Sunrise — pay well below retail.

📍 2020 Dundas St, Vancouver, BC V5L 1J4

🕒 Mon–Fri 10:00–18:00; Sat 10:00–16:00 (from Aug 17, 2026)

👤 Referral-only (from social worker/agency). Bring Quest client card once registered.

🚌 Near Commercial–Broadway SkyTrain + bus · ~20–40 min

💰 Low-cost (not free)

☎ 604-602-0186

🔗 questoutreach.org

Quest Non-Profit Grocery Market — Hastings (Downtown Eastside)

✓ Verified

Referral-based low-cost grocery market in the Downtown Eastside — dignified shopping, not a handout.

📍 637 E Hastings St, Vancouver, BC V6A 1R2

🚶 Near Main St–Science World/Stadium SkyTrain · ~20–40 min

🕒 Mon–Fri 10:00–18:00; Sat 10:00–16:00 (from Aug 17, 2026)

💰 Low-cost (not free)

👤 Referral-only (from social worker/agency); not open to public. Bring Quest client card once registered.

☎ 604-253-2078

🔗 questoutreach.org



Everyone needs a hand sometimes, and Metro Vancouver has a quiet network of places where a good meal or a bag of groceries costs little or nothing — no lectures, no judgment. Below are real, verified spots: low-cost community cafeterias, free lunch programs, non-profit grocery markets, and open-access "community fridges" you can use any hour of the day. Most need no registration and no ID. When something does require ID or a client card, we say so clearly. Start with 211 (dial 2-1-1) if you're not sure where to go — it's a free, multilingual service that always has the freshest information.

Details change often — hours shift with holidays and government cheque-issue weeks, and volunteer-run fridges can move or pause. Always phone ahead or check the website before you travel, and dial 2-1-1 for the most current information.

Burnaby Neighbourhood Food Hub / Pantry

Call ahead

Free walk-in grocery pantry, no questions asked.

- The Neighbourhood Church, 7135 Walker Avenue, Burnaby, BC V5E 3C6
- Tue 1-6pm and Wed 9am-2pm; the pantry does not run during welfare cheque-issue week.
- Open to everyone, no registration — just walk in.
- Near Edmonds SkyTrain Station; several Burnaby bus routes.

burnabyhomeless.org

Free.

604-902-3071

- The operator's own page contradicts itself on frequency (weekly vs. every other week) — phone before you travel.

211 British Columbia (BC 211)

Call ahead

Free, confidential helpline that connects you to food, shelter and social services across BC.

- Phone/text/chat Mon-Fri 9am-9pm (excluding holidays); online directory 24/7.
- Everyone in BC needing food, housing or social help; no registration — phone, text and chat during the hours above, online directory 24/7.

bc.211.ca

Free.

Call 2-1-1 (or 1-888-484-3211); text 211 — serves all of British Columbia.

Carnegie Community Centre Cafeteria

Verified

Low-cost hot meals three times a day, every day of the year.

- 401 Main Street (at Hastings Street)
- Daily, 365 days: breakfast 9-11am, lunch 12-4pm, dinner 5-8pm.
- Everyone welcome, no registration — walk in and buy a meal ticket at the counter.

vancouver.ca

5 min walk from Stadium-Chinatown SkyTrain.

Breakfast \$2.25, lunch \$2.75, dinner \$3.50; no ID needed.

604-665-2220

First United Church Community Ministry — Free Lunch

📞 Call ahead

Free weekday lunch from a food truck at Gore & Hastings, no ID needed.

- 📍 320 E Hastings Street (at Gore & Hastings)
- 🕒 Mon-Fri, lunch — call to confirm the exact time.
- 👤 Everyone welcome, no ID or registration — just line up.
- 🚶 ~10 min walk from Stadium-Chinatown or Main St-Science World.

🔗 firstunited.ca

- 💰 Free.
- ☎ 604-681-8365
- ℹ Call to check whether lunch is still served from the food truck at Gore & Hastings.

Union Gospel Mission — Community Meals

📞 Call ahead

Free daily lunch and dinner in the Downtown Eastside.

- 📍 601 East Hastings Street
- 🕒 Lunch every day at 11am; dinner Mon-Fri 6pm, Sat-Sun 4pm.
- 👤 Everyone welcome, no registration — walk in and pick up a meal ticket on-site.
- 🚶 ~10 min walk from Stadium-Chinatown or Main St-Science World.

🔗 ugm.ca

- 💰 Free.
- ☎ 604-253-3323 (24hr desk)
- ℹ Meal tickets are handed out 15 minutes before meal times; enter off Princess Avenue. ugm.ca publishes only lunch and dinner; ask the 24hr desk about breakfast.

The Kettle Society — Venables Drop-In Meal Program

✓ Verified

Daily drop-in meal program, including holidays; membership not required.

- 📍 1725 Venables Street, Ground floor
- 🕒 Mon-Fri 8am-7pm, Sat-Sun 10am-5pm; 365 days a year, including holidays.
- 👤 Open to all, especially adults facing mental illness or poverty; no registration needed.
- 🚶 ~15 min walk from Commercial-Broadway SkyTrain.

🔗 thekettle.ca

- 💰 Hot lunch \$1.
- ☎ 604-251-2854 (drop-in main line); programs 604-251-5275
- ℹ The hours above are the drop-in's opening hours, not meal-service times; thekettle.ca does not publish the exact lunch serving time or whether coffee is free all day — ask by phone.

The Gathering Place Community Centre Cafeteria

✓ Verified

Low-cost meals plus free coffee, snacks, showers and laundry downtown.

- 📍 609 Helmcken Street
- 🕒 Centre daily 9am-8pm; cafeteria 9am-7pm; breakfast 9-11:15am, lunch 11:30am-4:15pm, dinner 4:30-7pm.
- 👤 Everyone welcome, no registration for meals; free membership recommended for showers/laundry.

🔗 vancouver.ca

- 🚶 Short walk from Yaletown-Roundhouse SkyTrain.
- 💰 A few dollars; coffee, tea and snacks free.
- ☎ 604-665-2391 — call for shower/laundry times

Mount Pleasant Community Fridge & Pantry

✓ Verified

Open-access fridge and pantry, free and self-serve any hour of the day.

📍 273 E 4th Avenue — in the community garden facing the alley (E 4th Ave at Scotia St)

🕒 24/7

👤 Everyone welcome, no registration — take what you need, leave what you can.

🚌 ~10 min walk from Main St-Science World SkyTrain.

💰 Free.

🔗 foodstash.ca

Kitsilano Community Fridge & Pantry

📞 Call ahead

Free 24/7 fridge and pantry at Kitsilano Neighbourhood House.

📍 2305 West 7th Avenue (Kitsilano Neighbourhood House) — the fridge is outside, on the Vine Street side

🕒 24/7

👤 Everyone welcome, no registration — self-serve, take what you need.

🚌 ~20 min bus from Broadway-City Hall SkyTrain.

💰 Free.

☎ 604-736-3588 (Kits House front desk, Mon-Fri 9:30am-4pm). No call needed for the fridge itself.

🔗 kitshouse.org

LOAF (Local Open Access Fridge) — Hastings/Grandview

⚠ Double-check

Free open-access fridge outside Dachi restaurant; current status unconfirmed.

📍 2297 East Hastings Street (at Garden Drive, outside Dachi)

👤 Everyone welcome, no registration — self-serve, take what you need.

🚌 ~15 min walk from Commercial-Broadway SkyTrain (bus 16/20).

💰 Free.

ⓘ The loafridge.ca domain no longer exists, and this fridge is not on the Vancouver Community Fridge Project's current Find A Fridge list. Nothing confirms it is still stocked — don't travel here as your only option. Other confirmed fridges in this section: Mount Pleasant (273 E 4th Ave) and Kitsilano (2305 W 7th Ave).



Missing the taste of home doesn't mean giving up good food — Metro Vancouver has a real Eastern-European grocery scene, plus plenty of mainstream and ethnic stores that stock the same staples for less. Below are confirmed delis and grocers across the region, followed by a practical swap guide for the staples that are hardest to find or most expensive at a regular supermarket.

Ukrainian & Eastern-European Delis and Grocers

Alenka European Foods

✓ Verified

Kingsway & Burrard St, Vancouver

- 1236 Kingsway, Vancouver; second location at 1233 Burrard St, Vancouver
- The website still shows the old 701 Kingsway address — the current stores are 1236 Kingsway and 1233 Burrard St

Family-run since 2009; deli counter plus shelves of Russian, Ukrainian, Georgian, Armenian and Baltic goods — buckwheat, grains, tvorog, smetana, house-made pelmeni/dumplings, pickles, baked goods, candies · Delivery via DoorDash/SkipTheDishes if you can't get there

(604) 879-8079 (Kingsway); (604) 689-3411 (Burrard St)

alenkaeurofoods.ca

Polonia Sausage House

✓ Verified

Hastings-Sunrise, Fraser St & 2 Surrey locations

- #110 – 2745 E Hastings St and 4286 Fraser St, Vancouver; 14641 108th Ave and 14045 104th Ave, Surrey
- E Hastings & Fraser St: Mon–Fri 9 am–6 pm, Sat 9 am–5 pm, closed Sun; Surrey 108th Ave: Mon–Sat 9 am–6 pm, Sun 10 am–5 pm; Surrey 104th Ave: Mon–Fri 9 am–6 pm, Sat 9 am–5 pm, Sun 11 am–4 pm

Polish/Eastern-European sausage house making their own kovbasa and cold cuts, plus imported and locally-sourced European groceries (cheeses, breads, pickles)

604-251-2239 (E Hastings); 604-872-1521 (Fraser St); 604-930-8848 (108th Ave, Surrey); 604-580-0558 (104th Ave, Surrey)

poloniasausagehouse.ca

European Breads & Bakery

☎ Call ahead

Fraser St, Vancouver

- 4320 Fraser St, Vancouver — Mon–Sat 10 am–6 pm, closed Sun

Dense European-style rye and dark breads, pastries, crepes — the closest thing in Vancouver to a real chornyi khlib bakery

(604) 879-5177

europeanbreads.com

Galina's Euro Food

✓ Verified

Surrey

📍 #3-7780 135A St, Surrey, BC V3W 9A7

📌 Eastern-European deli and grocery — handmade pelmeni, sauerkraut, fresh-baked rye bread, borscht, cabbage rolls, blintzes, pirozhki, plus vegetarian/vegan options

🌐 galinaseurofood.com

▪ Main Ukrainian/Russian-style grocer serving Surrey

☎ +1 (604) 585-2929

Taste of Ukraine & Euro Food + Deli

✓ Verified

Burnaby, Port Moody & Maple Ridge (Tri-Cities area)

📍 4976 Kingsway, Burnaby; 2720 St. Johns St, Port Moody; 22638 119 Ave #108, Maple Ridge

🕒 Burnaby: Mon–Sat 10 am–8 pm, Sun 11 am–6 pm; Port Moody: Mon–Sat 10 am–6 pm, Sun 11 am–6 pm; Maple Ridge: Mon–Sat 10 am–6 pm, Sun 11 am–6 pm

🌐 tastesofukraine.ca

👤 Ukrainian deli and specialty grocery — hand-crafted varenyky/perogies, pelmeni, borscht, holubtsi, deli meats and cheeses, imported grains and canned goods, baked goods (honey cake, strudel)

☎ 604-336-0887 (Burnaby); 604-492-0878 (Port Moody); 604-477-1930 (Maple Ridge)

City Avenue Market

☎ Call ahead

Quayside, New Westminster

📍 Unit 130 – 810 Quayside Dr, New Westminster

🕒 Store: Mon–Sat 9 am–8 pm, Sun & stat holidays 9:30 am–8 pm; deli counter: daily 10:30 am–6 pm

🌐 cityavenuemarket.ca

👤 General specialty market with a strong European deli counter and cheese selection (mostly European, priced better than big chains) — not Ukrainian-specific but useful for smetana-style sour cream and cured meats

☎ (604) 525-3331

Staple-by-Staple Substitutes

Ukrainian staple	Where to buy / what to substitute	Rough price note
Farmer cheese / сыр (dry tvorog)	Real tvorog at Alenka, Galina's or Taste of Ukraine; dry cottage cheese ("pot cheese") at Save-On/Superstore dairy aisle; paneer at any South Asian market works well in syrniki and vareniky	Deli tvorog ~\$8–10/lb; paneer block ~\$5–6
Smetana / сметана (full-fat sour cream)	Any 14% or 33% dairy sour cream (not "light") at any mainstream grocer; Mexican crema at Latin markets is a close cousin	~\$3–4 for 500 mL regular grocery
Kefir	Liberté or Green Valley kefir at Save-On, Whole Foods, Choices; Bulgarian-style drinking yogurt at Persian markets is similar in tang	~\$4–5/L
Ryazhanka (baked-milk kefir)	Hard to find ready-made; ask Alenka or Taste of Ukraine if they stock it, or make baked milk (bake milk 3–4 hrs, then culture with kefir/yogurt starter)	Varies; homemade is cheapest
Buckwheat / гречка	Bulk Barn (bulk bins, roasted or raw), Persian/South Asian markets (often labelled "kasha"), Whole Foods bulk section, T&T Supermarket	~\$2–4/lb in bulk vs \$6+ for a boxed brand

Ukrainian staple	Where to buy / what to substitute	Rough price note
Rye bread / житній хліб	European Breads & Bakery, Polonia Sausage House, T&T bakery section, Whole Foods bakery	~\$5–7/loaf
Kovbasa (sausage)	Polonia Sausage House (house-made), Alenka, Taste of Ukraine; Superstore/Save-On deli counters carry Polish-style smoked sausage too	~\$12–18/lb
Salo (cured pork fat)	Polonia Sausage House and Alenka usually stock it; otherwise ask a T&T or regular butcher counter for fresh pork fatback and cure it yourself	~\$8–10/lb
Poppy seeds / мак	Bulk Barn, Persian markets, South Asian markets (labelled "khaskhas") — far cheaper by weight than small spice jars at regular grocers	~\$3–4/100 g in bulk
Dill / кріп	Fresh in the produce section of any grocery store; Persian and South Asian markets sell large bunches for less	~\$1–2/bunch (cheaper at ethnic markets)

Practical Tips

- T&T Supermarket (multiple Metro Vancouver locations, including Richmond, Burnaby, Surrey, and Vancouver) is a reliable one-stop for buckwheat, sour cream, dill, cabbage, and Polish-style sausage at mainstream prices — a good default when a specialty deli is too far.
- Persian and South Asian grocery stores are hidden gems for East-European staples: buckwheat, poppy seeds, dill, sour/fermented dairy, and fresh herbs are often cheaper there than at a Ukrainian deli, just under different names — ask the staff, they're used to the question.
- No dedicated Ukrainian/Russian grocer was confirmed in North Vancouver or West Vancouver as of 2026 — DoorDash/SkipTheDishes delivery from the Vancouver or Burnaby delis, or a monthly stock-up trip, works well for North Shore residents.
- Buy tvorog, kovbasa, and salo in larger quantities when you make the trip to a deli, then freeze portions — most keep well and it saves repeat travel.
- Store hours and stock at small family-run delis can change — a quick call or check of their Facebook/Instagram page before a special trip saves disappointment.



Metro Vancouver has a wide range of grocery options, and where you shop matters almost as much as what's on sale. Budget chains like No Frills and Real Canadian Superstore (both owned by Loblaw) consistently beat mid-range stores on packaged goods and pantry staples, while T&T Supermarket and neighbourhood Persian, South Asian, and Chinese markets often win on fresh produce, meat, and specialty ingredients. On top of picking the right store, a small stack of free loyalty programs and apps — PC Optimum, More Rewards, Flipp, and Flashfood among them — can knock another 10-30% off a typical grocery bill with almost no extra effort once you know how they work. None of this requires a Canadian credit history or even a credit card: everything below works with a debit card or cash, and all the apps listed are free to download from the Apple App Store or Google Play in Canada.

Store	Best for	Savings tip
No Frills	Cheapest packaged goods, pantry staples, everyday basics	Scan your PC Optimum card every visit — No Frills runs some of the deepest PC Optimum point-multiplier offers of any Loblaw banner.
Real Canadian Superstore (RCSS)	One-stop weekly shop, PC Optimum points, Flashfood rescue bin	Check the Flashfood fridge/stand near the front of the store (often by self-checkout) for meat, produce, and bakery marked 50%+ off before checking the regular shelves.
Save-On-Foods	Quality produce and meat, BC-wide presence, More Rewards points	Load digital offers in the More Rewards app before you shop — they stack with in-store sale prices and often beat the shelf tag by another 20-30% on specific items.
Walmart Canada (Supercentres)	Household goods, clothing, and groceries under one roof	Compare Walmart's everyday-low prices against a flyer app before assuming it's cheapest — No Frills or Superstore often beats it on staples, though Walmart wins on non-food items.
Costco	Bulk staples, meat, and household items for larger families or a few households splitting a haul	A membership is \$65-130/year (2026 pricing), so it only pays off with regular use or by splitting the cost and a shopping trip with another household — Costco allows two membership cards per account.
T&T Supermarket	Asian produce, seafood, and pantry ingredients at prices well below mainstream chains	T&T has its own weekly flyer (also in the Flipp app) with deep loose-produce and meat discounts — worth a special trip even if it isn't your main grocery store.
Persian, South Asian & other ethnic markets (e.g. Persia Foods, Punjab Food Centre)	Herbs, spices, rice, legumes, and produce specific to home cooking — usually far cheaper than supermarket "international aisle" versions	These stores rarely appear in loyalty apps, but their everyday prices on rice, lentils, nuts, and fresh herbs routinely beat any chain's sale price — buy staples here, sale items elsewhere.

Store	Best for	Savings tip
Dollarama	Snacks, condiments, cleaning and household supplies, cookware basics	Good for shelf-stable and non-food items, not fresh groceries — check the per-unit price against a discount grocer since package sizes are often smaller than they look.

Apps worth having on your phone

PC Optimum

⚠ Double-check

Loyalty points program for Loblaw-family stores

- ❗ Free points program used at No Frills, Real Canadian Superstore, Shoppers Drug Mart, and other Loblaw banners. Points redeem for \$0.10 per 100 points toward groceries.
- ★ Anyone shopping at No Frills or Superstore regularly — load personalized "offers" in the app each week before you go, since they often give 2-10x points or a flat dollar discount on items already on your list.
- 📱 iOS and Android, also works as a physical card at checkout

🔗 pcoptimum.ca

More Rewards (Save-On-Foods)

⚠ Double-check

Loyalty points and personalized digital offers for Save-On-Foods and Urban Fare

- ❗ Free BC/Alberta loyalty program; points redeem at roughly \$0.0015 each toward groceries (10,000 points ≈ \$15), with better value on travel or gift-card redemptions.
- ★ Households that shop mainly at Save-On-Foods — clip digital offers in the app before your trip, they stack with weekly flyer sale prices at the register.
- 📱 iOS and Android, also works as a physical/phone-number lookup card

🔗 saveonfoods.com

Costco Membership

⚠ Double-check

Warehouse club membership, not a loyalty app

- ❗ Gold Star membership is \$65 per 12 months, Executive is \$130 per 12 months with 2% cash back (capped at \$1,250 per 12-month period) on most purchases.
- ★ Larger households buying in bulk. The free second (household) card is issued only to someone who can show proof of living at the same address as the primary member, so a membership cannot be split with a different household. It does not pay for itself for small, occasional shoppers.
- 📱 In-warehouse membership card; Costco.ca app for online orders on iOS and Android

🔗 costco.ca

BMO Blue Rewards

⚠ Double-check

National rewards program; Air Miles became BMO Blue Rewards on 2 June 2026. Earned at Save-On-Foods and other Pattison Food Group banners in BC

- i BMO announced Blue Rewards on 26 January 2026 and the switch happened on 2 June 2026: existing Miles converted automatically to Blue Points (1 Mile = 16 Points) and the Cash Miles / Dream Miles split was abolished. Earn by linking a Canadian-issued card to your account and shopping at participating Pattison Food Group stores (Save-On-Foods, Urban Fare, Choices, and others); redeemable for travel, merchandise, or cash-equivalent.
- ★ Save-On-Foods shoppers who also want to stack with More Rewards — the two programs run alongside each other, not instead of one another. Note: Sobeys/Safeway dropped Air Miles for Scene+ in 2023, so nothing is earned on this program at Safeway.
- 📱 iOS and Android — the same app (id 388705262) is now listed as "Blue Rewards" from BMO Blue Rewards, Inc. Transactions after 2 June 2026 show as Points. The old airmiles.ca domain redirects to bluerewards.ca.

🔗 bluerewards.ca

Flashfood

⚠ Double-check

Discounted near-expiry groceries, sold directly from participating stores

- i Browse and reserve marked-down meat, produce, bakery, and dairy in the app, then pick it up from the Flashfood Zone — that is what the pickup point inside the store is called (typically 50%+ off).
- ★ Shoppers at Real Canadian Superstore, No Frills, and Loblaws City Market. Flashfood's own store locator lists over 50 pickup points in Metro Vancouver — other chains included. Among the ones that concern you: RCSS (Vancouver ×2, Burnaby ×1, Richmond, Surrey ×3, Coquitlam ×2, Delta, Langley, North Vancouver, Pitt Meadows), a number of No Frills stores, and City Market — including Park Royal (West Vancouver), South Granville (Vancouver), and Lonsdale (North Vancouver); the full, current list with addresses is in the app. Check the app before every trip since inventory refreshes daily.
- 📱 iOS and Android

🔗 flashfood.com

Too Good To Go

⚠ Double-check

Surprise bags of unsold food from cafes, bakeries, and grocery stores

- i Reserve a "Surprise Bag" from a nearby participating business and pick it up in a set window; contents are a mix of that day's surplus food. Too Good To Go's own site promises "half the price or less"; the exact bag price is shown in the app before you reserve — check it there, prices differ from business to business.
- ★ Bakeries, cafes, and restaurant surplus rather than staple groceries. Which businesses take part near you is shown in the app — the list changes.
- 📱 iOS and Android

🔗 toogoodtogo.com

FoodMesh

⚠ Double-check

Vancouver-based B2B/B2C food surplus and food-recovery matching platform

- i Connects retailers, farms, and manufacturers with charities and buyers to redirect surplus food. It mostly operates behind the scenes with food banks and agencies rather than as a consumer-facing shopping app. Since January 2025, however, FoodMesh also runs Love Food Hate Waste Canada — the free consumer resource with storage guides, portion planners, and recipes (lovefoodhatewaste.ca).

- ★ Not a direct consumer app for individual shoppers — worth knowing about if you volunteer with or receive food through a Metro Vancouver food bank or community agency, since it's often the system behind the scenes. If you want something for your own kitchen, go straight to Love Food Hate Waste Canada — same organisation, household-facing side.
- 📱 Web-based platform for organizations, not a consumer mobile app

🔗 foodmesh.ca

Flipp

⚠ Double-check

All flyers and price comparisons in one app

- i Aggregates weekly flyers from hundreds of Canadian retailers (No Frills, Superstore, Save-On-Foods, Walmart, T&T, and more); type an item and see every store's current price side by side, then build a shopping list sorted by store.

- ★ Planning your whole week's shop and deciding which 1-2 stores to actually visit.
- 📱 iOS and Android, Canadian edition

🔗 flipp.com

Reebee

⚠ Double-check

Flyer browser and shopping list app, owned by Flipp

- i Browse weekly flyers from Canadian retailers including Superstore, No Frills, and Walmart, and build a synced shopping list. Flipp acquired reebee in June 2022 and merged the two websites on 19 June 2023, so reebee draws on the same flyer catalogue as Flipp. The app itself is still running (App Store developer: Flipp Corporation), but reebee.com now redirects to flipp.com.

- ★ People who find the reebee layout easier to use. Do not expect different flyers from Flipp — it is one catalogue. Home and hardware flyers (Canadian Tire and the like) are in both apps.
- 📱 iOS and Android

🔗 flipp.com

Checkout 51

⚠ Double-check

Cash-back on groceries via receipt upload, any store

- i Browse a new weekly list of cash-back offers, buy the qualifying item at any store, then photograph your receipt in the app; cash-back accumulates and pays out once you hit a \$20 minimum.

- ★ Stacking on top of whatever store you already shop at, since it isn't tied to a single retailer — most useful for households that buy some branded/packaged items regularly.
- 📱 iOS and Android, Canadian and US offers

🔗 checkout51.com

Yuka

⚠ Double-check

Barcode scanner that scores packaged food and cosmetics for health impact

- i Scan a barcode to get a 0-100 health score (colour-coded Bad/Poor/Good/Excellent), a breakdown of additives and ingredients in plain language, and suggested healthier alternatives nearby on the shelf.
- ★ Decoding unfamiliar Canadian packaged-food labels and additives quickly when you're still learning what's normal here — independent, not sponsored by brands.

📱 iOS and Android

🔗 yuka.io

Open Food Facts

⚠ Double-check

Free, open-database barcode scanner for ingredients and nutrition

- i A crowdsourced, non-profit, open-data alternative to Yuka — scan a barcode for ingredients, Nutri-Score, allergens, and additive information; you can also contribute missing products.
- ★ Anyone who prefers a fully open, ad-free, non-commercial data source, or who wants to check a product Yuka doesn't have yet.

📱 iOS and Android, worldwide including Canada

🔗 world.openfoodfacts.org

Fig

⚠ Double-check

Allergy and diet-restriction food scanner

- i Scan a barcode against a personal profile of 2,500+ allergens, intolerances, and diets (gluten-free, vegan, FODMAP, and more) to see if a product is a match.
- ★ Not confirmed as fully launched in Canada as of this writing — the developer has stated Canada is a planned expansion market. Check the App Store/Google Play listing for your region before relying on it; if unavailable, Yuka or Open Food Facts cover similar ground.

📱 iOS and Android in the US; Canada availability unconfirmed

🔗 foodisgood.com

How to stack it all into one weekly shop

- 1 Sunday/Monday: open Flipp (and Reebee as backup) to see this week's flyers for No Frills, Superstore, Save-On-Foods, Walmart, and T&T. Build one shopping list sorted by store.
- 2 Load personalized offers in PC Optimum and/or More Rewards for whichever of those stores you'll actually visit — this takes two minutes and stacks on top of flyer prices.
- 3 Before you leave, check Flashfood for the Superstore(s) on your route — reserve any meat, produce, or bakery items you'd actually use at 50%+ off, and adjust your shopping list down accordingly.
- 4 For staples like rice, lentils, spices, and fresh herbs, make a separate stop (even monthly) at a Persian, South Asian, or Chinese market/T&T — their everyday prices usually beat any chain's sale price on these items.
- 5 On your way home or the next day, check Too Good To Go for a bakery/cafe Surprise Bag near you if you want extra bread, pastries, or prepared food at a fraction of the price.

6 Snap a photo of every receipt into Checkout 51 before you toss it — it costs nothing and the cash-back adds up over a few months regardless of which stores you used.

7 Use Yuka or Open Food Facts to scan anything unfamiliar while you're in the aisle — it takes five seconds and helps you learn Canadian packaged-food norms as you shop.

A few honest caveats

- Price-matching at the register (bringing a competitor's flyer price) has become less common at major BC chains than it once was — check current store policy before counting on it, and treat Flipp's price comparison as the reliable way to route your trips instead.
- Loyalty points are worth real but modest money (roughly \$0.10-0.15 per 100-150 points) — treat them as a small bonus on shopping you'd do anyway, not a primary savings strategy on their own.
- Flashfood, Too Good To Go, and similar apps depend on daily surplus, so availability varies by location and time of day — check often rather than relying on any one visit.



Groceries cost real money — storing them properly can add days or weeks of usable life, and a few simple habits turn "leftovers" into tomorrow's lunch instead of tomorrow's trash. None of this requires special equipment: a fridge, a freezer, some containers, and a system for what to eat first. Canada's national food-waste-reduction campaign, Love Food Hate Waste Canada, was launched in 2018 by the Metro Vancouver-based National Zero Waste Council and has been managed by FoodMesh since January 2025, and Vancouver runs a green bin / food scraps program for whatever you truly can't use, so it doesn't have to go to landfill — elsewhere in the region, check your municipality's website for whether it runs one.

How your fridge is organized matters almost as much as the temperature. Set the fridge to 4°C (40°F) or below and the freezer to -18°C (0°F). The bottom shelf and drawers are the coldest, most humid zones — that's where raw meat, poultry, and fish belong (on a plate or tray so juices can't drip onto other food). The door is the warmest spot, so save it for condiments, not milk or eggs. Crisper drawers with humidity controls: high humidity for leafy greens and most vegetables (they wilt in dry air), low humidity for fruit (it releases gas that speeds ripening of everything nearby).

Some produce actually lasts longer and tastes better OUTSIDE the fridge: tomatoes, potatoes, onions, garlic, winter squash, and whole melons (cold turns tomatoes mealy and gives potatoes a sweet, gritty texture). Bananas, avocados, and stone fruit should ripen on the counter and only move to the fridge once ripe, to slow further ripening. Bread also goes stale faster in the fridge — keep it at room temperature in a bag or bread box for a few days, and freeze the rest (see below).

Freezing is your best anti-waste tool. Most vegetables freeze well if blanched first (30–60 seconds in boiling water, then an ice bath) — this stops enzymes that cause loss of flavour and texture. Berries, sliced bananas, and grated ginger freeze raw, no blanching needed. Bread, cooked rice, cooked beans, grated cheese, and cooked meat all freeze well; portion them flat in freezer bags before freezing so they thaw faster and stack easily. Fresh herbs freeze beautifully chopped into ice-cube trays topped with olive oil or water — pop a cube straight into a hot pan. Always label with contents and date (masking tape and a marker is all you need) — "mystery bag syndrome" is the #1 reason freezers become a graveyard instead of a resource.

Food	Best storage	Typical shelf life
Leafy greens (lettuce, spinach)	Fridge, high-humidity drawer, wrapped in a damp towel or in a container	5–10 days
Root veg (carrots, beets)	Fridge crisper, tops removed	3–4 weeks
Potatoes, onions, garlic	Cool, dark, dry cupboard — NOT fridge (and not together: onions make potatoes sprout)	3–8 weeks
Tomatoes	Counter, stem-side down, out of direct sun	4–7 days
Bananas / avocados	Counter to ripen; fridge (skin darkens, flesh fine) once ripe to slow it down	3–7 days ripe
Berries	Fridge, unwashed until eaten, in a breathable container	3–6 days (or freeze for months)
Milk	Fridge, main body not door	~7 days past open, check date

Food	Best storage	Typical shelf life
Eggs	Fridge, original carton (Canada sells eggs refrigerated, unlike some countries)	3–4 weeks
Hard cheese	Fridge, wrapped in wax/parchment paper, not plastic	3–4 weeks after opening
Raw chicken	Coldest fridge shelf on a tray; freeze if not using in 2 days	1–2 days fridge, 9 months frozen
Ground meat	Coldest fridge shelf; freeze same day if possible	1–2 days fridge, 3–4 months frozen
Bread	Room temp in bag/box (not fridge — it stales faster); freeze extra sliced	3–5 days room temp, 3 months frozen
Cooked leftovers (rice, soup, meat)	Fridge in airtight container within 2 hours of cooking	3–4 days fridge, 2–3 months frozen
Fresh herbs	Like a bouquet in a jar of water on the counter (basil) or damp towel in fridge (others); or freeze in oil	1–2 weeks fresh; months frozen

"Best before" dates are about peak quality, not safety — most dry, shelf-stable, and frozen foods are often still good quality well past that date, though a stale smell or an off taste means the quality has gone. "Expiry" dates (mainly on infant formula and some meal-replacement products) are the ones that actually matter for safety. With meat, dairy, and leftovers, go by the storage times in the table above rather than by look or smell: for those foods Health Canada warns that smell and taste don't tell you whether food is unsafe. Don't toss dry or frozen food out of date-anxiety alone.

Transform it, don't toss it

- Stale bread → cube it and toast with oil and salt for croutons, or pulse it in a blender for breadcrumbs (freeze the crumbs). Also great as the base for bread pudding or panzanella salad.
- Vegetable scraps (onion skins, carrot tops, celery ends, herb stems) → keep a bag in the freezer, and once full, simmer with water 45–60 minutes for free vegetable broth. Do the same with a leftover roast-chicken carcass for chicken stock.
- Overripe fruit (soft bananas, bruised apples, mushy berries) → smoothies, muffins, banana bread, or stew with a little sugar/cinnamon for a quick compote over yogurt or oatmeal.
- Cook once, eat twice: roast a whole chicken or a big tray of vegetables on the weekend, and plan meal #2 from the start (chicken → tacos or soup; roast veg → grain bowl or frittata filling).
- Batch-cook and freeze in single-portion containers (soups, chili, curry, sauces) — a stocked freezer is the single best defence against expensive last-minute takeout.
- Vegetable peels (potato, carrot) → toss in oil and salt, roast until crisp for snack chips instead of the compost bin.
- Sour milk or cream near its date → use in pancakes, baking, or marinades instead of drinking it plain; buttermilk substitutes work the same way.

A simple weekly waste-zero routine

- 1 Before shopping: do a 5-minute fridge check. Move anything close to its end into a labelled "eat first" bin at eye level in the fridge, and build one meal this week around using it up.
- 2 Shop with a rough plan and a full stomach — a specific list (even loose, like "stuff for 3 dinners") cuts impulse buys that end up wasted.
- 3 As soon as groceries come home: wash and prep produce that spoils fast (chop veg for the week, rinse berries just before eating not before storing), move meat you won't cook in 2 days straight to the freezer, and put fresh herbs in water or oil right away.
- 4 Mid-week scrap check: add trimmings to the freezer broth bag; freeze any bread, cooked grains, or portions you won't finish rather than letting them sit.
- 5 One "clear-out" meal per week: fridge soup, stir-fry, frittata, or grain bowl using whatever odds and ends are left before the next shop. This is where most of the real savings happen.
- 6 Whatever truly can't be used: compost it in your green bin / food scraps program (every Metro Vancouver municipality has one) instead of the garbage — it's picked up curbside just like recycling.

Local tools worth knowing

Love Food Hate Waste Canada

✓ Verified

Free national tips hub, managed since January 2025 by FoodMesh (launched by the National Zero Waste Council, a Metro Vancouver initiative)

- i Storage guides, portion planners, and recipes for using up odds and ends

lovefoodhatewaste.ca

City of Vancouver Green Bin (Food Scraps) Program

✓ Verified

Curbside compost collection for anything you can't eat or use — most apartment and condo buildings are not on the city service

- Only a small number of apartment and condo buildings still receive city green bin collection — if you live in one, ask your building manager how food scraps are handled there (see the Apartments, condos, and townhomes page on vancouver.ca). Outside Vancouver, check your municipality's website for whether it runs a food-scraps program and what its collection schedule is.

vancouver.ca



Numbers help you plan without guessing — and without panic. Below are realistic monthly grocery budgets for Metro Vancouver in 2026, a season-by-season guide to what's cheapest, and the transit basics you need to actually get to the stores and food programs in this guide. These are planning ranges, not judgments: where you land depends on your household, your neighbourhood, and what stores are nearby. Shopping at discount grocers (No Frills, Real Canadian Superstore, Save-On-Foods' basics lines, T&T for produce and Asian staples) and leaning on seasonal produce can move you toward the lower end of any tier.

Monthly food budget for one adult (Metro Vancouver, 2026)

Tier	Monthly \$ (CAD)	What it looks like
Minimum / thrifty	\$280–\$350	Almost all cooking from scratch at discount stores (No Frills, Superstore, T&T, flyer deals); dried beans/lentils and rice as a base; frozen vegetables over fresh; chicken thighs and eggs rather than beef; little to no dining out; some items from food banks or community fridges to stretch further. Workable but tight — no real cushion for price spikes.
Moderate	\$400–\$500	Regular mid-range grocery shopping (Save-On-Foods, Safeway with flyer deals, T&T, Costco for staples if you have a membership); mix of fresh and frozen produce, some meat and dairy variety, occasional treats; maybe one takeout meal a week or coffee out.
Comfortable	\$550–\$700+	Wider variety incl. organic or specialty items, more meat/fish, regular fresh produce regardless of season, some prepared foods, occasional restaurant meals built into the food budget.

These are planning ranges based on typical 2026 Metro Vancouver prices for staples like milk (~\$1.56/L in a 4 L jug, up to ~\$3.18/L for a 1 L carton), bread (~\$3–\$4.35/loaf), eggs (~\$4.30–\$6/dozen), and chicken (~\$9.13–\$17.34/kg depending on cut — whole \$9.13, thighs \$13.40, breasts \$17.34) — actual totals vary a lot by store, brand, and how much you cook from scratch. The three tiers above are the guide's own planning estimate, not a sourced benchmark. Treat every number here as a starting point for your own tracking, not a hard rule.

BC seasonal produce calendar — what's cheapest, by season

- 1 Spring (Apr–May): asparagus, spinach, radishes, green onions, rhubarb — local greens start appearing while winter imports (berries, stone fruit) are still pricey, so stick to greens and root-vegetable leftovers.
- 2 Early summer (Jun): strawberries, sweet peas, lettuce, early cherries — the first big price drop of the year on berries.
- 3 Peak summer (Jul–Aug): cherries, raspberries, blueberries, tomatoes, corn, cucumbers, peppers, peaches, zucchini (from August) — the cheapest and most abundant months for BC produce; buy extra and freeze berries for winter.

4 Early fall (Sep–Oct): apples, pears, grapes, squash, pumpkin — a second good window for stocking up and preserving.

5 Winter (Nov–Mar): root vegetables (potatoes, carrots, beets, onions), cabbage, kale and other hardy greens, stored BC apples — fresh berries and tomatoes are imported and expensive; frozen local produce (frozen in summer) is your best value.

Transit basics for getting to food resources

- Get a Compass Card: a reusable fare card, refundable \$6 deposit, available at SkyTrain stations, London Drugs, and other retailers on TransLink's "Where to Buy" page. Load it with Stored Value (pay-as-you-go) or a Monthly Pass.
- Current adult fares (as of July 2026, Compass stored value): 1-Zone \$2.85, 2-Zone \$4.20, 3-Zone \$5.40 — a single fare covers 90 minutes of travel including transfers. Cash and contactless fares are higher and are charged by zone: 1-Zone \$3.50, 2-Zone \$5.10, 3-Zone \$6.70. All bus trips are a 1-Zone fare (\$3.50) however you pay; cash, though, is not transferable to SkyTrain, SeaBus or West Coast Express, and you get no change.
- After 6:30pm on weekdays, all day on weekends, and all day on provincial statutory holidays, every trip anywhere in the system counts as a 1-Zone fare — useful to know if you're travelling further to a food bank or bulk store on a weekend.
- How to tap: hold the card flat against the blue reader for about a second until you see a checkmark and hear a beep. On buses, tap on only (no tap-out). On SkyTrain and SeaBus, tap on AND tap out — forgetting to tap out can trigger the maximum 3-zone fare.
- An adult DayPass (\$12.55, all zones, unlimited rides) can be worth it if you're combining a food bank run, a grocery trip, and an errand in one day across zones.
- Low-income transit discount: as of 2026 there is no dedicated low-income fare program yet — a \$25/month low-income pass has been proposed by the City of Vancouver but is not yet funded or implemented. Existing discounts cover seniors (65+), youth (13–18), and HandyCard holders. Children 12 and under ride free on Bus, SkyTrain, SeaBus and West Coast Express, and on buses they do not need to be accompanied by a fare-paying passenger. Low-income seniors or people on disability assistance may qualify for a reduced annual bus pass through the Province's BC Bus Pass Program — check gov.bc.ca/buspassprogram.



Meet MealPill — your plan for eating well on less



MealPill isn't just another recipe app. It's months of work on one hard question — **“what do I cook with what I have, for what I can spend?”** — turned into a plan that fits your fridge, your budget, and your taste.



Cook from your fridge

Enter what you already have — get real meals that use it up before it spoils.



Generation modes

Quick, budget-first, healthy — generate the way today actually needs.



Priorities & exclusions

Star what you love, push down what you don't, exclude allergens for good.



Recipe prices

Every recipe and every day comes with a cost estimate, so you can see what a week adds up to.



Your own recipes

Save your family favourites and let MealPill plan the week around them.



Plan ahead

Build a whole week or month in advance, not one meal at a time.



Cooking for guests

Scale portions up and plan the menu when you have company over.



Storage tips built in

Every ingredient comes with how to keep it fresh and waste less.

Everything in this guide — free food, smart shopping, storing it right — MealPill helps you actually do, every single week. Try it whenever you're ready.



Find MealPill

mealpill.app — meal plans built from what you already have at home.

The demo works without signing up: add a few ingredients and see the day it builds.

Or point your camera at the QR code.

Before you go

Call first. Hours, locations, and rules change — a two-minute call saves a wasted trip.

Bring ID & a bag. Most food banks want photo ID and proof of address; reusable bags help everyone.

It's okay to ask for help. These services exist for everyone during a tight stretch. Using them is smart, not shameful.



MealPill

Compiled from public sources, August 2026. Details change — verify before visiting. Not affiliated with the organizations listed.