

## GOOD FOOD BOX PROGRAM

Local produce boxes of fresh, local fruits & vegetables to be picked up in Vernon, Lumby, Cherryville, Armstrong, Enderby, Westside, & Falkland.

### Box Options:

- Small Box: \$15 (9-11.5 pounds)
- Large Box: \$25 (18.5-24 pounds)

### How To Order:

You can order a box monthly or subscribe to their program. Subscription boxes must be ordered by the 5th of each month. Place your order online, or in-person at agency partners (Independent Living or the North Okanagan Youth & Family Services Society)

Details: [www.goodfoodbox.ca](http://www.goodfoodbox.ca)

*\*Seniors age 60+, living independently with a kitchen, renting, & living alone can apply to NexusBC for a Good Food Box (supplies last).*

## BC FARMER'S MARKET COUPON PROGRAM

**Coupons:** \$27 per week for up to 16 weeks per household to be used at the Farmer's Market.

### How to Apply For Coupons:

- North Okanagan Friendship Center (250-542-1247)
- NexusBC Community Resource Centre (only for seniors 60+)
- Armstrong Food Bank (250-546-3465)

**Note:** *Because of high demand and limited funds, the number of coupons, how much you get, and how long they last may change. For more details, please contact your local agency directly, as there are specific requirements needed to qualify for the program.*

## ADDITIONAL RESOURCES

### Vernon Community Gardens NexusBC Community Resource Centre

- Locations: East Hill Community Garden (900 Shantz Road) & West Vernon Community Garden (3602 30 Avenue).
- To apply, phone 250-545-0585 or visit [www.nexusbc.ca/programs/community-gardens](http://www.nexusbc.ca/programs/community-gardens)

### BC Provincial Nutrition Benefits Program

- Offers nutritional supplements to income assistance recipients. These include short-term, natal, & dietary supplements.
- Details & application: [www.healthlinkbc.ca/healthlinkbc-files/overview-bc-provincial-and-federal-nutrition-benefits-programs](http://www.healthlinkbc.ca/healthlinkbc-files/overview-bc-provincial-and-federal-nutrition-benefits-programs)

### All are Family Outreach Society

- Provides food hampers for pick-up on Mondays & Thursdays.
- Registration required. Visit [www.aafoutreach.org](http://www.aafoutreach.org)

### Pregnancy Outreach Program North Okanagan Friendship Center Society

- Offers free services like prenatal vitamins, food hampers, & support groups for pregnant women and new families with infants under 6 months old.
- Registration: Call 250-542-1247, 250-306-9954, or 250-558-9432 (Punjabi/Hindi)

# Eat Well, Live Well

A Guide to Food  
Resources in Vernon &  
Surrounding Areas

February 2025



The Social Planning Council for the North Okanagan is located on the ancestral, traditional, and unceded territory of the Okanagan Nation. We acknowledge and give thanks to the land on which we live and work and to the Okanagan people who have cared for the lands since time immemorial.

## FOOD SECURITY PROGRAMS

### Common Threads Hot Meal Program

- Services: Hot meals served weekly
- No registration required
- Hours: Mondays 2 PM-4 PM & Thursdays 9 AM-11 AM | Closed holidays
- Location: 2601 43 Ave, Vernon

### Meals on Wheels

- Services: Meals delivered to your home
- Eligibility: Seniors & individuals with long-term health concerns/disabilities who have difficulty preparing meals
- Delivery Areas: Vernon, Coldstream, & Surrounding Areas
- Price: \$9-\$11 (cash, cheque, or e-transfer)
- Contact: Mary or Diane at 250-549-4201

### Upper Room Mission - Day Shelter

- Services: Two meals (breakfast & dinner), frozen meals clothing, washrooms, showers, & laundry for people 19 or older
- Hours: Monday-Friday 9 AM-4 PM | Saturday 2 PM-5 PM
- Location: 3403 27th Ave, Vernon

## FOR STUDENTS

### Okanagan College Students' Association

- Services: Emergency vouchers, food bank, & confectionery sales for college students
- Contact: Eric Reist at 250-306-2891 or [ereist@okanagan.bc.ca](mailto:ereist@okanagan.bc.ca)

### UBCO's Student Pantry

- Services: The Pantry (in-person food access) & Hamper Program (pre-packaged food)
- Hours: Monday-Friday 10 AM-4 PM
- Location: UNC 131

## VERNON FOOD BANKS

### Salvation Army Food Bank

- Services: Weekly grocery support for families & individuals in need
- Eligibility: ID, address, & proof of income
- Registration: Visit or call 250-549-4111
- Hours: Monday-Friday 9:30 AM- 4 PM | Thursdays close at 3 PM
- Location: 3303 32 Ave, Vernon

### Alexis Park Church Food Pantry

- Services: Food pantry program for families & individuals in need, plus groceries
- Eligibility: No requirements
- Registration: [www.alexis.church/pantry](http://www.alexis.church/pantry)
- Hours: Monday-Thursday 9 AM-1 PM
- Location: 3906 35A Street, Vernon

### Trinity United Church Food Pantry

- Services: Hampers for families & individuals
- Eligibility: Name, number of adults and/or children & ages
- Registration: Visit or call 250-545-0797
- Hours: Tuesday-Friday 9 AM - 4 PM
- Location: 3300 Alexis Park Dr, Vernon



*Note: Eligibility and registration details may vary. Please contact the specific food bank for more information.*

## REGIONAL FOOD BANKS

### Armstrong Food Bank

- Services: Emergency food hampers for families & individuals in need
- Eligibility: Residents of Armstrong/Spall (proof of address required)
- Registration: Call 250-546-3465
- Hours: Monday & Thursday 9 AM- 4 PM & Tuesday & Wednesday 9 AM-12 PM
- Location: 3459 PV Road, Armstrong

### Lumby Food Bank

- Services: Monthly hampers & weekly extras for families & individuals in need
- Eligibility: Lumby & Lavington residents
- Apply online: [www.lumbyfoodbank.org/client-application](http://www.lumbyfoodbank.org/client-application)
- Hours: Tuesdays 10 AM-2 PM
- Location: 2134 Shuswap Ave, Lumby

### Cherryville Food Bank

- Services: Monthly hamper program, weekly drop-in items & community fridge
- Eligibility: Cherryville residents
- Contact: 778-212-8900 OR 250-547-6646
- Location: 158 N Fork Road, Cherryville

### Feed Enderby & District Food Bank

- Services: Food distribution (2nd & 3rd Tuesdays) or monthly food hampers
- Eligibility: Enderby & District residents
- Registration: Call 250-938-3114
- Hours: Monday-Friday 10 AM - 2 PM
- Location: 102 - 907 Belvedere Street, Enderby