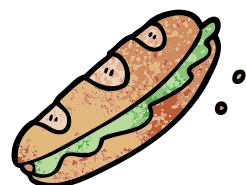


GROCERIES & MEAL OPTIONS IN SAINT JOHN, NB

MEALS FREE OF CHARGE

1. **Romero House:** Located @ 647-649 Brunswick Drive; 506.642.7447

- <https://www.facebook.com/romerohousesoupkitchen/>
- Open daily; with dining room window open 9:30am-1:00pm



2. **Nick Nicolle Centre:** Located @ 195 Victoria Street; 506.658.2980;

- <https://www.facebook.com/onechangeinc>
- They offer a grab & go meals Monday-Friday, until supplies last
 - i. Breakfast can be picked-up from 8:30am-10:00am, &
 - ii. Lunch can be picked-up 12:00pm-1:00pm
- If you need support, they may be able to help deliver, just call
- *Note: Please bring your own bags when picking up lunches*



GROCERIES FREE OF CHARGE

1. **Greater Saint John Emergency Food Program:** collaboration of P.U.L.S.E. Inc., SJ Inner City Youth Ministry, Carleton Community Centre, & Horizon Health

- <https://www.facebook.com/GSJEPF>; 506.647.9813

2. **Bee Me Kids:** is helping families make a grocery box order line; Check their FB page for updates and their form; <https://www.facebook.com/BeeMeKidz>

3. **Food Banks:**

- Saint John Community Food Basket @ 245 Union Street; 506.652.2707
Open Wednesdays & Fridays; 10:00am-11:00am & 12:00pm-2:00pm
- Saint John East Food Basket @ 648 Westmorland Road; 506.633.8298
Open Tuesdays & Fridays @ 1:00pm-3:00pm
- West Side Food Bank @ 120 Market Place; 506.635.1060
Open Tuesdays & Fridays @ 1:00pm-3:00pm
- North End Food Bank @ 211 Main Street; 506.634.7403
Open Tuesdays @ 10:00a-1:00p



This food bank can be accessed in case of an emergency through phone or facebook: <https://www.facebook.com/NorthEndFoodBankSJ/>



Note: To access the food banks bring your Medicare card & proof of address (e.g., piece of mail)

ONLINE GROCERY SHOPPING

PICK-UP ONLY

1. **Superstore:** Various locations in Saint John; www.atlanticsuperstore.ca
2. **Mirage:** Located @ 40 Ashburn Lake Road; 506.634.1525; <https://www.facebook.com/Mirage-Foods-Inc-486800394730439/>



DELIVERY OPTION AVAILABLE (charges may apply)

1. **Pete's Frootique:** Located @ Uptown City Market; 506.642.4338. Will also pick up cheese and meat orders from H&S Meats (506.693.7291); <https://www.facebook.com/PetesFrootiqueSj/>
2. **Dan's Country Market:** Located @ 228 Churchill Blvd; 506.608.4254; <http://danscountrymarket.com>
3. **Olsen's Grocery:** Located @ 391 Lancaster Ave; 506.657.0000; <https://www.facebook.com/Olsens-Meat-Produce-155882511572427/>
4. **Sobeys:** Landsdowne Avenue (North side) location offers a phone-in Home Delivery Service (call 506.693.7440 between Sun-Wed, 8:00a-2:00pm, to make your order).
5. **On the Vine:** Located @ 1350 Hickey Road; www.onthevine.ca; 506.657.8463 ext. 5

DELIVERY SERVICE

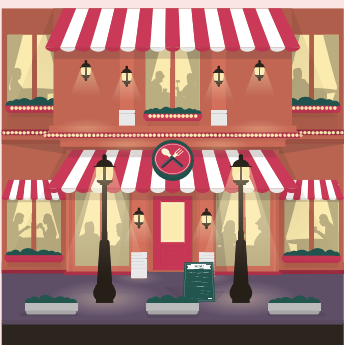
FOR ESSENTIALS



1. **Y Home Delivery** (no fee)
 - Offered by YMCA of Greater Saint John
 - Call 506.646.2387
2. **Helping Hands: Grocery Pick-Up** (no fee)
 - Offered by Saint John Newcomer Centre
 - Call 506.642.4242
 - Email welcome@sjnewcomers.ca
3. **Independence Plus** (for seniors; \$5 fee)
 - Offered by Handi-Bus Call 506.648.0609
4. **Door 2 Door Delivery**
 - Call 506.866.9009
 - <https://www.facebook.com/doortodoor.delivery>

PICK-UP / DELIVERED MEAL OPTIONS (FOR PURCHASE)

1. **Meals on Wheels:** Delivers meals \$7.50 each; 506.658.1888; email at mealsonwheelsnb.aibn.com
2. **Sankara:** Multicultural marketplace. Located @ 105 Prince Edward Street; 506.233.2070; <https://www.sankaracuisine.com/saintjohn/>
3. **Restaurant take-away or delivery:** To find which restaurants are open to make your next order, check out https://huddle.today/open-for-business-nwo/wpbdp_category/food-beverage_s/
 - For **take-out delivery service**, if not available at your restaurant, see:
 - i. Skip the Dishes - <https://www.skipthedishes.com/saint-john/restaurants>
 - ii. Door Dash - www.doordash.com



FOR MORE COVID-19 RESOURCES, VISIT:
[HTTP://WWW.SJHDC.CA/COVID19.HTML](http://www.sjhdc.ca/covid19.html)

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