

Free Grocery Hamper Program

North Park Neighbourhood Association participates in a grocery hamper program which, since September 2020, has been operated out of First Met's Fellowship Hall. Currently there are over 70 recipients who receive a free grocery hamper delivered to their home. There is capacity to add more recipients.

Most recipients who receive the hampers are folk who have difficulty getting out to shop for groceries for a variety of reasons: seniors, people with disabilities, people who are uncomfortable going to food distribution places where they would have to wait in line, low-income families with parents who are at work during the daytime.

While the focus of the NPNA's hamper program is North Park and nearby neighbourhoods, it also can accommodate delivery to some other areas, within reason. There also is the possibility that NPNA can look to see if a community association closer to a registrant's home has a hamper program and then sign them up for that. If anyone wants to register with NPNA to receive grocery hampers, this is done directly with NPNA — First Met is not involved with registration. If you want to register, contact Sarah Murray at executivedirector@npna.ca.

Hampers are made up and delivered by volunteers, working from First Met on Thursday mornings. Attention is given towards individual dietary concerns (e.g. food allergies or sensitivities). Registrants receive their grocery deliveries around noon on Thursdays. There is flexibility about how often a registrant needs a hamper — weekly or less often.

In addition to First Met folk being welcome to sign up to receive a hamper, there also are volunteer opportunities with this program. COVID protocols are strictly observed. Currently, one First Met member is a delivery driver. If you would like to help as a hamper "builder" or a driver, please contact Sarah Murray at executivedirector@npna.ca.

Thank you to First Met for its support of the NPNA Grocery Hamper Program in many ways — providing space, financial donations and food donations!