

FOOD Services in the Capital Region

COVID-19

Resource	Service/Time	Location	Contact Info
The Salvation Army ARC (open to all)	Warm Lunch (pre-packaged) M/W/F 11:45am-12:15pm	525 Johnson St., Victoria	250-384-3396
The Salvation Army Stan Hagen Centre (open to all)	Produce (packaged) daily starting @ 1pm. Open Monday-Friday 9:00 am - 12:00 pm and 1:00 pm-4:15 pm for emergency food hampers.	2695 Quadra St., Victoria	250-386-8521
The Salvation Army - West Shore Food Hampers	Every Thursday 2:00-6:00 pm Hamper orders must be received by end of business day, Tuesday. Contact The Salvation Army to request a hamper.	West Shore Parks and Recreation, 1767 Island Hwy, Colwood	Request a Hamper: 250-386-8521 Email: jessica_downie@can.salvationarmy.org FB Direct Message: https://www.facebook.com/sashcf/
Living Edge Food Distribution of Fresh Produce, Bread, Dairy	Monday 5:00-6:00pm	Central Baptist Church, 833 Pandora Ave., Victoria	Livingedge.ngo or 250-383-8915
	Monday 2:30-4:30pm (for UVic students)	UVic Family Centre 2375 Lam Circle	Livingedge.ngo or 250-383-8915
	Tuesday 5:00-6:00pm	Gateway Baptist Church, 898 Royal Oak Ave., Victoria	Livingedge.ngo or 250-383-8915
	Thursday 11:00am-12:00pm (lineup starts earlier)	901 Kings Rd., Victoria (QVCC) - Lineup is on Wark St.	Livingedge.ngo or 250-383-8915
	Thursday 5:00-6:00pm	Saanich Baptist Church, 7577 Wallace Dr., Victoria	Livingedge.ngo or 250-383-8915
	Friday 12:00-1:00pm	Open Gate Church, 679 Goldstream Ave., Langford	Livingedge.ngo or 250-383-8915
	Saturday 11:00am - 12:00pm	511 Constance Ave, Esquimalt	Livingedge.ngo or 250-383-8915
Our Place	Currently giving out bagged	919 Pandora Ave.,	(250) 388-7112

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	meals at the gate 3x/day 8am-9am, 12pm-1pm, 5pm-6pm	Victoria	
Shelbourne Community Kitchen	Food hampers available of fresh produce and non-perishable pantry items. Choose the items you want for your hamper. Call to place a food order, and pick up orders Tuesday-Friday 10am-2pm . Delivery available. Food orders can be placed 2X per month. Wait list being taken for grocery gift card program. Call for more details.	3541 Shelbourne St., Saanich	(250) 590-0980
Cook Street Village Activity Centre	Food Distribution items will be available for pick up starting about 10:30am on Fridays.	380 Cook St #1 Victoria	(250) 384-6542
Community Food Initiative	Delivering free food hampers to students and community members in need. Delivery on Mondays available for postal codes:V8X, V8N, V8P, V8R, V8T, V8W, V8S, V8V, V9A. Anyone outside of these areas can order for pick-up at Fairfield Community Centre.	1330 Fairfield Rd	Order online at: https://communityfoodiniti.wixsite.com/communityfoodsupport Email: communityfoodinitiative@gmail.com
Red Cedar Café	Healthy free frozen meals available. Delivered or picked up from take-out window. Multiple options available. Complete the online form or call to request a meal.	537 Johnson Street	Facebook: https://www.facebook.com/redcedarcafe/ Order here Call: (250) 727-9163
St Vincent de Paul	Monday – Friday 11:00am - 2:30 pm Open for food hampers at Yates Street Entrance. Some choice available. Includes produce, dairy,	833 Yates St, Victoria	(250) 382-0712

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	bread & non-perishables.		
St John the Divine	<p>Tuesdays and Fridays from 10am-12pm</p> <p>Pre-packaged food for pick up. Includes option to choose produce and/or bread.</p> <p>Not open the 3rd week of month.</p>	1611 Quadra St	(250) 383-7169
Rainbow Kitchen	<p>Breakfast available at 8 am.</p> <p>Hot Lunch to go 11am-1pm; drop-in closed.</p>	#1315-1277 Lyall St., Victoria	(250) 384-2069
Mustard Seed	<p><u>To-go Lunches</u> Monday-Saturday at Noon At Chapel Doors</p> <p><u>Coffee & Snacks</u> Monday to Saturday 9am to 2pm Coffee, Snacks (baked goods and granola bars) at Chapel Doors.</p> <p><u>Hot Dinners</u> Friday & Saturday at 6pm</p> <p><u>Mug-Up Coffee and Desserts</u> Friday and Saturday: 7pm</p> <p><u>Breakfast</u> First Saturday Morning: 9am Women's and Men's Breakfast</p> <p><u>Pre-packed Hampers</u> 10:00am – 1:00pm Monday-Friday for pick-up</p>	625 Queens Ave., Victoria	(250) 953-1575
9-10 Club (The Soup Kitchen)	<p>Takeaway only. Monday to Friday: 8:30 to 10:00 AM</p> <p>Hot soup, fresh bread, dessert, bananas. Sometimes have eggs, yogurt, and fruit.</p>	740 View St., Victoria	(778) 440-7687
1Up Victoria Single Parent Resource Centre	<p>MEMBERS MARKET DAY every Wednesday from 11am-3pm, until August to pick up food bags</p>	602 Gorge Rd. East, Victoria, BC	Call 250-385-1114 or email us at info@1-up.ca and

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	<p>with produce, bread, and dairy.</p> <p>Other services to single parents, through pre-scheduled appointments, for those members who are in urgent need of the following:</p> <ul style="list-style-type: none"> • Non-perishable food supports (1 bag per visit) • Country Grocer COVID Emergency Food Voucher Program • Diapers • Toiletries • Limited clothing room access 		confirm a date & time that you will be able to come to the Centre.
Goldstream Food Bank	<p>Providing food hampers the first three Tuesdays and Wednesdays of the calendar month.</p> <p>Open at 9:30am -2:30pm</p> <p>Hampers include dry goods, produce, meat, dairy. Dietary needs can be accommodated.</p>	761 Station Ave. (basement) Langford (Legion)	250-474-4443
Sooke Food Bank	<p>Delivering food hampers to community members by appointment.</p> <p>Call to make an appointment.</p> <p>Hampers include dry goods, produce, dairy, meat, bread, eggs.</p>		<p>250 642-7666</p> <p>Phone answered Mon- Thurs 9-11am. Outside of these times, leave a message.</p> <p>Facebook</p>
Sooke Region Communities Health Network	<p>Facilitating grocery shopping for seniors 65+ and members self-identifying as vulnerable 55+.</p>		<p>Call 211 or register online with www.bc211.ca.</p>
Sooke Meals on Wheels	<p>Provides hot meals Monday, Wednesday, and Friday to any person unable to prepare meals for themselves.</p> <p>Cost per meal is \$6.00.</p> <p>Call to request service.</p>		250-642-4973
Brooke Ervin cooking meals	<p>Brooke is cooking meals for anyone in need of a prepared</p>	Sooke	To request a meal email: Brooke

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by donation	meal in Sooke. Pick up in Sunriver estates. Free or by donation.		Ervin at sookestrong@hotmail.com.
Sooke Volunteer Society	Volunteers are helping those in isolation or unable to leave their homes with grocery shopping.	Sooke	Call: 250.642.6364 to request assistance
Saanich Peninsula Lions Food Bank	Open Mondays, Wednesdays, Fridays for food hamper distribution 9am - 12pm. ID required. Open Tuesdays and Thursdays 9am -12pm for registered food banks users for produce, dairy, and bread pick-up. Check out Facebook page for updated information.	9586 5th Street, Sidney	(250) 655-0679
Outdoor Shelter & Food Sites	Food delivered 2x per day Breakfast/lunch delivery at 9:30 am Hot dinner delivery at 5:30pm These camps will only be operational until May 9th. By then all campers will be moved into temporary housing sites in hotels. BC Housing is working on securing these sites. Residents in hotels will receive meal service.	Topaz Park • SE Corner, Topaz & Blanshard Street	Greater Victoria Coalition to End Homelessness Food Program GVCEH Boxes of Hope: Website
Hotel sites for people experiencing homelessness	Meal delivery/Food Provision on site. Timing dependent on hotel site.		Website Working on sites for Youth and Indigenous
PEERS	Distributing food packages to their clients Mon, Wed, Fri starting around 3 PM. Call or text 250-744-0171 to request delivery.		250-744-0171

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YOUTH SERVICES			
YES Alliance Club (for youth 13-19)	Open 1-6pm M-TH. Meals to go, Snack bags available with; juice box, fruit, granola bar, chips and baked good. Youth can request a frozen treat. Bags of toiletry supplies also available.	533 Yates St. Victoria	(250) 383-3514
Out of the Rain (youth up to & including 25 years old)	Breakfast and bag lunch available from 9am-12pm. Dinner available from 4pm-7pm. During meal times, youth can also access hygiene supplies, socks and drop off laundry.	1450 Elford St., Victoria	<u>(250) 415-3856</u>
Sanctuary Youth Center (Youth: 14-22 years old)	Providing warm meals to youth. 3:00-6:00pm Fridays, Saturdays, Sundays.	767 Humboldt St. Victoria	250-385-6255
NEIGHBOURHOOD HOUSES & COMMUNITY CENTRES			
Burnside Gorge Community Centre	Offering fresh produce weekly or bi-weekly Tuesdays & Thursdays Diapers, formula, menstrual products, & pet food also available. Call or email for more information.	471 Cecilia Rd., Victoria	250-388-5251 or <u>info@burnsidegorge.ca</u>
Esquimalt Neighbourhood House	Offering food supports to families, adults, and seniors in need. Inquiries for food or other services can be made via email or leaving a phone message.	511 Constance Avenue, Victoria	Call 250-385-2635 and leave a message or <u>info@enh.bc.ca</u>
Fairfield Gonzales Community Association	Supporting food needs of residents of Fairfield Gonzales community. Delivering free dinners to community members in need. Call for more information.	1330 Fairfield Rd.	250-382-4604 Order Saturday dinner online: <u>https://fairfieldcommunity.ca/</u>

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Fernwood NRG	<p>Distributing the Good Food Box Program. Including distribution of Gift of Good Food Boxes.</p> <p>NEW Good Food Box Rapid Relief Program - available to anyone in need of food. Apply HERE to request a Good Food Box.</p> <p>Get more information and place an order through their website: https://thegoodfoodbox.ca/home/order</p>	<p>1240 Gladstone Ave., Victoria</p>	<p>250-381-1552</p> <p>https://fernwoodnrg.ca/</p>
James Bay New Horizons for Seniors	<p>Supporting seniors in need with food services (light grocery shopping, some food delivery).</p> <p>Senior Reassurance Program (calls made to seniors).</p> <p>Call for more information.</p>	<p>234 Menzies St, Victoria</p>	<p>(250) 386-3035</p>
Oaklands Community Centre	<p>Organizing food hampers for vulnerable seniors and families in the Oaklands & North Park community.</p> <p>Contact Centre for more information.</p>	<p>2827 Belmont Ave #1, Victoria</p>	<p>(250) 370-9101 ext 4</p> <p>community@oaklandsca.com</p> <p>programs@oaklandsca.com</p>
Saanich Neighbourhood House	<p>Delivering food packages to families and community members in need. Extending support into the Westshore and surrounding neighbourhoods.</p> <p>Contact admin@snplace.org to request food deliveries.</p>	<p>3100 Tillicum Road</p>	<p>admin@snplace.org</p> <p>250-360-1148</p>
INDIGENOUS SUPPORTS			
Aboriginal Coalition to End Homelessness	<p>Delivering food to individuals in need or isolated. Contact Coalition for more information.</p>	<p>operations@acehsociety.com</p>	<p>778-432-2234</p>

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Sc'ianew Nation (Beecher Bay)	Providing food deliveries to community members in need.	4901 Sooke Rd, Beecher Bay	(250) 478-3535
Esquimalt Nation	Produce and dairy (when available) for pick-up on Wednesdays. Call to confirm timing.	1189 Kosapsum Crescent, Victoria	(250) 381-7861
Pacheedaht First Nation	Distributing food to 150 community members	Kalaid St, Port Renfrew	(250) 647-5521
Pauquachin First Nation	Distributing food packages to community members in need.		(250) 656-0191
Songhees Nation	Will provide food delivery to Nation members 1-2 times per week.	1100 Admirals Rd, Victoria	(250) 386-1043
Tsartlip Nation	Delivering food to community members.	1 Boat Ramp Rd, Brentwood Bay	(250) 652-3988
T'Sou-ke Nation	Has a meals on wheels program delivering frozen prepared meals on Mondays & Wednesdays to community members in need. Allotment gardens are available for community members to grow their own food. Other food services may also be available.	2154 Lazzar Road, Sooke	Contact: communityhealth @tsoukenation for more information or phone: 250-642-4261
Victoria Native Friendship Centre	Delivering hampers to clients and program participants. New clients may apply for food hampers. Priority given to (Urban): Indigenous Elders, young Indigenous families (parents under 24 yrs), Indigenous Youth at risk/experiencing homelessness, homeless individuals, and Indigenous families. Contact the Centre for more	231 Regina Ave., Victoria	(250) 384-3211

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Other Community Resource Lists of Services Available during COVID-19

[Community Pandemic Resources](#) - created by Quadra Village Community Centre

Indigenous Harm Reduction Team Resource [Community Survival Services Handout](#)

[Active Community Resources](#)