

FOOD Services in the Capital Region

Resource	Service/Time	Location	Contact Info
The Salvation Army ARC (open to all)	Warm Lunch (pre-packaged) Monday - Friday 12:45- 1:15 PM	525 Johnson St., Victoria	250-384-3396
Living Edge Food Distribution of Fresh Produce, Bread, Dairy	Monday 5:00-6:00pm, Market place	Central Baptist Church, 833 Pandora Ave., Victoria	Livingedge.ngo 250-383-8915
	Monday 2:30-4:30pm (for UVic students), Market	UVic Family Centre 2375 Lam Circle	Livingedge.ngo 250-383-8915
	Tuesday, 3:00-4:00 pm	Enmaul Baptist church 2121 CH cross rd	
	Wednesday 5:00-6:00pm	First Baptist Church 877 North Park Street	Livingedge.ngo 250-383-8915
	Thursday 11:00am-12:00pm (lineup starts earlier)	Quadra Village Community Centre 901 Kings Rd. Lineup is on Wark St.	Livingedge.ngo 250-383-8915
	Thursday 5:30-6:30pm	Saanich Baptist Church, 7577 Wallace Dr.	Livingedge.ngo 250-383-8915
	Friday 12:00-1:00pm	679 Goldstream Ave. Langford	Livingedge.ngo 250-383-8915
	Saturday 11:00am - 12:00pm	511 Constance Ave, Esquimalt	Livingedge.ngo 250-383-8915
	Saturday 11:00am - 12:00pm	Gateway Baptist Church, 898 Royal Oak Ave., Victoria	Livingedge.ngo 250-383-8915
Our Place	Dining room is open 7 days a week: Breakfast: 7-8am Lunch: 12-1 pm Dinner: 5-6:30 pm	919 Pandora Ave., Victoria	(250) 388-7112
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. Pick up orders Tuesday-Friday 10am-2pm. Delivery available. Food orders can be placed 1X per month.	3541 Shelbourne St., Saanich	(250) 590-0980

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	<p>Grocery gift card program also available.</p> <p>Weekly online cooking sessions and meal kit programs.</p> <p>Call for more details.</p>		
Cook Street Village Activity Centre	<p>Food Distribution items will be available for pick up starting about 9:30am on Fridays.</p>	380 Cook St #1 Victoria	(250) 384-6542
Community Food Initiative	<p>Delivering free food hampers to students and community members in need.</p> <p>Delivery on Tuesday between 2:45-4:30 available for postal codes: V8X, V8N, V8P, V8R, V8T, V8W, V8S, V8V, V9A.</p> <p>Currently have high demand on hampers, they have to cap it at 60 requests. If they are over capacity those who are past will be rolled over to receive a hamper the following week.</p>	1330 Fairfield Rd	<p>Order online at: https://communityfoodiniti.wixsite.com/communityfoodsupport</p> <p>Email: communityfoodinitiative@gmail.com</p>
Red Cedar Café	<p>Healthy, frozen meals are available on Sunday. Complete the order online at https://www.redcedarcafe.ca/</p> <p>Also delivering healthy hot meals 7 days/week to the unhoused community.</p>	537 Johnson Street *moving to new location at the end of the month*	<p>Facebook: https://www.facebook.com/redcedarcafe/ Order here</p> <p>Call: (250) 727-9163</p>
St Vincent de Paul	<p>Monday – Friday 11:00-3:30pm</p> <p>Open for food hampers with service inside. Choice available. Includes produce, dairy, eggs, bread & non-perishables. <u>Last admission at 3:15pm.</u></p>	833 Yates St, Victoria	(250) 727-0007
St John the Divine	<p>Tuesdays and Fridays from 10am-12pm</p> <p>Closed the week that follows cheque week (the Friday and Monday after the Wed when income assistance cheques are issues) as well as any Tuesday that follows a holiday Monday.</p> <p>Pre-packaged food for pick up. Includes option to choose</p>	1611 Quadra St	(250) 383-7169

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	<p>produce and/or bread.</p> <p>Also offer hygiene products</p> <p>Street side operations only at this time.</p>		
Rainbow Kitchen	<p>Breakfast available at 8:30 am.</p> <p>Hot Lunch to go 11:30am-1pm; drop-in closed.</p> <p>Open weekdays, closed weekends and stat other than thanksgiving and Christmas</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-2pm, to pick up food, bread, and dairy items</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"> • Adult & Children's clothing • COVID Emergency Food Voucher Program 	602 Gorge Rd. East, Victoria, BC	Call 250-385-1114 or email us at info@1-up.ca and confirm a date & time that you will be able to come to the Centre.

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	<ul style="list-style-type: none"> • Diapers • Toiletries • Children's Birthday Gifts 		
Goldstream Food Bank	<p>Providing food hampers the first three Tuesdays and Wednesdays of the calendar month.</p> <p>Open at 9:00am -12:00pm</p> <p>Hampers include dry goods, produce, meat, dairy. Dietary needs can be accommodated.</p> <p>In the month of November will be open for hampers each and every Tuesday and Wednesday in the calendar month from 9am to 12pm.</p> <p>Providing Christmas Hampers Tuesday December 1st to Friday December 4th. You must be registered to receive a hamper. You will then be contacted and advised of your pickup date and time. Registration forms are currently available at The Goldstream Food Bank and several other locations.</p>	761 Station Ave. (basement) Langford (Legion)	250-474-4443
Sooke Food Bank	<p>Providing food hampers to Sooke residents the 1st, 2nd, & 3rd Thursdays of the month 9:30am-3:00pm.</p> <p>Hampers include dry goods, produce, dairy, meat, bread, eggs.</p>	2037 Shields Rd Sooke	250 642-7666 Phone answered Mon- Thurs 9-11am. Outside of these times, leave a message. Facebook
Sooke Region Communities Health Network	Facilitating grocery shopping for seniors 65+ and members self-identifying as vulnerable 55+.		Call 211 or register online with www.bc211.ca *
Sooke Meals on Wheels	<p>Provides hot meals Mondays, Wednesdays, and Fridays.</p> <p>Cost per meal is \$6.00.</p> <p>Call to request service.</p>	Sooke	2504-7222
Brooke Ervin cooking meals by donation (Love for Food)	<p>** in the process of moving (still will be located in Sooke) but once she is settled, she plans to continue to help those in need**</p> <p>During the pandemic, Brooke was cooking meals for anyone in need of a prepared meal in Sooke.</p>	Sooke	To request a meal email: Brooke Ervin at sookestrong@hotmail.com .

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	<p>She cooked and offer the meals once a week by donation. The quantity varies and is random every week. Special holidays she offers completely free meals for anyone in need of a turkey dinner who may not be fortunate enough to get one.</p>		
<p>Sooke Volunteer Society</p>	<p>Volunteers are helping those in isolation or unable to leave their homes with grocery shopping.</p> <p>Sook Region Better at Home Program: for seniors who are 65+, who live alone and who request services and meals delivery Services include: Housekeeping, grocery shopping, meal delivery and garden work</p> <p>M/W/F 11am: based on sliding scale</p> <p>Clients need to register by phone for the Sooke Region Better at Home Program</p>	<p>Sooke</p>	<p>Call: 778-365-1878 to request assistance</p>
<p>Saanich Peninsula Lions Food Bank</p>	<p>Open Mondays, Wednesdays, Fridays for food hamper distribution 9am - 12pm.</p> <p>ID required.</p> <p>Open Tuesdays and Thursdays 9am -12pm for registered food banks users for produce, dairy, and bread pick-up.</p> <p>Check out Facebook page for updated information.</p>	<p>9586 5th Street, Sidney</p>	<p>(250) 655-0679</p>
<p>Hotel sites for people experiencing homelessness: Greater Victoria Coalition to End Homelessness</p>	<p>Meal delivery/Food Provision on site. Timing dependent on hotel site.</p>		<p>Website</p> <p>Working on sites for Youth and Indigenous</p> <p>250-370-1512</p> <p>Claire:250-507-7903</p>

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YOUTH SERVICES			
YES Alliance Club Youth 13-19 years old	<p>Open 10-6pm M-TH and 10-2 Fri. Meals to go, Snack bags available with; juice box, fruit, granola bar, chips and baked good.</p> <p>Youth can request a frozen treat.</p> <p>Have Lunch and Dinner meals available as sit-in or take away</p> <p>Bags of toiletry supplies also available.</p> <p>Provides information to other food locations to access for individual and family needs</p>	533 Yates St. Victoria	(250) 383-3514 office_manager@vyes.ca
Sanctuary Youth Center Youth: 14-22 years old	<p>Providing warm meals to youth. Non-perishables and perishables to support youth transitioning to more independence.</p> <p>3:00-8:00pm Fridays, Saturdays, Sundays.</p>	767 Humboldt St. Victoria	250-385-6255 sanctuaryyouth@outlook.com
NEIGHBOURHOOD HOUSES & COMMUNITY CENTRES			
Burnside Gorge Community Centre	<p>Seniors lunch and community dinner take out. See website for more details.</p>	471 Cecilia Rd., Victoria	250-388-5251 or info@burnsidegorge.ca
Fairfield Gonzales Community Association	<p><u>Tuesdays:</u></p> <ul style="list-style-type: none"> Food Rescue program: free food (fruits and vegetables, dairy, meat, dry foods); Grocery gift cards (until December), Red Cedar Cafe and homemade meals. <p>All can be delivered to people with mobility issues. Please contact to sign-up. Available to those identifying as food-insecure.</p> <p><u>Wednesdays:</u> Good Food Box pick-up (please contact the Association re: eligibility)</p> <p><u>Thursdays:</u> Tuesday leftovers of rescued food available in the foyer.</p> <p>Community Dinners will be back early 2021.</p>	1330 Fairfield Rd.	250-382-4604 Order Saturday dinner online: https://fairfieldcommunity.ca/

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<p>Fernwood NRG</p>	<p>Distribution of the Good Food Box Program across the CRD. Order a Good Food Box here: https://thegoodfoodbox.ca/home/order</p> <p>Family Dinner is back with pre-registration and pick up meals on Wednesday evenings from 4:45–5:45 pm. Dinner is by donation, but no one is turned away. Register here: https://www.eventbrite.ca/e/fernwood-family-dinner-tickets-121620475115</p>	<p>1240 Gladstone Ave., Victoria</p>	<p>250-381-1552 https://fernwoodnrg.ca/</p> <p>shonna@fernwoodnrg.ca</p>
<p>James Bay New Horizons for Seniors</p>	<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>Produce Table: receive donations from various companies, makes donations for food. Thursday: available once sorted until close.</p> <p>Call for more information.</p>	<p>234 Menzies St, Victoria</p>	<p>(250) 386-3035 executivejb.nh@shawbiz.ca</p>
<p>Oaklands Community Centre</p>	<p>Food hampers for the Oaklands community for delivery and pick up on Thursdays.</p> <p>Oaklands Pantry on Saturdays from 11 am – 1 pm, come by for free groceries at the centre.</p>	<p>2827 Belmont Ave #1, Victoria</p>	<p>(250) 370-9101 services@oaklands.ca</p>
<p>North Park Neighbourhood Association</p>	<p>Providing food hampers to residents of the North Park Neighbourhood.</p> <p>Contact executivedirector@npna.ca for more information.</p> <p>More information about Hamper visit: https://npna.ca/neighbourhood/creation-and-events/</p>	<p>North Park Neighbourhood</p>	<p>npna@npna.ca</p>

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Saanich Neighbourhood House	Providing community meals and take-out family meals. Contact admin@snplace.org for more information.	3100 Tillicum Road	admin@snplace.org 250-360-1148
INDIGENOUS SUPPORTS			
Aboriginal Coalition to End Homelessness	Delivering food to individuals in need or isolated. Contact Coalition for more information.		778-432-2234 operations@acehsociety.com mhuber@acehsociety.com
Sc'ianew Nation (Beecher Bay)	Providing food deliveries to community members in need. Drive-through lunch program for the community.	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 socdev@pacheedaht.ca
Pauquachin First Nation	Distributing food packages to community members in need.		(250) 656-0191
Songhees Nation	Will provide food delivery/pick to Songhees Nation members once a 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	231 Regina Ave., Victoria	(250) 384-3211

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	<p>Indigenous families (parents under 24 yrs), Indigenous Youth at risk/experiencing homelessness, homeless individuals, and Indigenous families.</p> <p>Contact the Centre for more information.</p>		
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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](#)