



COMMUNITY FOOD SUPPORTS



Food
Share
Network

TABLE OF CONTENTS

P. 6 For Children & Youth

P. 20 For Adults

P. 27 For Students (UVic, Camosun, Royal Roads)

P. 28 For the Unhoused

P. 30 For Those with Disabilities

P. 31 For Families

P. 33 For Newcomers

P. 34 For Seniors

P. 36 Sooke

P. 37 Langford and Goldstream

P. 38 Sidney

P. 39 Galiano, Mayne Island, Saltspring Island

INTRODUCTION

The Capital Region Food Share Network is an organization dedicated to improving food security across the Capital Region District.

We are an umbrella organization that collaborates with food banks, schools, community centers, and others to improve and increase food access across the CRD.

The resources in this booklet are all members of the FSN who provide services to the community.

This booklet is a resource for all community members to learn where safe, healthy, and nutritious food can be accessed on a regular basis.

Children, youth, adults, seniors, those with disabilities, those who are currently unhoused... everyone deserves to eat well, every day.

FOOD SECURITY

The Food Share Network works together to contribute to the enhanced health of people and local communities in the Capital Region. We believe that no one should go without access to fresh, local, nutritious food.

To us, food security is not only about access to food, but it is about having the resources to access the food you want, when you want it, without compromising nutrition or other essential needs.

Our focus is on enhancing food security by supporting the foundations that reduce the number of people that do not have reliable and consistent access to nutritious, culturally relevant food. We are working towards this goal by strengthening community links and supporting access to resources that support self-sufficiency.



TERRITORIAL ACKNOWLEDGEMENT

The CRFSN acknowledges the traditional, ancestral, unceded territory of the Coast Salish peoples, upon whose land we work, learn and play.

We honour the Coast Salish peoples relationship with land and food. We recognize that there is much for us to learn from Indigenous ways of being and traditional knowledge of the plants and animals of these lands.

FOR CHILDREN

If you are a parent or a child looking for food, check with your school! Many schools within School Districts 61, 62, and 63 are partnered with local organizations that provide food supports to students and their families. Some schools also have their own breakfast or lunch programs.

Please identify which school your child attends, and contact them to ask about their food security programming!

Backpack Buddies

Providing food for school aged children on weekends. Backpack Buddies serves 57 organizations across the CRD.

Contact:

444 William St, Victoria, BC V9A 3Y9

(778) 677-7360

laara@backpackbuddies.ca

FOR CHILDREN

School District 61

Craigflower Elementary School

Free food market every Wednesday; Backpack Buddies partner

Contact:

2766 Admirals Rd, Victoria, BC V9A 2R3

(250) 384-8157

craigflower@sd61.bc.ca

Esquimalt High School

School meal programs; “Fridge of Love” via Rainbow Kitchen

Contact:

847 Colville Rd., Victoria BC, V9A 4N9

250-382-9226

esquimalt@sd61.bc.ca

Cedar Hill Middle School

Backpack Buddies partner

Contact:

3910 Cedar Hill Rd, Victoria, BC V8P 3Z9

(250) 477-6945

cedarhill@sd61.bc.ca

Sir James Douglas Elementary

Backpack Buddies partner

Contact:

401 Moss St, Victoria, BC V8V 4N2

(250) 382-7788

sjd@sd61.bc.ca

FOR CHILDREN

Cloverdale Traditional Elementary School

Backpack Buddies partner

Contact:

3427 Quadra St, Victoria, BC V8X 1G8

(250) 382-7231

cloverdale@sd61.bc.ca

Colquitz Middle School

Backpack Buddies partner

Contact:

505 Dumeresq St, Victoria, BC V8Z 1X2

(250) 479-1678

colquitz@sd61.bc.ca

École Macaulay Elementary School

Backpack Buddies partner

Contact:

1010 Wychbury Ave, Victoria, BC V9A 5K6

(250) 385-3441

macaulay@sd61.bc.ca

Frank Hobbs Elementary

Backpack Buddies partner

Contact:

3875 Haro Rd, Victoria, BC V8N 4A6

(250) 477-1804

frankhobbs@sd61.bc.ca

FOR CHILDREN

George Jay Elementary

Backpack Buddies partner

Contact:

1118 Princess Ave, Victoria, BC V8T 1L3

(250) 385-3381

georgejay@sd61.bc.ca

Hillcrest Elementary

Backpack Buddies partner

Contact:

4421 Greentree Terrace, Victoria, BC V8N 3S9

(250) 477-7273

hillcrest@sd61.bc.ca

James Bay Community School

Backpack Buddies partner

Contact:

140 Oswego St, Victoria, BC V8V 2B1

(250) 384-7184

jamesbay@sd61.bc.ca

Lansdowne Middle School South Campus

Backpack Buddies partner

Contact:

2780 Richmond Rd, Victoria, BC V8R 4T4

(250) 592-2170

lansdownesouth@sd61.bc.ca

FOR CHILDREN

Margaret Jenkins Elementary

Backpack Buddies partner

Contact:

1824 Fairfield Rd, Victoria, BC V8S 1G8

(250) 598-5191

margjenkins@sd61.bc.ca

École Marigold Elementary School

Backpack Buddies partner

Contact:

3751 Grange Rd, Victoria, BC V8Z 4T2

(250) 479-8256

marigold@sd61.bc.ca

McKenzie Elementary

Backpack Buddies partner

Contact:

4005 Raymond St N, Victoria, BC V8Z 4K9

(250) 479-1691

mckenzie@sd61.bc.ca

Monterey Middle School

Backpack Buddies partner

Contact:

851 Monterey Ave, Victoria, BC V8S 4V1

(250) 598-4589

monterey@sd61.bc.ca

FOR CHILDREN

Oaklands Elementary School

Backpack Buddies partner

Contact:

2827 Belmont Avenue, Victoria, BC V8R 4B2

(250) 595-2444

oaklands@sd61.bc.ca

Reynolds Secondary School

Backpack Buddies partner

Contact:

3963 Borden St, Victoria, BC V8P 3H9

(250) 479-1696

reynolds@sd61.bc.ca

Rockheights Middle School

Backpack Buddies partner

Contact:

1250 Highrock Ave, Victoria, BC V9A 4V7

(250) 384-7125

rockheights@sd61.bc.ca

Rogers Elementary School

Backpack Buddies partner

Contact:

765 Rogers Ave, Victoria, BC V8X 5K6

(250) 727-0188

rogers@sd61.bc.ca

FOR CHILDREN

School District 62

Royal Bay Secondary School

Meals 4 days a week for food insecure students; healthy school food dinner program

Contact:

3500 Ryder Hesjedal Way, Victoria, BC V9C 0J6

(250) 474-2377

royalbay@sd62.bc.ca

Belmont Secondary School

Healthy student meals ; Backpack Buddies partner

Contact:

3041 Langford Lake Rd, Victoria, BC V9B 0L9

(250) 478-5501

belmont@sd62.bc.ca

Edward Milne Community School

Healthy school meals; Backpack Buddies partner

Contact:

6218 Sooke Rd, Sooke, BC V9Z 0G7

(250) 642-5211

emcs@sd62.bc.ca

Colwood Elementary

Backpack Buddies partner

Contact:

3000 Wishart Rd, Colwood, BC

(250) 478-2332

dIsrael@sd62.bc.ca

FOR CHILDREN

Crystal View Elementary

Backpack Buddies partner

Contact:

2662 Silverstone Way, Victoria, BC V9B 6A6

(250) 478-0576

amroberts@sd62.bc.ca

David Cameron Elementary

Backpack Buddies partner

Contact:

675 Meaford Ave, Victoria, BC V9B 5Y1

(250) 478-7621

École John Stubbs Memorial School (Elementary & Middle)

Backpack Buddies partner

Contact:

301 Zealous Crescent, Victoria, BC V9C 1H6

(250) 478-5571

johnstubbs@sd62.bc.ca

Ecole Poirier Elementary School

Backpack Buddies partner

Contact:

6526 Throup Rd, Sooke, BC V9Z 1H9

(250) 642-0500

FOR CHILDREN

Hans Helgesen Elementary

Backpack Buddies partner

Contact:

4983 Rocky Point Rd, Victoria, BC V9C 4G4

(250) 478-3431

hanshelgesen@sd62.bc.ca

Happy Valley Elementary

Backpack Buddies partner

Contact:

3291 Happy Valley Rd, Victoria, BC V9C 2W3

(250) 478-3232

John Muir Elementary School

Backpack Buddies partner

Contact:

7179 W Coast Rd, Sooke, BC V9Z 0R9

(250) 642-5427

Millstream Elementary School

Backpack Buddies partner

Contact:

626 Hoylake Ave, Victoria, BC V9B 3P7

(250) 478-8348

millstream@sd62.bc.ca

FOR CHILDREN

PEXSISEN Elementary School

Backpack Buddies partner

Contact:

3100 Constellation Ave, Victoria, BC V9B 0L9

(250) 478-5531

pexsisen@sd62.bc.ca

Port Renfrew Elementary School

Backpack Buddies partner

Contact:

6633 Deering Road, Port Renfrew, B.C. V0S 1K0

250-647-5577

Royal Bay Secondary School

Backpack Buddies partner

Contact:

3500 Ryder Hesjedal Way, Victoria, BC V9C 0J6

(250) 474-2377

royalbay@sd62.bc.ca

Ruth King Elementary

Backpack Buddies partner

Contact:

2764 Jacklin Rd, Victoria, BC V9B 3X6

(250) 478-8368

jward@sd62.bc.ca

FOR CHILDREN

Sangster Elementary

Backpack Buddies partner

Contact:

3325 Metchosin Rd, Victoria, BC V9C 2A4

(250) 478-4441

sangster@sd62.bc.ca

Savory Elementary School

Backpack Buddies partner

Contact:

2721 Grainger Rd, Victoria, BC V9B 3K6

(250) 478-9586

Sooke Elementary School

Backpack Buddies partner

Contact:

6560 Sooke Rd, Sooke, BC V9Z 0E4

(250) 642-5431

kleakey@sd62.bc.ca

FOR CHILDREN

School District 63

KELSET Elementary

Backpack Buddies partner

1800 Forest Park Dr, North Saanich, BC V8L 4B8

(250) 655-4648

kelset@saanichschools.ca

Bayside Middle School

Backpack Buddies partner

1101 Newton Place, Brentwood Bay, BC V8M 1G3

(250) 652 1135

bayside@saanichschools.ca

Brentwood Elementary School

Backpack Buddies partner

7085 Wallace Dr, Brentwood Bay, BC V8M 1P9

(250) 652-3996

brentwood@saanichschools.ca

Sidney Elementary

Backpack Buddies partner

2281 Henry Ave, Sidney, BC V8L 2A8

(250) 656-3958

sidney@saanichschools.ca

Nanaimo-Ladysmith School District 68

Backpack Buddies partner

395 Wakesiah Ave, Nanaimo, BC V9R 3K6

(250) 754-5521

communications@sd68.bc.ca

FOR CHILDREN

Other Backpack Buddies Partners

Artemis Place Independent School

3020 Richmond Road, Victoria BC V8R 4V1

(250) 598-5183

info@artemisplace.org

Boys and Girls Club South Vancouver Island

1195 Esquimalt Rd #301, Victoria, BC V9A 3N6

(250) 384-9133

Salvation Army Highpoint Community Church

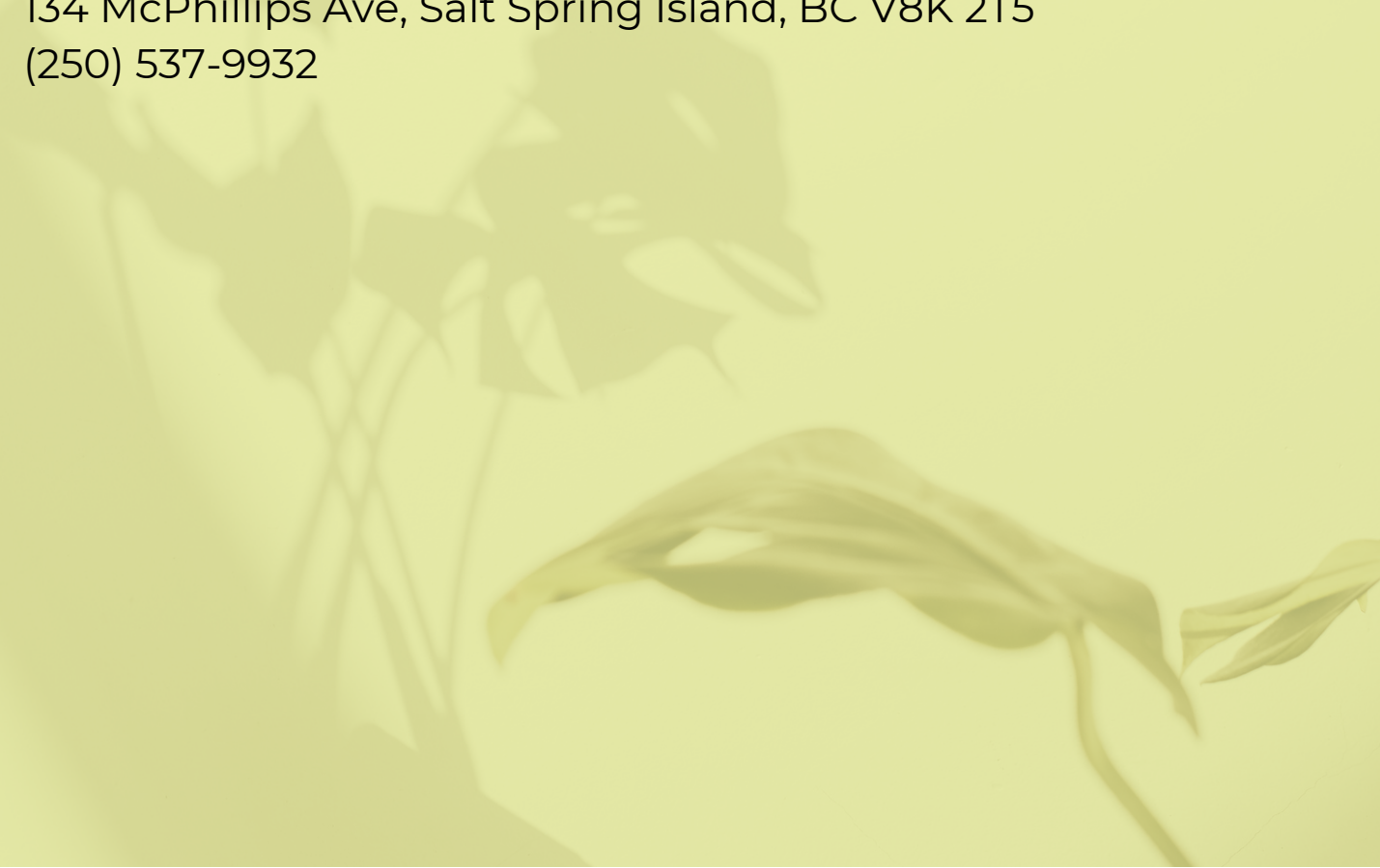
949 Fullerton Ave, Victoria, BC V9A 3Z9

(250) 383-6290

The Core Inn Youth Drop-In (Salt Spring Island)

134 McPhillips Ave, Salt Spring Island, BC V8K 2T5

(250) 537-9932



FOR YOUTH

YOUTH EMPOWERMENT SOCIETY (YES)

Meals to go, snack bags available. Lunch and dinner meals available as sit-in or take away.

Monday-Thursday: 10am-6pm

Friday: 10am-2pm

533 Yates St Victoria B.C

(250) 383-3514

office_manager@vyes.ca

SANCTUARY YOUTH CENTER

Warm meals and food hampers for youth available

Wednesday & Thursdays: 3pm - 6pm

Friday-Sunday: 3pm - 8pm

767 Humboldt St Victoria B.C.

(250) 385-6255

sanctuaryyouth@outlook.com

THRESHOLD HOUSING

Weekly house meals, food literacy training and support, and 24hr access to a free food pantry for all youth in residence.

1524 Fort St, Victoria, BC V8S 5J2

(250) 383-8830

assist@thresholdhousing.ca

OUT OF THE RAIN YOUTH NIGHT SHELTER

9:00am-12:00pm: Breakfast & bag lunch. 4:00pm-7:00pm: Dinner.

1450 Elford Street, Victoria

250-415-3856

<https://www.outoftherainvictoria.ca/>

FOOD SUPPORTS FOR ADULTS

THE MUSTARD SEED STREET CHURCH & FOOD BANK

Meals to Go:

Monday-Saturday: 12pm - Lunch

Monday-Saturday: 9am- 2pm - Coffee & Snacks

Friday and Saturday: 6pm - Dinner

First Saturday of each month: 9am - Monthly Breakfast

Food Hampers:

Monday through Friday from 10am to 1pm

625 Queens Avenue, Victoria BC

(250) 953-1575

shyloa@mustardseed.ca

SHELBOURNE COMMUNITY KITCHEN

Tuesday, Wednesday & Friday: 10am-1pm

Thursday: 3:30pm-6:30pm

Self-select groceries available once a month for members. Visit the Kitchen during hours of operations to register.

101-3787 Cedar Hill Rd Victoria, B.C

(250) 590-0980

pantry@shelbournecommunitykitchen.ca

FOOD SUPPORTS FOR ADULTS

COOK STREET VILLAGE ACTIVITY CENTRE

Food items available for pick-up on Fridays starting at 9:30am.

#1 - 380 Cook St Victoria BC, V8V 3X7
(250) 384-6542
info@csvac.ca

RED CEDAR CAFE

Hot meal delivery 7 days a week
Healthy frozen meals available on Sundays; complete online order form at their website redcedarcafe.ca

1900 Douglas Street, Victoria BC, V8T 4K8
(778) 817-0395
contact@redcedarcafe.ca

SAINT VINCENT DE PAUL

Monday-Friday 12pm-4pm, last intake at 3:45pm
Food hamper pick-up (produce, dairy, eggs, bread, and non-perishables); once a month accessibility.
HALAL MEAT AVAILABLE.

833 Yates St., Victoria BC, V8W 2K6
(250) 382-0712

FOOD SUPPORTS FOR ADULTS

SAINT JOHN THE DIVINE

Tuesday and Friday from 10am-12pm

Pre-packaged food for pick-up

Closed the week following cheque week every month.

1611 Quadra Street

(250) 383-7169

RAINBOW KITCHEN

Daily breakfast - 8:30am

Hot lunch to go - 11:30am to 1pm

500 Admirals Rd, Esquimalt, BC

250 384 2069

info@rainbowkitchen.ca

CENTRAL BAPTIST CHURCH

Monday - 5pm to 6pm

Fresh Produce Distribution

833 Pandora Ave Victoria B.C.

(250) 385-7786

UVIC FAMILY CENTRE

Fresh Produce Distribution for UVic Students

Monday 2:30pm to 4:30pm

2375 Lam Circle Victoria B.C.

(250) 721-8500

FOOD SUPPORTS FOR ADULTS

EMMANUAL BAPTIST CHURCH

Tuesday 3pm to 4pm
Fresh Produce Distribution

2121 Cedar Hill Cross Rd Victoria B.C
(250) 592-2418
office@emmanuelvictoria.ca

FIRST BAPTIST CHURCH

Wednesday 5pm to 6pm
Fresh Produce Distribution

877 North Park St Victoria B.C.
(250) 383-6011

QUADRA VILLAGE COMMUNITY CENTRE

Thursday 11am to 12pm
Fresh Produce Distribution
Arrive early

901 Kings Rd Victoria B.C.
(250) 388-7696
frontdesk@quadravillagecc.com

SAANICH BAPTIST CHURCH

Thursday 5:30pm to 6:30pm
Fresh Produce Distribution

7577 Wallace Dr. Victoria B.C.
(250) 744-2020

FOOD SUPPORTS FOR ADULTS

GATEWAY BAPTIST CHURCH

Tuesdays 4pm-5:30pm
Fresh Produce Distribution

898 Royal Oak Ave Victoria B.C.
(250) 658-5121

LIVING EDGE - ESQUIMALT

Saturday 11am to 12pm
Fresh Produce Distribution

511 Constance Ave Esquimalt B.C.
250-999-6332
Office@harbourviewchurch.com

FAIRFIELD GONZALES COMMUNITY ASSOCIATION

Tuesday and Thursday food pantries, outdoor food pantry,
community dinners
Backpack Buddies partner

1330 Fairfield Road, Victoria, BC V8S 5J1
(250) 382-4604

VICTORIA NATIVE FRIENDSHIP CENTER

Food hamper (internal referrals only); food and medicine garden

231 Regina Avenue, Victoria, BC, V8Z 1J6
(250) 384-3211
reception@vnfc.ca

FOOD SUPPORTS FOR ADULTS

COASTLINE CHURCH

Free food market, small food hampers

845 Caledonia Ave, Victoria, BC V8T 1E6

(250) 384-7633

info@coastlinechurch.ca

ESQUIMALT CHURCH OF THE NAZARENE

Free bread tables, mini food markets

886 Craigflower Rd, Victoria, BC V9A 2X5

(250) 382-0812

esq.nazarene@gmail.com

OAKLANDS COMMUNITY ASSOCIATION

Oaklands pantry, community dinners, Oswald Park
Community Garden

2827 Belmont Ave #1, Victoria, BC V8R 4B2

(250) 370-9101

NORTH PARK NEIGHBOURHOOD ASSOCIATION

Food hampers to residents of the North Park Neighbourhood

Contact ruby@npna.ca for more information.

FOOD SUPPORTS FOR ADULTS

JAMES BAY UNITED CHURCH

Community lunch

Each Thursday - 1pm to 3pm in the Lower Hall of James Bay United Church

511 Michigan Street, Victoria, BC, V8V 1S1

250-384-5821

jbuchurch@gmail.com

VIC WEST FOOD SECURITY COLLECTIVE (BANFIELD COMMONS)

A permaculture food forest that is open to the public to harvest.

521 Craigflower Rd Victoria, BC, Canada V9A 6Z5

(250) 590-8922

foodgardens@victoriawest.ca

MY FED FARM

Free edible garden kit, including grow bags, seedlings, seeds, and educational resources.

#300-569 Johnson Street, Victoria, BC, Canada, V8W 1M2

fed@synergyfoundation.ca

UVIC CAMPUS COMMUNITY GARDENS

Volunteer community garden efforts; access to fresh produce.

<https://communitygardenuvic.weebly.com/contact.html>

LITTLE FREE FOOD PANTRY

Non-perishable free food items.

1792 Townley St, Victoria, BC V8R 3A7

Raynor Ave & Fullerton Ave, Victoria, BC V9A 3A9

FOOD SUPPORTS FOR STUDENTS

ROYAL ROADS UNIVERSITY STUDENT FOOD SUPPORT

Non-perishable food and some seasonal fresh vegetables for Royal Roads students.

<https://www.royalroads.ca/current-students/counselling-accessibility-wellness/student-food-bank>

CAMOSUN COLLEGE STUDENT SOCIETY FOOD SUPPORT

Non-perishable food items for Camosun College students, available on both campuses.

Fisher Building at Lansdowne campus, and in the Campus Centre building at Interurban.

Free bread distribution every Thursday.

<https://camosunstudent.org/services/foodbank/>

UVIC CAMPUS FOOD SUPPORT

UVic's Free Store and Food Support is located in the basement of the SUB Building (Room B007). Available to students, faculty, and staff.

foodbank@uvss.ca

250-472-4999

<https://uvss.ca/foodbank/>

FOOD SUPPORTS FOR THE UNHOUSED

OUR PLACE SOCIETY

Breakfast - 7am to 8am

Lunch - 12pm to 1pm

Dinner - 5pm to 6:30pm

919 Pandora Avenue, Victoria BC

(250) 388-7112

info@ourplacesociety.com

FOOD NOT BOMBS

Every Sunday at 4:00 PM

Vegan home cooked meals

Centennial Square, Douglas street side, Victoria BC

250-383-5144

THE SOUP KITCHEN 9-10 CLUB

Take away breakfast Monday through Friday from 8:30am to 10am.

740 View Street, Victoria BC

(778) 440-7687

info@thesoupkitchen.ca

SALVATION ARMY STAN HAGEN CENTRE

Mon-Fri 9-11:45am & 1-4:15pm. Emergency hamper 3x per year

2695 Quadra St, Victoria BC

250-386-8521

FOOD SUPPORTS FOR THE UNHOUSED

VICTORIA COMMUNITY FRIDGE

Open 24/7 for community members to access
"Take what you need, leave what you can"

2725 Rock Bay Ave, Victoria, BC V8T 4R8
fridges@communityfoodsupport.com

ANAWIM DAY HOUSE (sober day house)

Community lunches and holiday meals

973 Caledonia Ave, Victoria, BC V8T 1E7
(250) 382-0283
info@anawimhouse.com

COOL AID SOCIETY

3 meals a day for emergency shelter residents, holiday meals

713 Johnson St, Victoria, BC V8W 2G2
(250) 383-1977

SALVATION ARMY ARC

Lunch: Mon Wed Fri: 11:45-12:30pm
Coffee and Donuts: Tues 10:30am

525 Johnson St, Victoria, B.C., V8W 1M2
250-384-3396

C.A.R.T.S. OUTREACH

Simple snacks and beverages. Distributed downtown Victoria, Sunday nights.

250-595-2038 after 6 pm
cartsvictoria@yahoo.ca

FOOD SUPPORTS FOR THOSE WITH DISABILITIES

FATEH CARE

Delivery hampers

+1 (587) 889-2700

wecare@fatehcare.com

CONNECTIONS PLACE

Subsidized lunches

Knox Church, 2964 Richmond Rd, Victoria, BC V8R 4V1

(250) 483-3748

info@connectionsplace.org

FOOD SUPPORTS FOR FAMILIES

1UP VICTORIA SINGLE PARENT RESOURCES CENTRE

Wednesdays: 11am - 1pm

Members market: Produce, bread, and dairy items available to members for pick-up

Fairfield Community Centre, 1335 Thurlow Road, Victoria BC
(250) 385-1114

info@1-up.ca

FERNWOOD NEIGHBORHOOD RESOURCE GROUP

Family Dinner is with pre-registration and pick-up meals

Dinner is by donation, but no one is turned away

Wednesday evenings from 4:45–5:45 pm

Backpack Buddies partner

Register here: <https://www.eventbrite.ca/e/fernwood-family-dinner-tickets-121620475115>

1240 Gladstone Ave Victoria B.C.

(250) 381-1552

COMMUNITY FOOD SUPPORT

Food hamper delivery program

Sign up for food hamper delivery:

<https://docs.google.com/forms/d/1XYrOuCWYXcvXD0GYwwOO8Rsj-o5mwln6t7zKX7qXi5U/closedform>

FOOD SUPPORTS FOR FAMILIES

SAANICH NEIGHBOURHOOD PLACE

Wednesday from 5:30–7:00 pm

Family dinner, suggested donation of \$5 per family of 4

Call each week to register by Tuesday

Community food boxes with fresh produce available during office hours. Bring your own bag.

3100 Tillicum Rd

(250) 360-1148

admin@snplace.org

EXTREME OUTREACH SOCIETY

Weekly BBQ outreach and other supports

102 – 284 Helmcken Rd, Victoria, BC, Canada, V9B 1T2

TEL: 1 (250) 384-2064

EMAIL: office@extremeoutreach.com

YMCA YOUNG MOMS PROGRAM

Mom and kids free breakfast on Thursday drop-in

851 Broughton St, Victoria, BC V8W 1E5

(250) 382-1004

info@vancouverislandy.ca

JAMES BAY COMMUNITY PROJECT

Tuesdays 4-6pm

Soup and play: free meal and socializing for families with children up to age 12 (by registration)

547 Michigan Street, Victoria, BC

familyprograms@jbcp.bc.ca

FOOD SUPPORTS FOR NEWCOMERS

HELP UKRAINE VANCOUVER ISLAND SOCIETY

Fresh produce and food boxes

3033 Cook St

Victoria, BC V8T 3S8

<https://ukrainehelpvi.ca/contact/>

LE RELAIS FRANCOPHONE/

BC FRANCOPHONE IMMIGRANT SOCIETY (Victoria office).

Food delivery boxes

1004 North Park St, V8T 1C6 (through VIRCS)

250-800-1601

VICTORIA IMMIGRANT REFUGEE SOCIETY (VIRCS).

Welcome gardens to grow and access fresh fruits and vegetables.

1004 N Park St, Victoria, BC V8T 1C6

(250) 361-9433

FOOD SUPPORTS FOR SENIORS

BURNSIDE GORGE COMMUNITY CENTRE

Community dinners: Call front desk before 4pm on Wednesdays to book your spot.

Seniors lunch: \$5/ lunch, Thursdays 12pm-2pm

471 Cecilia Rd Victoria B.C.

250-388-5251

info@burnsidegorge.ca

JAMES BAY NEW HORIZONS FOR SENIORS

Produce table available to seniors on Thursday.

Membership Fee Required

Call for more information

250-386-3035

234 Menzies St Victoria B.C.

FATEH CARE

Delivery hampers

+1 (587) 889-2700

wecare@fatehcare.com

SILVER THREADS SERVICE FOR SENIORS

Affordable daily cafeteria service, frozen meal options, weekly free food share

1911 Quadra St, Victoria, BC V8T 4C1

(250) 388-4268

FOOD SUPPORTS FOR SENIORS

JAMES BAY COMMUNITY PROJECT

Wednesdays 1:30-2:30pm: Coffee club (free; registration required)

Thursdays 1-3pm: Seniors Connections lunch and socializing (free; donations welcome; registration required)

Coffee club registration:

Joelle Rempel - 250 388 7844 ext. 310

jrempel@capitalcityvolunteers.org

1025 Mason Street in the Community Room

Seniors Connections lunch:

Sharon: 250 388 7844 ext. 318

547 Michigan Street, Victoria BC, V8V 1S5

250 388 7844

askus@jbcp.bc.ca

FOOD SUPPORTS IN SOOKE

SOOKE FOOD BANK

Providing food hampers to Sooke residents the 1st, 2nd, & 3rd Thursdays of the month from 9:30am to 3:00pm.

Hampers include dry goods, produce, dairy, meat, bread, eggs.

One Hamper per month for those in need

Please bring your and your dependents' care card and proof of residence.

2037 Shields Rd, Sooke, BC, Canada, V0S 1N0
250-642-7666

SOOKE MEALS ON WHEELS

Hot meals Monday, Wednesday, and Friday.

Cost per meal is \$6.00

Call to request service
250-664-7222

SOOKE FAMILY RESOURCE CENTER

Good Food bags, weekly meals, and more.

Main Office
100-6672 Wadams Way
Sooke, BC V9Z 0H3
250-642-5152

FOOD SUPPORTS IN LANGFORD AND GOLDSTREAM

LIVING EDGE - LANGFORD

Fresh Produce Distribution

Friday 12pm to 1pm

679 Goldstream Ave Langford B.C.

250-590-6736

contact@opengatechurch.ca

GOLDSTREAM FOOD BANK

Providing food hampers the first three Tuesdays and Wednesdays of the calendar month.

Hampers include dry goods, produce, meat, dairy.

9:00am -12:00pm

761 Station Avenue, Victoria

(250) 474-4443

goldstreamfoodbank@gmail.com

SALVATION ARMY LANGFORD

Food hamper pickup, by registration.

Thursdays 2pm-4pm

Call 250-386-8521, email: pat_humble@can.salvationarmy.org or send direct message through www.facebook.com/sashcf/ to request a hamper.

Pickup: West Shore Parks and Recreation at 1767 Island Hwy, Colwood

FOOD SUPPORTS IN SIDNEY

SIDNEY ELEMENTARY SCHOOL

2281 Henry Avenue
Sidney, BC V8L 2A8
(250) 656 3958
sidney@saanichschools.ca

SAANICH PENINSULA LIONS FOOD BANK

Mondays, Wednesdays, Fridays for food hamper
distribution 9am - 12pm.
ID required.

Tuesdays and Thursdays 9am -12pm for registered food
banks users for produce, dairy, and bread pick-up.

9586 5th Street, Sidney B.C



FOOD SECURITY IN: GALIANO | MAYNE ISLAND | SALTSPRING ISLAND | GABRIOLA ISLAND

GALIANO ISLAND FOOD BANK

St Margaret of Scotland Anglican Church
Galiano Island, BC V0N 1P0
galianofoodprograms@gmail.com

MAYNE ISLAND FOOD BANK

520 C Felix Jack Rd, Mayne Island, BC V0N 2J2
(236) 688-7464
info@mayneislandfoodbank.com

SALTSPRING ISLAND

GULF ISLAND SECONDARY SCHOOL (SALT SPRING ISLAND)

Backpack Buddies partner

232 Rainbow Rd, Salt Spring Island, BC V8K 2A9
(250) 537-9944

SALTSPRING ISLAND FOOD SUPPORT

Order ahead food bank.

Tuesdays: 9:30 am - 3:45 pm
268 Fulford-Ganges Road
(250) 537-9971 ext. 241
foodbank@ssics.ca

GABRIOLA ISLAND FOOD BANK

Register to access emergency groceries.

250-247-7322
food@phcgabriola.org

Credits

This booklet was compiled by Zainab Kathrada, a Camosun College student in the Community, Family, and Child Studies (CFCS) program, as part of her practicum with the Food Share Network.

The purpose behind this resource is to fill the gap between service providers and service users within the field of food security.

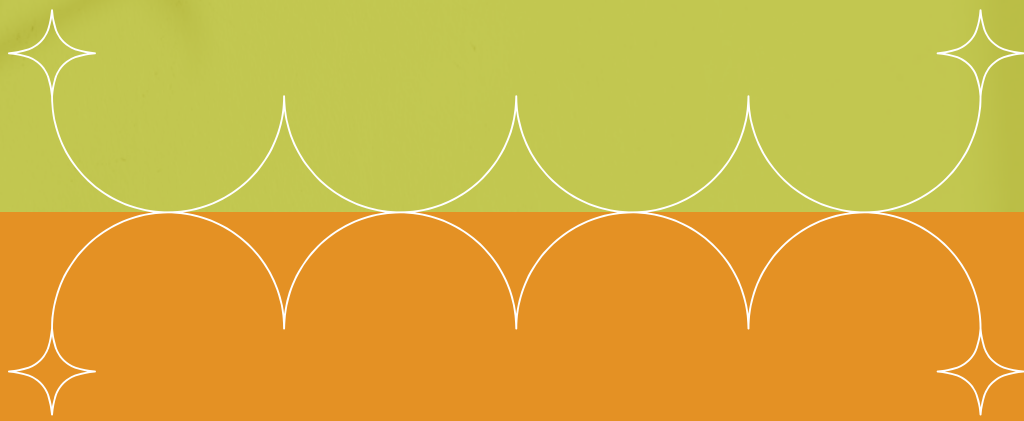
While many organizations work tirelessly to provide food supports within the CRD, many people don't realize the breadth of these efforts or know how to access them. It is hoped that this resource will improve access to the many food supports available within the CRD.

The information contained within this booklet is based on publicly available information from each organization mentioned.

Does your organization provide food support programming within the CRD? Add your services to this resource!

Contact: director@foodsharenetwork.ca

Note: This resource is a living document that will be updated on a regular basis to ensure accurate, up-to-date information on food support programming available to the public.



THANK YOU

