

Community Food Supports

From Capital Region Food Share Network

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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

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

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

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

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

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

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

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>

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

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