

## Food Security

### **Mustard Seed Food Bank** <https://mustardseed.ca/ministries/food-bank/>

Contact: 625 Queens Ave., Victoria Phone: 250-953-1588 (Leave a voicemail). Email: [shyloa@mustardseed.ca](mailto:shyloa@mustardseed.ca)

Hours: Monday to Friday 9:00am to 1:00pm (closed on the 3<sup>rd</sup> or 4<sup>th</sup> Thursday each month, call 250-953-1588 to confirm).

Note: Remember to bring identification for all members of your household and shopping bags. Some pickups are available outside their regular hours. Please call 250-953-1588, 24 hours in advance to find out. One hamper per month is available.

### **Living Edge** <https://livingedge.ngo/>

Contact: Email: [info@livingedge.ngo](mailto:info@livingedge.ngo) Phone: 250-381-1839. See website for up-to-date calendar and ticket procedure at each location.

- Victoria Downtown (833 Pandora Ave. Hosted by the Central Baptist Church)- Mondays 5:00pm-6:00pm. Pick up a numbered ticket starting at 3pm.
- Victoria South (626 Blanshard St. Located at Church of Our Lord)- Thursdays 11:00am-12:00pm. Please line up along Blanshard Street and into Cridge Park at 10:30.
- Esquimalt (511 Constance Ave. Hosted by the Harbourview Church)- Saturdays 10:50am-12:35pm.
- Langford (679 Goldstream Ave. Hosted by the Open Gate Church)- Fridays 12:00pm-1:00pm. We open the doors when everything is set up but no earlier than 11:30, usually closer to 12:00.
- Central Saanich (7577 Wallace Drive. Hosted by several churches)- Thursdays 5:30pm-6:30pm.
- Broadmead (889 Royal Oak Ave. Hosted by Gateway Church)- Tuesdays 4:00pm-5:30pm.
- UVIC (2375 Lam Circle. Hosted by the UVIC Family Centre)- Wednesdays 2:00pm-3:30pm

### **Shelbourne Community Kitchen Society** <https://www.shelbournecommunitykitchen.ca/pantry/>

Contact: 101-3787 Cedar Hill Road. Phone: 250-590-0980 Email: [info@shelbournecommunitykitchen.ca](mailto:info@shelbournecommunitykitchen.ca)

Hours: Wednesdays 12:00pm-5:00pm and Fridays 10:00am-3:00pm

Programs and services will resume on January 22<sup>nd</sup> in the Upper Hall at Lutheran Church of the Cross

### **St. Vincent de Paul** <https://www.ssvpvancouverisland.ca/relief-programs>

Contact: 833 Yates St., Victoria. Phone: 250-727-0007 ext. 3223 or 3225 Email: [info@svdpvictoria.com](mailto:info@svdpvictoria.com)

Choice Pantry Hours: Monday, Wednesday, Thursday and Friday 12:00pm-3:45pm, Tuesday 2:00-5:45pm

**St. John the Divine** <https://www.stjohnthedivine.bc.ca/programs/the-food-bank-at-st-john-the-divine>

Contact: 1661 Quadra St., Victoria. Phone: 250-383-7169 Email: [admin@stjohnthedivine.bc.ca](mailto:admin@stjohnthedivine.bc.ca)

Hours: Tuesday and Friday 10:00am-12:00pm (Closed Friday and Tuesday following income assistance cheque distribution)

The food bank offers guests a selection of produce, bread, and usually some protein items. One hamper per month.

3 Hamper options available:

- Guests may choose from a menu of staple foods and hygienic items
- Guests may instead choose a pre-made hamper of items that is ready to take home
- Guests without kitchen access may choose a pre-made hamper of ready-to-eat items.

**1Up Single Parent Resource Center-** <https://singleparentvictoria.ca/services/>

Contact: 4460 West Saanich Road

Hours: Wednesdays 11:00am-2:00pm

Must be a registered member of the Single Parent Resource Centre. Choose from a changing assortment of non-perishable staples, fresh bread, produce, dairy, and toiletries. Please bring your own bags. Members are welcome to visit the market each week.

**Good Food Box** <https://thegoodfoodbox.ca/home>

Contact: 1240 Gladstone Ave., Victoria. Phone: 250-381-1522 ext.100 Email: [info@ferwoodnrg.ca](mailto:info@ferwoodnrg.ca)

Non-profit fruit and vegetable distribution system. Boxes are available for purchase and picked up or delivered every Wednesday. Order by Saturday for pick up the following Wednesday. Several pickup locations, see website for details.

**Oaklands Community Association** <https://oaklands.life/food-security>

Contact: 1-2827 Belmont Ave Phone: 250-370-9101 ext. 1 Email: [foodsecurity@oaklandsca.com](mailto:foodsecurity@oaklandsca.com)

Hours: Forth Sunday of every month. Must be contacted ahead of time, no drop-ins (sign up to the waitlist on website)

**Quadra Village Community Centre Food Distribution** <https://www.qvcc.ca/community-support>

Contact: 901 Kings Rd. Victoria. Phone: 250-388-7696 Email: [frontdesk@quadravillagecc.com](mailto:frontdesk@quadravillagecc.com)

Food distribution table open for the community to access. Amounts vary daily. Cobs bread is available every Tuesday at 11:00am, first come first served.

**Rainbow Kitchen** <https://rainbowkitchen.ca/programs/>

Contact: 500 Admirals Rd., Esquimalt (entrance off of Lyall St.) Phone: 250-384-2069 Email: [info@rainbowkitchen.ca](mailto:info@rainbowkitchen.ca)

Services:

- Food Sharing Program- Monday to Friday 8:00am-1:00pm. Rescued food from grocery stores, farmers, wholesalers and more to distribute to anyone in need.
- Hot Meals- Monday to Friday 8:30am- until supplies last. Come for a hot and delicious breakfast or lunch. Vegetarian options available.

**Red Cedar Café** <https://www.redcedarcafe.ca/>

Contact: 1900 Douglas St., Victoria Phone: 778-817-0395 Email: [contact@redcedarcafe.ca](mailto:contact@redcedarcafe.ca)

Hours: Monday and Friday 10:00am-12:00pm

- Pay what you can for frozen meals available to order online every Thursday at 5pm.
- Free Store: Offerings of produce, bread, baked goods and other groceries. Open from Monday and Friday 10am-12pm at the front of the Cafe at 1900 Douglas St.

**Saanich Peninsula Lions Food Bank** <https://splfoodbank.com/>

Contact: 9586 Fifth St., Sidney. Phone: 250-655-0679 Email: [fdbank@telus.net](mailto:fdbank@telus.net)

Hours: Food Hamper: Monday, Wednesday, Friday 9:00am-12:00pm. One hamper per month for registered clients.

Produce Pick-up: For registered clients every Tuesday and Thursday 9:00am-12:00pm.

To Register:

- Picture ID must be provided for every adult in your household. You must prove that you live on the Saanich Peninsula by bringing a piece of official mail addressed to you at your current address
- Bring Care Cards for your family and dependents. You will be asked to update your information every 6 months
- Identification must be shown at every visit to the food bank to receive your hamper