

VICTORIA FOOD RESOURCES

Below are various food security organizations
gathered from different sources.

DOWNTOWN VICTORIA

***if you live in Esquimalt, Victoria, James Bay, Oak Bay or Saanich your Food
Banks Canada location is The Mustard Seed Street Church*

The Mustard Seed Street Church Meals to Go:

Monday-Saturday: 12pm - 1pm Lunch

Monday-Friday: 9am- 1pm, Saturday 9:30am-3pm - Coffee & Snacks

Friday and (Saturday 3rd week of the month): 5pm - Dinner

First Saturday of each month: 9am - Monthly Breakfast

Food Hampers:

Monday through Friday food bank hours from 9am to 1pm

625 Queens Avenue, Victoria BC

(250) 953-1575

shyloa@mustardseed.ca

<https://www.shvdes.ca/copy-of-about>

[The Mustard Seed Food Bank and Food Security](#)

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

info@svdpvictoria.com

RED CEDAR CAFE

Free frozen meal program -- order online Thursdays at 5:00pm at

www.redcedarcafe.ca

Free food store Mondays and Fridays 10am-12pm at 1900 Douglas Street.

1900 Douglas Street, Victoria BC, V8T 4K8

(778) 817-0395

contact@redcedarcafe.ca

SAINT JOHN THE DIVINE

Tuesday and Friday from 10am-12pm

Come in person and choose from the "Menu" of items.

Closed the week following cheque week every month.

1611 Quadra Street

(250) 383-7169 admin@stjohnthedivine.bc.ca

COOK STREET VILLAGE ACTIVITY CENTRE

Food items available for pick-up on Tuesday and Fridays distribution starting at 11am - First come first serve.

#1 - 380 Cook St Victoria BC, V8V 3X7

(250) 384-6542

info@csvac.ca

QUADRA VILLAGE COMMUNITY CENTRE

Thursday 11am to 12pm

Fresh Produce Distribution 1 per month

Families can call and be added to the waitlist.

Cobb's Bread - Tuesdays by donation

901 Kings Rd Victoria B.C.

(250) 388-7696

frontdesk@quadravillagecc.com

JAMES BAY UNITED CHURCH

N.B The following details may be out of date.

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

[James Bay Community Project](#)

[James Bay Community School Centre](#)

Wednesdays -Community Dinners

LITTLE FREE FOOD PANTRY

Non-perishable free food items.

1792 Townley St, Victoria, BC V8R 3A7

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

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

CENTRAL BAPTIST CHURCH

Monday - 5pm to 6pm
Fresh Produce Distribution
833 Pandora Ave Victoria B.C.
(250) 385-7786

Our Place Society (Ages 19+)

919 Pandora Avenue Meals 7 Days a Week Breakfast 8:30am - 9:30am

Living Edge Markets

833 Pandora Avenue Mondays 5pm - 6pm (Tickets given out at 3pm)
626 Blanshard Street Thursdays 11am - 12pm (Tickets given out at 10:30am)

St. Andrews Soup Kitchen (To Go Meal Service)

St. Andrews Cathedral, 740 View Street 8am - 10am
380 Cook Street Tuesday & Friday
10am until supplies run out

Anawim House

973 Caledonia Avenue
Breakfast: Monday-Friday 9:30am - 10:30am Lunch: Mondays Sign up @ 11am Served @ 12pm

FIRST BAPTIST CHURCH

Wednesday 5pm to 6pm
Fresh Produce Distribution
877 North Park St Victoria B.C.
(250) 383-6011

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

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

COASTLINE CHURCH

Free food market, small food hampers
845 Caledonia Ave, Victoria, BC V8T 1E6
(250) 384-7633 info@coastlinechurch.ca

North Park Neighbourhood Association

Go to <https://npna.ca/hampers/> to apply for a hamper

**Applicants must live the Northpark Neighbourhood

[Fernwood Neighbourhood Resource Group \(NRG\)](#)

[Oaklands Community Association](#)

ESQUIMALT

RAINBOW KITCHEN

Daily breakfast - 7:30-8:30 am

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

500 Admirals Rd, Esquimalt, BC

250 384 2069

info@rainbowkitchen.ca

[Rainbow Kitchen](#)

LIVING EDGE - ESQUIMALT

Ticketing System - Shopping times drawn randomly. Available after 8:30 am onsite. When tickets run out, it is first come first served.

Market - 11:20 am - 12:50 pm

Fresh Produce Distribution

511 Constance Ave Esquimalt B.C.

250-999-6332

Office@harbourviewchurch.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

Community Fridge

2725 Rock Bay Avenue (at the corner of David St. facing the United Church) Open 24hrs

- help yourself, first come first served

[Burnside Gorge Community Association](#)

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

SAANICH

***if you live on the Saanich Peninsula your Food Banks Canada Location is the
Saanich Peninsula Lions Food Bank*

EMMANUAL BAPTIST CHURCH

Tuesday 3pm to 4pm

Fresh Produce Distribution

2121 Cedar Hill Cross Rd Victoria B.C

(250) 592-2418

office@emmanuelvictoria.ca

UVIC FAMILY CENTRE

Fresh Produce Distribution for UVic Students

Monday 2:30pm to 4:30pm

2375 Lam Circle Victoria B.C.

(250) 721-8500

UVIC CAMPUS COMMUNITY GARDENS

Volunteer community garden efforts; access to fresh produce.

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

Saanich Peninsula Lions Food Bank

1 Visit Per Month

9586 5th Street

Monday, Wednesday, Friday 9am-12pm

Living Edge Markets

898 Royal Oak Tuesdays 4pm-5:30pm (Tickets given out at 3:30)

2275 Lam Circle Wednesdays 2pm-3:30pm

7577 Wallace Road Thursdays 5:30pm-6:30pm (Tickets given out at 5:15)

Saanich Neighbourhood Place

*Hampers for Families

Contact family@snplace.org or call 250-360-1148

[Saanich Neighbourhood Place](#)

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

OAKLANDS COMMUNITY ASSOCIATION

Oaklands pantry, community dinners, Oswald Park Community Garden
2827 Belmont Ave #1, Victoria, BC V8R 4B2
(250) 370-9101

SHELBOURNE COMMUNITY KITCHEN

N.B The following details may be out of date.

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

WESTSHORE

****if you live in the Westshore, including East Sooke, Metchosin or the Highlands, your Food Banks Canada location is the Goldstream Food Bank*

Goldstream Food Bank

1 Visit Per Month

761 Station Avenue

Tuesday & Thursday 9am-11am (open first 3 weeks of the month) Please bring ID

Living Edge Markets

679 Goldstream Avenue

Fridays 12pm-1pm (tickets given out at 9am)

Salvation Army Connection Point Church and Resource Centre

Unit 103-737 Goldstream Avenue (Under Darcy's Pub)

Tuesday & Thursday 9:30am-12pm Wednesday & Friday 1pm-3:30pm

Free Food Fridge & Bread Shelf (while supplies last)

Hampers Available by Appointment for Low Income Families in the Westshore (registration & proof of income required) Call: 778-817-1141

SOOKE

***if you live in Sooke or Port Renfrew your Food Banks Canada location is the Sooke Food Society Food Bank*

Sooke Food Society Food Bank

1 Visit Per Month

2037 Shields Road

Open the first 3 Thursdays of each month

DELIVERY OPTIONS 9:30am-3pm

***note that these options may have delivery or quantity limitations that we are unaware of.*

Community Food Support Hamper Delivery

Go to communityfoodsupport.wordpress.com/faq/ to sign up for a hamper.

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/>

OTHER FOOD SUPPORTS

<u>GOOD FOOD BOX</u> Victoria's affordable produce box. Non-profit fruit and vegetable distribution system. Boxes are available for pick up or delivery every Wednesday.
<u>BCause Food (whole sale)</u> Victoria based, items delivered to your home.
<u>Coalition of Neighbourhood Houses</u> Neighbourhood Houses provide a variety of neighbourhood-based programs and resources including access to community meals and food and nutrition support.

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 carts victoria@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
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FOOD SUPPORTS FOR Single Parents

<u>1UP Victoria Single Parent Recourse Centre</u> Market Day - Wednesdays 11 am – 1pm @ Fairfield Community Centre	
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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	FERNWOOD NEIGHBORHOOD RESOURCE GROUP Family Dinner is with pre-registration and pick-up meals Dinner is by donation, but no one is turned away
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Fairfield Community Centre, 1335 Thurlow Road, Victoria BC (250) 385-1114 info@1-up.ca	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