

Food Bank/Hampers/Pantry

Alternative Food Resources & Community Networks

Prepared by: Shelbourne Community Kitchen

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Some organizations may require signing up or registration. Contact organizations to learn more. Please let us know if you have updates or additions for this list.

info@shelbournecommunitykitchen.ca

For a listing of additional community resources and supports, visit our website:

<https://www.shelbournecommunitykitchen.ca/resources-2/>

Community Food Support Victoria: <https://communityfoodsupport.wordpress.com>,
hampers@communityfoodsupport.com

Food Hampers:

Food hampers are provided and delivered weekly on Tuesdays. *Registration required via website or following Google form:*

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

Goldstream Food Bank: 761 Station Ave., (250)-474-4443,
<https://goldstreamfoodbank.org>, goldstreamfoodbank@gmail.com

Food Hamper:

Free food hampers for the first three Tuesdays and Wednesdays of the month from 9:00-11:45am. *Identification and documentation are required.*

Living Edge Fresh Food Distribution: 101-527 Constance Ave., (250)-381-1839,
<https://livingedge.ngo/>, info@livingedge.ngo

View agency calendar of free markets, visit: <https://livingedge.ngo/#calendar>

Fresh Groceries:

Available at several market locations, arrive early. *No restriction/IDing for market access.*

Victoria: 833 Pandora

Ave.....Mondays 5:00-6:00pm

Central Saanich: 7577 Wallace Drive

.....Thursdays 5:30-6:30pm

Broadmead: 898 Royal Oak

Ave.....Tuesdays 4:00-5:30pm

UVic: 2375 Lam

Circle.....Wednesdays

2:00-3:30pm

Langford: 2612 Sooke

Rd.....Fridays 12:00-1:00pm

Esquimalt: 511 Constance

Avenue.....Saturdays 11-12:00pm

Gordon Head: 1780 Feltham

Road.....Saturdays 6:15-7:15pm

Mustard Seed: 625 Queens Ave., (250)-953-1588, <https://mustardseed.ca>,
shyloa@mustardseed.ca

Food Bank: Open Monday-Friday, 10:00-1:30pm. Identification is required for you and your dependents. Offered with no registration and at no cost. Closed on 3rd or 4th thursday each month. Call to confirm.

Oaklands Community Center: 2827 Belmont Ave, (250)-370-9101, <https://oaklands.life>, programs@oaklandscsca.com

Pantry Program: Open on the fourth Sunday of the month, with time dependent on registration. Must be an Oakland resident. Requires registration.

Red Cedar Cafe: 1900 Douglas St., (778)-817-0395, <https://www.redcedarcafe.ca>, contact@redcedarcafe.ca

Frozen Meal Program: Frozen meals are available to order *Thursdays at 5pm* online. Meals distributed on Sundays, delivery of meals available between 5:00-7:30pm. Pick up available on Sundays from 4:30-5:30pm. (Up to 8 meals per person each week, on a "pay what you can" basis).

Free Store Program: Monday - Friday, 10:00-12pm. *No registration is required.*

Fairfield Gonzales Community Association: 1330 Fairfield Rd. (250)-382-4604, <https://fairfieldcommunity.ca>, place@fairfieldcommunity.ca

Indoor Community Freezer: 9:00-4:30pm on Mon-Fri. Offers frozen rescued food. *Drop in with no registration and no cost.*

Outdoor Food Pantry: 24/7 Open Access. Outdoor storage of non-perishable foods. *Offered with no registration and no cost.*

Thursday Market Shop: Thursdays from 4:50-5:30pm. Variety of fresh, frozen, and non-perishable foods. *Offered with no registration and no cost.*

Tuesday Neighbourhood Pantry: Tuesdays from 3:00-4:45pm at 1341 Thurlow Rd. No cost food rescue. This program prioritizes people who self-identify as 'food insecure' and/or who live in Fairfield and Gonzales communities. *Registration is required by phone*

Saanich Peninsula Lions Food Bank: 9586 5th St., Sidney, (250)-655-0679, <http://splfoodbank.com>, fdbank@telus.net

Registration is required, along with identification and proof of residency in the area.

Food Hamper: Open Monday, Wednesday, Friday, 9-12pm.

Produce Pick Up: Tuesdays and Thursdays, 9-12pm.

Sooke Food Bank: 2037 Shields Rd., Sooke. (250)-642-7666, <https://www.foodbanksooke.org>
Registration with proof of identification, dependants, address, and low income is required.

Food Hamper: 1st, 2nd & 3rd Thursday of the month, 9:30-2pm providing one hamper per month.

St. John the Divine: 1611 Quadra St. (250)-383-7169, <https://www.stjohnthedivine.bc.ca>, admin@stjohnthedivine.bc.ca

Food Bank: Open Tuesdays and Fridays, 10-12pm with the following exceptions: Closed Fridays and Tuesdays following the Wednesdays that Income-assistance cheques are issued. Closed the day after statutory holidays. One hamper per month. No registrations or fees.

St Vincent de Paul: 833 Yates St., (250)-727-0007, <https://www.ssvpvancouverisland.ca>, info@svdpvictoria.com

Choice Pantry: Rescued food is distributed with the choices of the participant as much

as possible. Open on Monday, Tuesday, Wednesday, Thursday and Friday from 12:00-3:45pm

Fateh Care: +1 (587) 889-2700, www.fatehcare.com, wecare@fatehcare.com

Mobile Food Bank: Shares rescued food through a mobile delivery service. Primarily for recent immigrants, however, service is available to all. *Email or phone to register, at no cost.*

North Park Neighbourhood Association: 932 Balmoral Rd., <https://npna.ca/>, Info@npna.ca

Grocery Hamper: Weekly hampers containing perishable and non-perishable foods. Available on Thursdays to residents of North Park Neighbourhood. *Registration is required.*

YES Alliance Club: (Victoria Youth Empowerment Society) 533 Yates St. (250)-383-3514. <http://www.vyes.ca>

Pantry Program: Monday, Tuesday, Wednesday, Thursday, 10:00-3:00pm Friday, 10:00-2:00pm. *For youth between the ages of 13 and 19*

Cook Street Village Activity Center: 380 Cook Street, (250)-384-6542, reception@csvac.ca

Free Food Distribution: Various food options. Opens at 11am first come first serve while supplies last, no registration required.

Silver Threads: Saanich Centre: 286 Hampton Road, 250-382-3151, Victoria Centre: 1911 Quadra Street, 250 388-4268 , inquiries@silverthreads.ca

No fee Food Share: Offers weekly Food Share program *for seniors* to come and pick up bread, produce, and packaged food. Thursdays at Saanich Centre: 11:00-1:00pm and Thursdays at Victoria Centre: 11:00-12:00pm

UVSS Food Bank: Student Union Building, University of Victoria 3800 Finnerty Road. (250)-472-4317 foodbank@uvss.ca OR <https://uvss.ca/foodbank/>

Food Pantry: Open Tuesday to Friday. Check the website for hours. Offers a variety of fresh and non-perishable foods. *Registration/appointments are required. Participants must be current UVic students and have government Identification.*

Victoria Native Friendship Center: 231 Regina Ave. (250)-384-3211, <http://www.vnfc.ca>

Food Boxes: Weekly hampers containing fresh fruits and vegetables are available at low costs. Each box is approximately \$10-20 and is available for pick-up or delivery.

Order Locations + Pick-Up Times:

Fernwood Community Centre: 1240 Gladstone Avenue, Wednesdays, 1:30-8:30pm.

Burnside Gorge Community: 471 Cecelia Road, Wednesdays, 1:30-4:30pm

Fairfield Gonzales Community Association: 1330 Fairfield Rd, Wednesdays, 1:30-4:30pm

Oaklands Community Association: 1-2827 Belmont Avenue, Wednesdays 2:00-5:00pm

Quadra Village Community Centre: 901 Kings Road, Wednesdays, 1:30-4:00pm

Saanich Neighbourhood Place: 3100 Tillicum Road, Wednesdays, 1:30-4:30pm

Child Youth+ Sooke Family Resource Society: 6672 Wadams Way #100, Wednesdays 2:00-5:00pm

Vic West Community Centre: 521 Craigflower Rd, Wednesdays (1:30-7:00pm)

