

Information and Resources to Keep You and Your Family Healthy

Here's a list of groups providing food for individuals and families across the Western Communities. If you're needing more help with getting food for you or your family, please feel free to send us an email at wcfrcordinator@gmail.com or coordinator@foodsharenetwork.com. We're here to help! Looking for other information on housing, COVID-19, mental health, financial support and more? Check out the list of community services at: <https://www.sd62.bc.ca/covid-19/resources-parents>.

Agency / Group	What is offered and when	Location	Contact Information
Goldstream Food Bank	The first three Tuesdays & Wednesdays of the month between 9:00 - 12:00pm	761 Station Ave, Langford	goldstreamfoodbank@gmail.com https://goldstreamfoodbank.org/ (250) 474-4443
Living Edge Neighbourhood Market	Every Friday from noon to 1:00pm	679 Goldstream Ave, Langford	deborah@livingedge.ngo (250) 383-8915
Pacheedaht First Nation	Pacheedaht Health Department provides support to 150 community members	350 Kalaid St, Port Renfrew	(250) 647-0065
Red Cedar Café	nutritious, hot, pay-what-you-can meals. Dine in, take out or delivery	537 Johnson St, Victoria	www.redcedarcafe.ca (778) 817 0395
Salvation Army Food Hampers	Food hampers available for pickup Thursdays between 2:00-4:00 pm. Please request order before Tuesday 5pm	pickup location: West Shore Parks and Rec. 1767 Island Hwy, Colwood	jessica_downie@can.salvationarmy.org www.facebook.com/sashcf/ (250) 386-8521
Sooke Food Bank	First 3 Thursdays between 9:30am-3pm Deliveries possible	2037 Shields Rd, Sooke	www.facebook.com/sookefoodbank/ (250) 642-7666
Sooke Meals on Wheels	Monday, Wednesday and Fridays 6\$/meal	2037 Shields Rd, Sooke	www.sookeregionvolunteers.org/sooke-meals-wheels (250) 664-7222
Victoria Immigrant and Refugee Centre Society	Delivers food to immigrant and refugee families only	1004 North Park St, Victoria	info@vircs.bc.ca (250) 361-9433
West Shore Produce Box	Weekly, fresh produce box- Free. Pre-order by Sunday 8pm. Pickup every Wednesday between 10:30am-noon. Deliveries possible.	761 Station Ave, Langford	wcfrcordinator@gmail.com coordinator@foodsharenetwork.com form can be found HERE