



## 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 [info@sd62.bc.ca](mailto:info@sd62.bc.ca). 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	Contact Information
<b>Goldstream Food Bank</b>	The first three Tues & Weds of the month from 9:00am - 12:00pm	761 Station Ave, Langford <a href="https://goldstreamfoodbank.org/">https://goldstreamfoodbank.org/</a> <a href="mailto:goldstreamfoodbank@gmail.com">goldstreamfoodbank@gmail.com</a> (250) 474-4443
<b>Living Edge Neighbourhood Market</b>	Every Friday from noon to 1:00pm	679 Goldstream Ave, Langford <a href="mailto:deborah@livingedge.ngo">deborah@livingedge.ngo</a> (250) 383-8915
<b>Pacheedaht First Nation</b>	Pacheedaht Health Department provides support to 150 community members	350 Kalaid St, Port Renfrew (250) 647-0065
<b>Sooke Food Bank</b>	The 1st, 2nd, & 3rd Thursdays of the month 9:30am-3:00pm.	<a href="https://www.facebook.com/sookefoodbank/">https://www.facebook.com/sookefoodbank/</a> For daily updates call (250) 642-7666
<b>Sooke Meals on Wheels</b>	Monday, Wednesday and Fridays – 6.00/meal	<a href="https://www.sookeregionvolunteers.org/sooke-meals-wheels">https://www.sookeregionvolunteers.org/sooke-meals-wheels</a>
<b>Victoria Immigrant and Refugee Centre Society (VIRCS)</b>	Delivers food to immigrant and refugee families only	Call 250-361-9433 or email <a href="mailto:info@vircs.bc.ca">info@vircs.bc.ca</a>