



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. 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/sites/default/files/2020-04/Com%20Servs%2004032020.pdf>

Agency / Group	What is offered and when	Contact Information
Goldstream Food Bank	The first three Tues & Weds of the month from 9:00am - 12:00pm	761 Station Ave, Langford https://goldstreamfoodbank.org/ goldstreamfoodbank@gmail.com (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
Sooke Food Bank	The 1st, 2nd, & 3rd Thursdays of the month 9:30am-3:00pm.	https://www.facebook.com/sookefoodbank/ For daily updates call (250) 642-7666
Sooke Meals on Wheels	Monday, Wednesday and Fridays – 6.00/meal	https://www.sookeregionvolunteers.org/sooke-meals-wheels
Victoria Immigrant and Refugee Centre Society (VIRCS)	Delivers food to immigrant and refugee families only	Call 250-361-9433 or email info@vircs.bc.ca

