

Information and Resources to Keep You and Your Family Healthy

Here's a list of groups providing food for individuals and families across the SD62 area. 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. 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
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
Salvation Army	Tuesday – Friday: 9:30am-3:30pm, closed each day for lunch between 12-1. Non-perishable food items + a gift card to a local grocery store for emergency needs Services can be accessed once per month	Connection Point Church and Resource Centre 103-737 Goldstream Ave. (778) 817-1141
Food Share Network Resource Listing	Beyond the area served by SD62 there are more food access resources available as listed on the ¹ Food Share Network webpage.	https://www.foodsharenetwork.com/resources

¹ Updated November/2021