

 Food

7-10 CLUB SOCIETY

Phone 250-797-0531
 Hours Monday - Saturday
 Services Bagged lunches delivered to the shower program at Caledonia around 7:45 am as well as through outreach in the Downtown area.

DOWNTOWN HOPE

Phone 250-734-1862
 Address [St. Andrews Church, 315 Fitzwilliam Street](#)
 Services Every Saturday dinner is offered from 4:30 - 7:30pm, seating capacity up to 40 people at a time.
 Email office.stauc@shaw.ca
 Bus Route #25, #40
 Social 

MEALS ON WHEELS

Phone 250-753-1300
 Hours 9:00 to noon Monday to Friday
 Address [1233 Kiwanis Crescent](#)
 Services Delivers hot meals to people's homes for a small fee. Must be referred by another person.
 Website www.kiwanisvillage.ca
 Email mownanaimo@shaw.ca
 Bus Route #30
 Social 



HOW TO ACCESS FOOD BANKS

Visit any of the Food Bank locations with a piece of government issued ID for each person in your group or household. The person picking up food for the household must present Government Issued ID each time they pick up. Every 6 months you will be asked to register again. This is to make sure they have current information for all people in your group or household.

LOAVES & FISHES COMMUNITY FOOD BANKS

Phone 250-754-8347
 Services Food is provided, free of charge, directly to people through food bank depots. ID for everyone in the household and recent piece of official mail required for registration. Regular hampers picked up bi-weekly. Food 4U Hampers every Monday, Wednesday, Thursday, Friday & Saturday.
 Website www.viloavesandfishes.org
 Social  
 Address [1009 Farquhar Street](#) Bus Route #7
[2020 Estevan Road](#) #1, #20, #25
[1300 Princess Avenue](#) #1
[6553 Portsmouth Road](#) #11, #15, #15A, #20, #20A, #25, #30, #40, #50, #90
[1609 Meredith Road](#) #30
[505 Eighth Street](#) #6, #8
[4235 Departure Bay](#) #1, #20, #20A, #25, #30, #40, #50
[394 Shepherd Ave](#) #6, #8, #25, #40
[4951 Rutherford Road](#) #40

 Food

NANAIMO COMMUNITY KITCHENS SOCIETY

Phone 250-753-7470
Address [271 Pine Street](#)
Services Participants build skills, knowledge, friendships, and self-esteem while preparing low-cost healthy meals. Programs include Community cooking groups. "Cooking Out of the Box" (uses a monthly box of fruit and vegetables), "Bellies to Babies & Beyond" (a 10 week cooking series for pregnant women and parents of infants).
Website www.nanaimocommunitykitchens.org
Email nanaimocommunitykitchens@gmail.com
Bus Route #5, #25, #40
Social 

NANAIMO FOODSHARE SOCIETY

Phone 250-753-9393
Hours Monday - Friday, 10 am - 2 pm (Drop in)
Address [271 Pine Street](#)
Services Provides referrals to food resources including food banks and community kitchens. Provides a variety of food related programs including fruit gleaning, Good Food Box, Employment programs, School and Summer, Food Provision, Farmer's Market Coupon program, Cooking and food growing programs for kids and adults.
Website www.nanaimofoodshare.ca
Email info@nanaimofoodshare.ca
Bus Route #5, #25, #40
Social  

NANAIMO FOOD SHARE - MONDAY LUNCH

Phone 250-753-9393
Address St. Paul's Anglican Church, 100 Chapel Street
Hours Monday from 12 - 1 pm
Services Nutritious lunches are available to community members from all walks of life. Meals are served and prepared by members of Nanaimo Foodshare employment programs. Donations are appreciated but not required.
Email info@nanaimofoodshare.ca

ON EAGLES WINGS CHURCH

Phone 250-390-2152
Address 6553 Portsmouth Road
Hours Sundays at 5pm
Services The doors open at 4:30pm every Sunday afternoon when hot and cold refreshments and healthy snacks are available. We usually have live music from 4:30-6:00pm. At 5:00pm, a brief word of encouragement is shared before a hot spaghetti meal is served. Before and during the meal, our hosts connect with the guests, offering friendship, support, and encouragement.

Food

SELBY STREET MISSION

Phone 250-753-3446
Address 382 Selby Street
Services Sandwiches and BBQ lunch provided Mondays and Thursdays from 12 pm to 3 pm.
Bus Route #5, #6, #25, #40

ST. PAUL'S ANGLICAN CHURCH & NANAIMO FOOD SHARE SOCIETY

Phone 250-753-2523
Hours 3rd Tuesday of the month 9 am
Address 100 Chapel Street
Services To-go meals provided by Nanaimo Foodshare are provided on the 3rd Tuesday of every month along with grocery cards, clothing, and bus passes. Program starts at 9 am and continues until grocery cards run out.
Bus Route #1, #20, #30, #50

ST. VINCENT DE PAUL

Phone 250-753-8500
Address 1150 Terminal Avenue
Services Provides emergency food assistance for those in need who qualify, and who are unable to get help from other sources. (The above # is an answering machine - an attempt will be made to return the call within a few days).
Bus Route #1

WISTERIA COMMUNITY ASSOCIATION

Phone 250-591-6443
Hours 7 Days a week 5:30pm - 8:30pm
Address Mobile Service
Services Stone Soup provides a brown bag lunch to go that is served by community volunteers to those in need during the hours of 5:30pm to 8:30pm, 7 days per week. All meals are offered at no charge.
Website www.wisteriacommunityassociation.com

Drinking Water



Check out the link above for an interactive map of water stations around the city.



Meal Schedule - Drop in

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Selby Street Mission 382 Selby St. 7:30 - 9:30 am		Selby Street Mission 382 Selby St. 7:30 - 9:30 am		Selby Street Mission 382 Selby St. 7:30 - 9:30 am		
LUNCH	St. Paul's Anglican Church/ Nanaimo Foodshare 100 Chapel St. 12 - 1 pm Selby Street Mission 382 Selby St. 12 - 3 pm			Selby Street Mission 382 Selby St. 12 - 3 pm			
DINNER	Stone Soup/ Wisteria Community Association Mobile - various locations 5:30 - 8:30 pm	Stone Soup/ Wisteria Community Association Mobile - various locations 5:30 - 8:30 pm	Stone Soup/ Wisteria Community Association Mobile - various locations 5:30 - 8:30 pm	Stone Soup/ Wisteria Community Association Mobile - various locations 5:30 - 8:30 pm	Stone Soup/ Wisteria Community Association Mobile - various locations 5:30 - 8:30 pm	Downtown Hope St. Andrew's United Church 315 Fitzwilliam St. 4:30 - 7:30 pm Stone Soup/ Wisteria Community Association Mobile - various locations 5:30 - 8:30 pm	On Eagles Wings Church 6553 Portsmouth Road 5pm Stone Soup/ Wisteria Community Association Mobile - various locations 5:30 - 8:30 pm