Basic Needs

Food

HOW TO ACCESS FOOD BANKS

Clients are eligible for a full hamper once every two weeks and Fresh Eats hampers are available once per day. You will need to register upon your first visit and re-register every 6 months with one piece of government-issued ID for each person in your household that you will be collecting food for.

7-10 CLUB SOCIETY

Phone	250-797-0531
Hours	Monday to Friday 8:30 - 11:00 am
Services	Bagged lunches delivered to the shower program at Caledonia Park (110 Wall Street). Food is also available throughout the week in the Downtown area.

HARVEST CHURCH (FORMERLY MARANATHA CHURCH)

Phone	250-390-2152
Address	6553 Portsmouth Road, at the back of the building
Hours	Sundays at 5pm (closed for July and August)
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 meal is served. Before and during the meal, our hosts connect with the guests, offering friendship, support, and encouragement.
Bus Route	#1, #9, #15, #15A, #20, #20A, #25, #30, #31, #40

ST. ANDREW'S COFFEE GROUP

Phone	250-754-6539 Every Wednesday from
Hours	9:30 to 11:30 am
Address	315 Fitzwilliam Street
Services	Refreshments and music, open to all.
Bus Route	#1, #20, #20A, #30, #40, #72

LOAVES & FISHES COMMUNITY FOOD BANKS

Phone	250-754-8347
Services	Food is provided, free of charge, in a "shopping" model at 11 food bank depots. ID for everyone in the household required for registration. Regular Hampers available bi-weekly. Fresh Eats Hampers available 7 days a week. Visit the website for the full schedule of locations.
Website	www.viloavesandfishes.org
Social	

Addresses	Bus Routes
2221 Bowen Road	#25, 30, 40
471 Irwin Street	#7
394 Shepherd Ave	#6, 8, 40
2020 Estevan Road	#20, 20A, 25, 72
1797 Cedar Road	#8
1609 Meredith Road	#30
4951 Rutherford Road	#1, 25, 40
4235 Departure Bay Road	#1, 20, 20A, 25, 30, 40, 72
505 Eighth Street	#6, 8
1300 Princess Royal Ave	#1, 72
900 Fifth Street (VIU Trades Building 108, off Wakesiah Ave)	#5, 6, 8, 40
6553 Portsmouth Road	#1, 9, 15, 15A, 20, 20A, 25, 30, 31, 40

Scan the QR code for more information and how to register with Loaves & Fishes

Basic Needs

Food

MEALS ON WHEELS

Phone	250-740-2840
Hours	Monday to Friday, 9 am to 12 pm
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	

NANAIMO COMMUNITY KITCHENS SOCIETY

Phone	250-753-7470
Address	271 Pine Street
Services	Participants build practical food skills, nutrition knowledge, confidence, and community connections while preparing healthy, affordable meals together. Our programs include a variety of community cooking programs which are listed on our website. This includes Cooking Out of the Box, Growing Healthy Families, Cultivate & Cook and hands-on cooking programs for youth.
Website	www.nanaimocommunitykitchens.org
Email	nanaimocommunitykitchens@gmail.com
Bus Route	#5, #6, #15, #15A, #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, #6, #15, #15A, #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
Bus Route	#1, #20, #20A, #25, #30, #40, #72

Check out these links for great tips on saving food and reducing waste!

LOVE FOOD hate waste

EAT or TOSS

Basic Needs

Food

THE MOBILE HUB

Hours	Wednesday to Sunday 10:30am - 2:30pm at various locations downtown
Services	Saturdays from 10:30am - 2:30pm at St. Peter's Church Providing food, hygiene products, some clothing, harm reduction supplies, phone charging and support filling out paperwork.



REAL MEALS NANAIMO

Phone	250-716-6033
Address	621 Townsite Road
Services	$7 Dinners with Real Meals Nanaimo.
Bus Route	#72

SELBY MISSION

Phone	250-753-3446
Hours	Every Thursday from 12-2 pm
Address	315 Fitzwilliam Street
Services	Full free lunch meal provided at the St. Andrew's United Church.
Bus Route	#1, #20, #20A, #30, #40, #72

SNUNEYMUXW HULIT LELUM - HEALTH CENTRE

Phone	250-714-8792 (Lea-Lah) or 250-714-9993 (Lance)
Hours	Mondays, Wednesdays and Fridays: 4:30pm - 5:30pm dinner
Services	Free hot meals delivered at 1 Port Drive (beside the bus stop) with a snack pack delivered downtown twice a week. Clothing available by phone request.
Website	https://www.snuneymuxw.ca/services/health-services/

ST. ANDREW'S PRESBYTERIAN CHURCH

Phone	250-758-2676
Address	4235 Departure Bay Road
Hours	11 am - 12:30 pm, Thursdays September - June
Services	Each week, we welcome up to 100 guests, primarily high school students but all are welcome for a wholesome free meal such as soup, sandwiches, fruit, cookies and beverages.

ST. PAUL'S ANGLICAN CHURCH

Phone	250-753-2523
Hours	Every Sunday at 12:30 pm
Address	100 Chapel Street
Services	Free hot home-cooked meal.
Bus Route	#1, #20, #20A, #25, #30, #40, #72

Drinking Water

Click on the icon for an interactive map of water stations around the city.

CITY OF NANAIMO
THE HARBOUR CITY

Meal Schedule - Drop in

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Salvation Army Breakfast Delivery 110 Wall Street/ Downtown Locations **8:30 - 10:30am**	Salvation Army Breakfast Delivery 110 Wall Street/ Downtown locations **8:30 - 10:30am**	Salvation Army Breakfast Delivery 110 Wall Street/ Downtown locations **8:30 - 10:30am**	Salvation Army Breakfast Delivery 110 Wall Street/ Downtown locations **8:30 - 10:30am**	Salvation Army Breakfast Delivery 110 Wall Street/ Downtown locations **8:30 - 10:30am**	Salvation Army Breakfast Delivery 110 Wall Street/ Downtown locations **8:30 - 10:30am**	Salvation Army Breakfast Delivery 110 Wall Street/ Downtown locations **8:30 - 10:30am**
	7-10 Club Bagged Lunches 110 Wall Street/ Downtown **8:30 - 11:00am**	7-10 Club Bagged Lunches 110 Wall Street/ Downtown **8:30 - 11:00am**	7-10 Club Bagged Lunches 110 Wall Street/ Downtown **8:30 - 11:00am**	7-10 Club Bagged Lunches 110 Wall Street/ Downtown **8:30 - 11:00am**	7-10 Club Bagged Lunches 110 Wall Street/ Downtown **8:30 - 11:00am**		
LUNCH			St Andrew's United Church Coffee Group 315 Fitzwilliam **9:30 - 11:30am**	**Mobile Hub** Food and Services Various Locations **10:30 - 2:30pm**	**Mobile Hub** Food and Services Various Locations **10:30 - 2:30pm**	**Mobile Hub** Food and Services Various Locations **10:30am - 2:30pm**	**Mobile Hub** Food and Services Various Locations **10:30 - 2:30pm**
				St. Andrew's Presbyterian Church 4235 Departure Bay Rd. **11:00 - 12:30pm**		At St. Peter's Church 301 Machleary St. **12:30 - 2:00pm**	
	St. Paul's Anglican Church/ Nanaimo Foodshare Community Lunch 100 Chapel Street **12:00 - 1:00pm**		**Mobile Hub** Food and Services Various Locations **10:30 - 2:30pm**	Selby Mission St. Andrew's United Church 315 Fitzwilliam St. **12:00 - 2:00pm**			St Paul's Anglican Church Hot Lunch with Mobile Hub 100 Chapel Street **12:30pm**
	Salvation Army Community Meal 19 Nicol St **1:00 - 2:00pm**	Salvation Army Community Meal 19 Nicol St **1:00 - 2:00pm**	Salvation Army Community Meal 19 Nicol St **1:00 - 2:00pm**	Salvation Army Community Meal 19 Nicol St **1:00 - 2:00pm**	Salvation Army Community Meal 19 Nicol St **1:00 - 2:00pm**	Salvation Army Community Meal 19 Nicol St **1:00 - 2:00pm**	Salvation Army Community Meal 19 Nicol St **1:00 - 2:00pm**
DINNER	Snuneymuxw Hulit Lelum - Health Hot Dinner 1 Port Drive **4:30 - 5:30pm**		Snuneymuxw Hulit Lelum - Health Hot Dinner 1 Port Drive **4:30 - 5:30pm**		Snuneymuxw Hulit Lelum - Health Hot Dinner 1 Port Drive **4:30 - 5:30pm**		