

 **Food**

7-10 CLUB SOCIETY

Phone 250-797-0531
 Hours Monday - Friday 8:30 - 9:30 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.

ST. ANDREW'S COFFEE GROUP

Phone 250-754-6539
 Hours Every Wednesday from 9:30 to 11:30 am
 Address [315 Fitzwilliam Street](#)
 Services Refreshments and music, open to all.
 Bus Route #40

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) The doors
 Services 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 #11, #15, #15A, #20, #20A, #25, #30, #40, #50, #90



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, 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.

Website www.viloavesandfishes.org

Social  

Address	2221 Bowen Road	Bus Route	#25, #40
	471 Irwin Street		#7, #70, #78
	394 Shepherd Ave		#5, #6, #8, #40
	2020 Estevan Road		#1, #20, #20A, #25, #72
	1797 Cedar Road		#8
	1609 Meredith Road		#30
	4951 Rutherford Road		#1, #25, #5040
	4235 Departure Bay Road		#1, #20, #20A, #25, #30, #40, #50, #72, #92
	505 Eighth Street		#6, #8
	1300 Princess Royal Ave		#1
	6553 Portsmouth Road		#11, #15, #15A, #20, #20A, #25, #30, #40, #50, #90

Food

MEALS ON WHEELS

Phone 250-753-1300
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 f

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 f

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 f Instagram

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



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

Basic Needs

Food

REAL MEALS NANAIMO

Phone 250-716-6033
Address [621 Townsite Road](#)
Services \$7 Dinners with Real Meals Nanaimo.
Bus Route #1

ST. PAUL'S ANGLICAN CHURCH

Contact Joy Adams Bauer
Phone 250-753-2523
Hours 12:30 pm
Address [100 Chapel Street](#)
Services Free hot home-cooked meal
Bus Route #1, #20, #30, #50

SELBY MISSION

Contact Kathy Milliser
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 #40

ST. ANDREW'S PRESBYTERIAN CHURCH

Contact Meredith Reems
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

SNUNEYMUXW HULIT LELUM - HEALTH CENTRE

Phone 250-714-8792 (Lea-Lah) or 250-714-9993 (Lance)
Hours Mondays, Wednesday and Fridays: 4:30pm - 5:30pm dinner
Tuesdays: 12:00 am - 2:00pm lunch
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/>

Drinking Water



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



Meal Schedule - Drop in

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Salvation Army Breakfast Delivery 110 Wall Street/ Downtown Locations 8:30 - 10:30 am	Salvation Army Brekfast Delivery 110 Wall Street/ Downtown locations 8:30 - 10:30am	Salvation Army Brekfast Delivery 110 Wall Street/ Downtown locations 8:30 - 10:30am	Salvation Army Brekfast Delivery 110 Wall Street/ Downtown locations 8:30 - 10:30am	Salvation Army Brekfast Delivery 110 Wall Street/ Downtown locations 8:30 - 10:30am		
	7-10 Club Bagged Lunches 110 Wall Street/ Downtown 8:30 - 11 am	7-10 Club Bagged Lunches 110 Wall Street/ Downtown 8:30 - 11 am	7-10 Club Bagged Lunches 110 Wall Street/ Downtown 8:30 - 11 am	7-10 Club Bagged Lunches 110 Wall Street/ Downtown 8:30 - 11 am	7-10 Club Bagged Lunches 110 Wall Street/ Downtown 8:30 - 11 am		
	St. Paul's Anglican Church/ Nanaimo Foodshare Community Lunch 100 Chapel Street 12 - 1 pm	Snuneymuxw Hulit Lelum - Health Centre Hot Lunch 1 Port Drive 12- 2 pm	St Andrew's United Church Coffee Group 315 Fitzwilliam 9:30 - 11:30am	St. Andrew's Presbyterian Church Community Lunch 4235 Departure Bay Rd 11 - 12:30pm			
LUNCH				Selby Mission St. Andrew's United Church 315 Fitzwilliam St. 12 - 2 pm			St Paul's Anglican Church Hot Lunch 100 Chapel Street 12:30 pm
	Snuneymuxw Hulit Lelum- Health Hot Dinner 1 Port Drive 4:30pm - 5:30pm		Snuneymuxw Hulit Lelum- Health Hot Dinner 1 Port Drive 4:30pm - 5:30pm		Snuneymuxw Hulit Lelum- Health Hot Dinner 1 Port Drive 4:30pm - 5:30pm		Harvest Church 6553 Portsmouth Rd Dinner 5 pm
DINNER							