

## Basic Needs

### 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

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

#### SNUNEYMUXW HULIT LELUM - HEALTH CENTRE

Phone 250-714-8792 (Lea-Lah) or 250-714-9993 (Lance)  
 Services Free hot meals weekly on Tuesdays at 1 Port Drive beside the bus stop from 11am to 3pm. Snack pack distributed twice a week.  
 Website <https://www.snuneymuxw.ca/services/health-services/>

 **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](http://www.kiwanisvillage.ca)  
Email [mownanaimo@shaw.ca](mailto:mownanaimo@shaw.ca)  
Bus Route #30  
Social 

### 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](http://www.nanaimocommunitykitchens.org)  
Email [nanaimocommunitykitchens@gmail.com](mailto: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](http://www.nanaimofoodshare.ca)  
Email [info@nanaimofoodshare.ca](mailto: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](mailto:info@nanaimofoodshare.ca)

 **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**

Phone 250-753-2523  
Hours 3rd Tuesday of the month at 9 am  
Address [100 Chapel Street](#)  
Services Limited supply of grocery gift cards.  
Bus Route #1, #20, #30, #50

**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



**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.

**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

**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

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

Snuneymuxw Hulit Lelum - Health Centre Outreach team delivers snack bags downtown on Wednesdays and Fridays