



### 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	<a href="#">315 Fitzwilliam Street</a>
Services	Refreshments and music, open to all.
Bus Route	#40

### HARVEST CHURCH (FORMERLY MARANATHA CHURCH)

Phone	250-390-2152
Address	<a href="#">6553 Portsmouth Road</a> , 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	#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](http://www.viloavesandfishes.org)

Social  

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



## Basic Needs



### Food

#### MEALS ON WHEELS

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

#### NANAIMO COMMUNITY KITCHENS SOCIETY

Phone	250-753-7470
Address	<a href="#">271 Pine Street</a>
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	<a href="http://www.nanaimocommunitykitchens.org">www.nanaimocommunitykitchens.org</a>
Email	<a href="mailto:nanaimocommunitykitchens@gmail.com">nanaimocommunitykitchens@gmail.com</a>
Bus Route	#5, #25, #40
Social	

#### NANAIMO FOODSHARE SOCIETY

Phone	250-753-9393
Hours	Monday- Friday, 10 am- 2 pm (Drop in)
Address	<a href="#">271 Pine Street</a>
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	<a href="http://www.nanaimofoodshare.ca">www.nanaimofoodshare.ca</a>
Email	<a href="mailto:info@nanaimofoodshare.ca">info@nanaimofoodshare.ca</a>
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	<a href="mailto:info@nanaimofoodshare.ca">info@nanaimofoodshare.ca</a>



## Basic Needs



### Food

#### REAL MEALS NANAIMO

Phone	250-716-6033
Address	<a href="#">621 Townsite Road</a>
Services	\$7 Dinners with Real Meals Nanaimo.
Bus Route	#1

#### SELBY MISSION

Phone	250-753-3446
Hours	Every Thursday from 12-2 pm
Address	<a href="#">315 Fitzwilliam Street</a>
Services	Full free lunch meal provided at the St. Andrew's United Church.
Bus Route	#40

#### ST. PAUL'S ANGLICAN CHURCH

Phone	250-753-2523
Hours	3rd Tuesday of the month 9 am
Address	<a href="#">100 Chapel Street</a>
Services	Limited supply of grocery gift cards.
Bus Route	#1, #20, #30, #50

#### WISTERIA COMMUNITY ASSOCIATION

Phone	250-591-6443
Hours	7 Days a week 5:30pm- 8:30pm
Address	Mobile Service
Services	Stone Soup provides hot meals and coffee nightly in the downtown Nanaimo area. 5:30 to 8:00pm, 7 days per week. All meals are offered at no charge.
Website	<a href="http://www.wisteriacommunityassociation.com">www.wisteriacommunityassociation.com</a>

#### SNUNEYMUXW HULIT LELUM - HEALTH CENTRE

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



### 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
LUNCH	St. Paul's Anglican Church/ Nanaimo Foodshare 100 Chapel St. <b>12 - 1 pm</b>			Selby Mission St. Andrew's United Church 315 Fitzwilliam St. <b>12 - 2 pm</b>			
DINNER	Stone Soup/ Wisteria Community Association Mobile - various locations <b>5:30 - 8:30 pm</b>	Stone Soup/ Wisteria Community Association Mobile - various locations <b>5:30 - 8:30 pm</b>	Stone Soup/ Wisteria Community Association Mobile - various locations <b>5:30 - 8:30 pm</b>	Stone Soup/ Wisteria Community Association Mobile - various locations <b>5:30 - 8:30 pm</b>	Stone Soup/ Wisteria Community Association Mobile - various locations <b>5:30 - 8:30 pm</b>	Stone Soup/ Wisteria Community Association Mobile - various locations <b>5:30 - 8:30 pm</b>	Harvest Church 6553 Portsmouth Road <b>5pm</b>  Stone Soup/ Wisteria Community Association Mobile - various locations <b>5:30 - 8:30 pm</b>