

## 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



**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

#### SNUNEYMUXW HULIT LELUM - HEALTH CENTRE

Phone 250-714-8792 (Lea-Lah) or 250-714-9993 (Lance)  
Hours Tuesdays: 11:00 am - 3:00pm for lunch  
Mondays, Wednesday and Fridays: 4:30pm - 5:30pm for 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/>



### Drinking Water



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