



Basic Needs



Food

REAL MEALS NANAIMO

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

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	#40

ST. PAUL'S ANGLICAN CHURCH

Phone	250-753-2523
Hours	3rd Tuesday of the month 9 am
Address	100 Chapel Street
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	www.wisteriacommunityassociation.com

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	https://www.snuneymuxw.ca/services/health-services/



Drinking Water



Check out the link above for an interactive map of water stations around the city.