

FREE & LOW COST MEALS and FOOD BANK
Locations in Greater Victoria – Revised: 2015 – May - 21

BREAKFAST

Monday to Friday Breakfast

Time	Location
7:00-8:00am	Our Place – 919 Pandora Ave
8:30-10:00am	The Soup Kitchen, St. Andrew's Cathedral, 740 View at Blanshard Families welcome.

Saturday – Pancake breakfast

1 st Saturday: 8:00am @ St. Andrews Kirk Hall – 680 Courtney St	Families welcome.
2 nd Saturday: 8:15am @ St. Andrews Kirk Hall – 680 Courtney St	Families welcome.
3 rd Saturday: 8:30am @ Glad Tidings Church – 1800 Quadra St	Families welcome.
4 th Saturday: 8:30am @ Central Baptist Church – 833 Pandora Ave.	Families welcome.
5 th Saturday: 8:15am @ St. Andrews Kirk Hall – 680 Courtney St	Families welcome.

Sunday Breakfast – sorry, none

Sooke Breakfast

Time	Location
7:30-9:00am	<u>Monday & Wednesday</u> , Big House Breakfast at Sooke Baptist Church, 7110 West Coast Road (closed during July 2015) Everyone welcome.

Salt Spring Island BRUNCH

Time	Location
9:30-12:00	<u>Tuesdays only</u> . 268 Fulford-Ganges Road. Everyone welcome.

LUNCH

Note: Quadra Village Community Centre – phone 250 388-7696 for lunch dates/times

Monday to Friday

Time	Location
Noon-1pm	Our Place – 919 Pandora Ave. Adults only.
12:00-12:30	Rainbow Kitchen – 500 Admirals Road at Lyall, Esquimalt. Families welcome. Note: July 6-17 lunch will be at 1379 Esquimalt – St. Peter/St. Paul Hall
12:00	Anawim House – 973 Caledonia –11:00am sign-up. Max 20 ppl age 19 & up
11:30	Sandy Merriman House – 809 Burdett Ave. Women & Women Identified Lunch served until it is gone (to 1pm for non-residents) age 19 & up

Monday to Thursday

All Welcome.

Time	Location
12:30	PEERS, #1, 744 Fairview Rd, Esquimalt Sex workers only.

Salvation Army ARC – 525 Johnson St.

All Welcome.

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch 11:45-12:30	Coffee/Snacks 10:30-11:30	Lunch 11:45-12:30		Lunch 11:45-12:30

Tuesday Lunch

11:30-1:00	Sidney: St. Elizabeth's 10030 Third Street
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Wednesday Lunch

11:30-1:00	Sidney: St. Andrew's 9691 Fourth St.	All welcome.
1:00pm	PEERS, #1, 744 Fairview Rd, Esquimalt	Sex workers only.

Thursday Lunch

11:30am-1:00pm	Sidney: St. Elizabeth's 10030 Third Street	
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Friday Lunch

12:00 noon	St. Stephen's Anglican Church, 7921 St. Stephen's Rd (off Mt. Newton X Rd) Closed for June-September.	All welcome.
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Saturday Lunch

Time	Location	
11:00am-2pm	2nd Saturday Winners Chapel 810 Cormorant phone to confirm 250 507-8271	
11:00am	3rd Saturday of each month: St. Peter's Church – 3939 St. Peter Rd.	
12noon-1pm	Our Place – 919 Pandora Ave.	Adults only.
11:30am	Sandy Merriman House – 809 Burdett Ave.	Women only age 19 & up
11:30-1:00	Sidney – Peace Lutheran "Soup's On", 2295 Weiler Ave.	

Sunday Lunch

Time	Location	
Noon-1pm	Our Place – 919 Pandora.	Adults only.
11:30	Sandy Merriman House – 809 Burdett Ave.	Women only age 19 & up
11:45-12:30	Salvation Army – 525 Johnston St.	All welcome.

Sooke Lunch

11:30-1pm	"Vital Vittles" Holy Trinity Anglican Church 1962 Murray Road	All welcome.
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Late Lunch – Early Dinner

Time	Location
3:30	Food Not Bombs- Pandora @ Vancouver

Coffee and snacks:

Our Place M-F: 7am-5pm.
919 Pandora Adults only.

closed until further notice:

Mustard Seed M-F: 9am-2pm
625 Queen's Ave Saturday: 4pm-6pm; Sunday: noon-4pm

Alliance Club, (VYES) M-Th: 8pm
533 Yates Youth Only - ages 13-19

CARTS **Sundays only: 4:30-6:30**
Van starts at Queens Manor, to Centennial Square

DINNER

Monday and Tuesday

Time	Location
4:00	Monday only: Rock Bay Landing @ Ellice St. Tickets @ 3:30. 50 meals for non-residents
5:00-6:00	Our Place – 919 Pandora Adults only.
5:00	Fernwood Community Centre, 1240 Gladstone Avenue Families.
5:00	Alliance Club (YVES), 533 Yates Youth 13-19 ONLY
6:00	Every 2 nd Monday: Gordon United Church, 935 Goldstream Ave.

Wednesday

Time	Location
5:00-6:00	Our Place – 919 Pandora Adults only.
5:00	Anawim House – 973 Caledonia – Sign up before 2pm. Max 20 people, age 19+
5:00	Alliance Club (YVES), 533 Yates, Youth 13-19 ONLY
5:30 July 22 and August 19 only	Saanich Neighbourhood Place, 3100 Tillicum. Families only -. Reservation/sign-up required due to limited space: 250 360-1148. Suggest donation of \$5/family

Thursday

Time	Location
5:00-6:00	Our Place – 919 Pandora Adults only.
5:00	Alliance Club (YVES), 533 Yates, Youth 13-19 ONLY
5:00	Burnside Gorge Community Ctr, 471 Cecilia Rd. BBQ from July 9-Aug 20. Families c

Friday

Time	Location
3:30-4pm	Church of Our Lord Basement, Sanctuary Youth Centre Ages 13-19 only.
5:00-6:00	Our Place – 919 Pandora Adults only.
5:00	Anawim House – 973 Caledonia – Sign up before 2pm. Max 20 people age 19+
7:00	Mustard Seed – 625 Queens Ave Reservation required; ph: 250-953-1517 or signup at the Mustard Seed

Saturday

Time	Location
3:30-4pm	Church of Our Lord Basement, Sanctuary Youth Centre Ages 13-19 only.
4:00	Rock Bay Landing @ Ellice St. Tickets @ 3:30. 50 meals for non-residents
5:00-6:00	Our Place – 919 Pandora Adults only.

Sunday

Time	Location
3:30-4pm	Church of Our Lord Basement, Sanctuary Youth Centre Ages 13-19 only.
4:30	Living Edge, CDI Gym, 950 Kings Road at Quadra Village
5:00-6:00	Our Place – 919 Pandora Adults only.

FOOD BANKS

Food Bank	Requirements, Hours, Quantity, Availability
Mustard Seed 250-953-1575 625 Queens Ave	Required: Picture ID for person collecting and for all family members being collected for. Hours: Monday- Friday 9:00am-2:00pm. Appointment or walk-in. phone 250-953-1988 to book your appointment. Quantity: Based on family size. Hampers also available for clients without cooking facilities. Availability: Once per month
St. Vincent de Paul Social Concern Office 250-382-0712 828 View St.	Required: Picture ID for person collecting and for all family members being collected for. Care Cards required for children. Hours: Monday to Friday 8:30am-12:00pm, 1:00pm-4:00pm Quantity: Based on family size. Hampers also available for clients without cooking facilities. Availability: Once every 30 days.
Living Edge 901Kings Rd. Quadra Village Community Ctr.	Tuesday and Thursday only: 10:30am – food distribution
St. John the Divine Emergency Food Service 250-383-7169 1611 Quadra Ave	Required: No ID necessary, everyone welcome. Hours: Tuesday and Friday 10:00am-12:00pm. Closed the week after IA cheques issued. Quantity: Single or family sized. Availability: Once per month.
Goldstream Food Bank 250-474-4443 761 Station Ave.	Required: Picture ID for person collecting and for all family members being collected for. Care Cards required for children. Hours: Tuesday and Wednesday 10:00am-2:30pm. Open first 3 weeks of each month. Quantity: Based on family size. Availability: Once per month.
Sidney Lions Food Bank 250-655-0679 9586 Fifth St.	Required: Picture ID for person collecting and for all family members being collected for. Proof of residence (any mail with Peninsula address). Cloth bags to carry food, if possible. Hours: Monday, Wednesday, Friday 9:00am-12:00pm. Closed the last week of each month. Quantity: Based on family size. Availability: Once per month.
Sooke Food Bank 250-642-7666 2037 Shields Rd.	Required: Picture ID for person collecting and for all family members being collected for. Care Cards required for children. Proof of residence in Sooke (any mail with Sooke address). Hours: First 3 Thursday of each month, 9:30am-3:00pm. Quantity: Based on family size. Availability: Once per month.
Salt Spring Island Food Bank 250-537-9971 268 Fulford-Ganges	Required: No ID necessary, everyone welcome. Hours: Tuesday 10:30am-4:00pm. Quantity: Based on family size and need. Availability: Once per week and on an emergency basis.