

**FREE & LOW COST MEALS and FOOD BANK**  
**Locations in Greater Victoria – Revised: 2015 – September 18**

**BREAKFAST**

**Monday to Friday Breakfast**

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

**Saturday – Pancake breakfast**

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

**Sunday Breakfast – sorry, none**

**Sooke Breakfast**

Time	Location
7:30-9:00am	Monday & Wednesday, 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: <b>July 6-17 lunch</b> 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	<b>2<sup>nd</sup> Saturday</b> Winners Chapel 810 Cormorant phone to confirm 250 507-8271
11:00am	<b>3<sup>rd</sup> Saturday</b> of each month: St. Peter's Church – 3939 St. Peter Rd.
12noon-1pm	Our Place – 919 Pandora Ave. <span style="float: right;">Adults only.</span>
11:30am	Sandy Merriman House – 809 Burdett Ave. <span style="float: right;">Women only age 19 &amp; up</span>
11:30-1:00	Sidney – Peace Lutheran "Soup's On", 2295 Weiler Ave.

### Sunday Lunch

Time	Location
Noon-1pm	Our Place – 919 Pandora. <span style="float: right;">Adults only.</span>
11:30	Sandy Merriman House – 809 Burdett Ave. <span style="float: right;">Women only age 19 &amp; up</span>
11:45-12:30	Salvation Army – 525 Johnston St. <span style="float: right;">All welcome.</span>

### Sooke Lunch

11:30-1pm	"Vital Vittles" Holy Trinity Anglican Church 1962 Murray Road	All welcome.
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### COFFEE & SNACKS

**Our Place**  
919 Pandora

M-F: 7am-5pm.  
Adults only.

closed until further notice:

**Mustard Seed**

625 Queen's Ave

M-F: 9am-2pm

Saturday: 4pm-6pm; Sunday: noon-4pm

**Alliance Club, (VYES)**  
533 Yates

M-Th: 7:30pm  
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 <span style="float: right;">Adults only.</span>
5:00	Fernwood Community Centre, 1240 Gladstone Avenue <span style="float: right;">Families.</span>
5:00	Alliance Club (YVES), 533 Yates <span style="float: right;">Youth 13-19 ONLY</span>
6:00	Every 2 <sup>nd</sup> Monday: Gordon United Church, 935 Goldstream Ave.

### Wednesday

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

### Thursday

Time	Location
5:00-6:00	Our Place – 919 Pandora <span style="float: right;">Adults only.</span>
5:00	Alliance Club (YVES), 533 Yates, <span style="float: right;">Youth 13-19 ONLY</span>
5:00	Burnside Gorge Community Ctr, 471 Cecilia Rd. <span style="float: right;">Families only.</span>

### Friday

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

### Sunday

Time	Location
3:30-4:00	Church of Our Lord Basement, Sanctuary Youth Centre <span style="float: right;">Ages 13-19 only.</span>
4:00 Oct on	Hamburgers@tailgate grill – Whale Wall (Wharf St @ Yates) <span style="float: right;">All Welcome</span>
4:30	Living Edge, CDI Gym, 950 Kings Road at Quadra Village
5:00-6:00	Our Place – 919 Pandora <span style="float: right;">Adults only.</span>

## FOOD BANKS

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