

**FREE & LOW COST MEALS and FOOD BANK**  
**Locations in Greater Victoria - Rev: June 18, 2014**

**BREAKFAST**

**Monday to Friday Breakfast**

<b>Time</b>	<b>Location</b>
7:00-8:00am	Our Place – 919 Pandora Ave
8:30-10:00am	The Soup Kitchen, temporarily at.-Our Place 919 Pandora 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 St	Families welcome.
5 <sup>th</sup> Saturday: 8:15am @ St. Andrews Kirk Hall – 680 Courtney St	Families welcome.

**Sunday Breakfast – sorry, none**

**Sooke Breakfast**

<b>Time</b>	<b>Location</b>
7:30-9:00am	Closed for July; returning August <u>Monday &amp; Wednesday</u> , Big House Breakfast at Sooke Baptist Church, 7110 West Coast Road Everyone welcome.

**Salt Spring Island BRUNCH**

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

**LUNCH**

**Monday to Friday**

<b>Time</b>	<b>Location</b>
11:30-12:30	Our Place – 919 Pandora Ave. Adults only.
12:00-1:00	Rainbow Kitchen – 500 Admirals Road. Families welcome. Closed: July 1, Aug 4-15; Sept 1.
12:00	July 1 forward: PEERS, #1, 744 Fairview Rd, Esquimalt Sex workers only.
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 2pm for non-residents) age 19 & up

**Monday to Thursday**

**All Welcome.**

<b>Time</b>	<b>Location</b>
12:00	July 1 forward: PEERS, #1, 744 Fairview Rd, Esquimalt Sex workers only.

**Salvation Army – 525 Johnson St.**

**All Welcome.**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Lunch 11:30-12:30	Coffee/Snacks 10:00-11:30	Lunch 11:30-12:30		Lunch 11:30-12:30

### Tuesday Lunch

11:30-1:00	Closed July 1-Sept 9: 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.
1:00	June only: PEERS, #1, 744 Fairview Rd, Esquimalt	Sex workers only.

### Thursday Lunch

12:00 noon	Closed for the summer. Quadra Village Community Centre, 901 Kings Rd.	\$3 adult; \$1 child
11:30am-1:00pm	Closed June 26 to Sept 9: Sidney: St. Elizabeth's 10030 Third Street	

### Friday Lunch

12:00 noon	St. Stephen's Anglican Church, 7921 St. Stephen's Rd (off Mt. Newton X Rd) Commencing January 2014	All welcome.
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### Saturday Lunch

Time	Location	
11:00	<b>3rd Saturday</b> of each month: St. Peter's Church – 3939 St. Peter Rd.	
11:30-12:30	Our Place – 919 Pandora Ave. No drop-in on Sat.	Adults only.
11:30	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	
11:30-12:30	Our Place – 919 Pandora. Drop-in to 4:00.	Adults only.
11:30	Sandy Merriman House – 809 Burdett Ave.	Women only age 19 & up
11:30-12:30	Salvation Army – 525 Johnston St.	All welcome.

### Sooke Lunch

11:30-1pm	"Vital Vittles" Holy Trinity Anglican Church 1962 Murray Road CLOSED August 1-22	All welcome.
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### Late Lunch – Early Dinner

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

### Coffee and snacks:

**Our Place**  
919 Pandora

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

**Mustard Seed**  
625 Queen's

M-F: 9am-2pm  
Saturday: 4pm-6pm; Sunday: noon-4pm

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

M-Th: 8pm  
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
4:00-5:00	Our Place – 919 Pandora <span style="float: right;">Adults only.</span>
4:00	Monday only: Rock Bay Landing @ Ellice St. Tickets @ 3:30. 50 meals for non-residents
4:00	AIDS-VI – Tuesday, illicit drug users; every 2 <sup>nd</sup> Tuesday women only
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.
6:00	4 <sup>th</sup> Monday: Drive-By Café (wraps/snacks) Mustard Seed Van on Douglas & Yates

### Wednesday

Time	Location
4:00-5:00	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. <span style="float: right;">Suggest donation of \$5/family</span>

### Thursday

Time	Location
4:00-5:00	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. Free or donation. <span style="float: right;">Families only.</span>

### Friday

Time	Location
4:00-5:00	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	FRIDAY BEFORE CHEQUE ISSUE ONLY: First Met Church 932 Balmoral <span style="float: right;">Monthly – but <u>not</u> in July, August, or December</span>
7:00	Mustard Seed – 625 Queens St

### Saturday

Time	Location
4:00	Rock Bay Landing @ Ellice St. Tickets @ 3:30. <span style="float: right;">50 meals for non-residents</span>
7:00	Mustard Seed – 625 Queens St.

### Sunday

Time	Location
4:30	Living Edge, CDI Gym, Kings Road at Quadra Village
5:00	Mustard Seed, 625 Queens - 2 Sundays a month, Ph: 250 953-1575 for dates and reservations. <span style="float: right;">Families ONLY.</span>
4:00pm	3 <sup>rd</sup> Sunday/month, 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 being collected for. <b>Hours:</b> Monday, Tuesday, Thursday, Friday 9:00am-2:00pm. First week of each month is by appointment only. <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> 10:30-11:30am – food distribution
<b>St. John the Divine Emergency Food Service</b> 250-383-7169 1611 Quadra St.	<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.