

FOOD IN GREATER VICTORIA (free unless otherwise specified)

Updated
Dec 9, 2011

For changes and updates, please email
administrator@solvehomelessness.ca



Family Friendly Meals:

Below is a list of **additional meals designed specifically with families in mind**. These meals are also free unless otherwise specified. Families are welcome at all meals marked with an **F** on the chart on the reverse of this sheet.

Lunch	Burnside Gorge Community Centre (471 Cecelia Rd.)	Lunch @ 12:00, Monday only \$2 adult/\$1 child
	Blanshard Community Centre (901 Kings Rd.)	Lunch @ 12:00, Thursday only \$3 adult/\$1 child
Dinner	Burnside Gorge Community Centre (471 Cecilia Rd.)	Dinner @ 5:00, Thursday only Free or by donation
	Saanich Neighborhood Place (3100 Tillicum)	Dinner @ 6:00, 4th Wednesday each month only. \$2/person or \$5/family Registration required, call 250-360-1148
	Mustard Seed (625 Queens St.)	Dinner @ 5 pm 2nd and 3rd Sunday of the month Registration required, call 250-953-1575

Meals on the Peninsula:

Sidney hosts a Soup Social Community Lunch at rotating venues throughout the community. Lunch is served from 11:30-1:00 pm free or by donation, and **everyone is welcome**.

Lunch	Tuesday	St. Elizabeth's (10030 Third St.)
	Wednesday	St. Andrew's (9691 Fourth St.)
	Thursday	St. Elizabeth's (10030 Third St.)
	Saturday	Peace Lutheran (2295 Weiler Ave.)

Salt Spring Island Community Services (268 Fulford-Ganges Rd.) Let's Do Brunch: **Tuesdays, Brunch @ 9:30am-12:00pm**. Free, everyone welcome.

Meals in Sooke: Meals listed below are free and everyone is welcome, except where noted.

Sooke Baptist Church (7110 West Coast Rd.)	Breakfast @ 7:30am-9am Mon and Wed.
Holy Trinity Anglican Church (1952 Murray Rd.)	Lunch @ 11:30-1pm. Fridays
Sooke Seniors (55+) Drop-in Centre (6689 Sooke Rd) Low-cost lunch	Low-cost Lunch for Seniors @ 11am. Mon, Tues, Thurs.

Food Banks in Greater Victoria:

FOOD BANK	Requirements, Hours, Quantity, Availability
Mustard Seed 250-953-1575 625 Queens Ave.	Required: Picture ID for person collecting. ID for all members of family being collected for. Hours: Mon, Tues, Thurs, Fri. 9:00am-2:00pm. Closed on Wednesdays and the week after IA cheques issued. Quantity: Based on family size. Hampers also available for clients without cooking facilities. Availability: Once per month.
St. Vincent de Paul 250-382-0712 828 View St.	Required: ID for person collecting, and ID for all family members being collected for. Care Cards required for children. Hours: Monday-Friday. 8:30am-12:00pm, 1:00pm-4:15pm. Tuesdays are limited to women and children only. Quantity: Based on family size. Hampers also available for clients without cooking facilities. Availability: Once every 30 days.
St. John the Divine Emerg Food Service 250-383-7169 1611 Quadra St.	Required: No ID necessary, everyone welcome. Hours: Tues and Fri. 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. ID for all family members being collected for. Care Cards required for children. Proof of residence in Western Communities (mail, utility bill etc.) Hours: Tues and Wed. 10:00-2:30pm. Open first 3 weeks of the calendar 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, ID for all family members being collected for. Proof of residence (any mail with Peninsula address). Cloth bags to carry food, if possible. Hours: Mon, Wed, Fri. 9:00am-12:00pm. Closed the last week of the month. Quantity: Based on family size. Availability: Once per month.
Sooke Food Bank 250-642-7666 2037 Shields Rd.	Required: ID required for person collecting, and ID for all family members being collected for. Care Cards required for children. Proof of residence in Sooke. Hours: First 3 Thursdays 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: Tuesdays. 10:30am-4:00pm. Quantity: Relative to need, preference and family size. Availability: Once per week and on an emergency basis