

Information and Resources to Keep You and Your Family Healthy

Here's a list of groups providing food for individuals and families across the Western Communities. If you're needing more help with getting food for you or your family, please feel free to send us an email at info@sd62.bc.ca. We're here to help! Looking for other information on housing, COVID-19, mental health, financial support and more? Check out the list of community services at: <https://www.sd62.bc.ca/covid-19/resources-parents>.

Agency / Group	What is offered and when	Contact Information
Goldstream Food Bank	The first three Tues & Weds of the month from 9:30 - 2:30pm	761 Station Ave, Langford https://goldstreamfoodbank.org/ goldstreamfoodbank@gmail.com (250) 474-4443
Living Edge Neighbourhood Market	Every Friday from noon to 1:00pm	679 Goldstream Ave, Langford deborah@livingedge.ngo (250) 383-8915
Pacheedaht First Nation	Pacheedaht Health Department provides support to 150 community members	350 Kalaid St, Port Renfrew (250) 647-0065
Salvation Army Food Hampers at West Shore Parks and Recreation	Thursdays 2:00 pm-6:00 pm Clients and service providers are asked to place orders by TUESDAY (end of business day) for pick up on Thursdays.	Call 250-386-8521, email: jessica_downie@can.salvationarmy.org , or send direct message through https://www.facebook.com/sashcf/ to request a hamper. Pick up on Thursdays at West Shore Parks and Recreation at 1767 Island Hwy, Colwood
Sooke Food Bank	Families can call to book deliveries	https://www.facebook.com/sookefoodbank/ For daily updates call (250) 642-7666
Sooke Meals on Wheels	Monday, Wednesday and Fridays – 6.00/meal	https://www.sookeregionvolunteers.org/sooke-meals-wheels
Victoria Immigrant and Refugee Centre Society (VIRCS)	Delivers food to immigrant and refugee families only	Call 250-361-9433 or email info@vircs.bc.ca

