

Nanaimo Area Food Services

Loaves & Fishes Community Food Bank

1009 Farquhar Street, Nanaimo, 250.754.8347

Food pick-up available every Monday, 1:00pm - 3:00pm and Thursday, 1:00pm - 5:00pm

Clothing Room

Salvation Army

19 Nicol Street, Nanaimo, 250.754.2621

Lunch and dinner available seven days a week. Lunch from 12:00pm - 1:00 pm (lunch is free).

Dinner from 4:00 pm - 5:30pm (\$2 cost for dinner; tickets are available at New Hope Centre).

Bread & goodies are available at the above times.

Salvation Army Family Services

19 Nicol Street (upstairs), Nanaimo

Food hampers available Monday to Friday from 9:00am-12:00pm and 1:00pm-2:30pm. Must show identification for self and everyone in the family. Bread & pastries available during meal times 12:00 pm - 1:00 pm & 4:00pm - 5:30pm Monday to Friday.

Drop-in for assessment and referral to other community resources such as:

Nanaimo Community Kitchens

www.nanaimocommunitykitchens.org 250.753.7470

Organize groups to cook together, share costs and take meals home (50% food subsidy), nutritious food for under \$1 per serving.

Tillicum Lelum Aboriginal Friendship Centre

602 Haliburton Street, Nanaimo, 250.753.6578

“Building Better Babies” provides juice and milk for pregnant women & babies up to 6 months old. Christmas food hampers for clients of Tillicum Lelum.

Nanaimo Food Share

www.nanaimofoodshare.ca 250.753.9393

A network of groups concerned about food security and food issues.

VIU Community Gardens

www.solutions.viu.ca 250.753.7470

Provides opportunities and education regarding food growing & sustainable living.

Campus Community Garden