
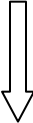
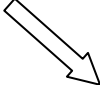


Mid Island Area Food Resources

Parksville		
<p><u>Community Food Bank</u> 886 Wembley Rd, Parksville 250.248.8793 MWF 9:00am-12pm, T&Th 9:00am-4:00pm Bread available on request. Phone for an appointment</p>	<p><u>Salvation Army</u> 187 Alberni Highway 250.954.0707 <u>Soup Kitchen</u> MWF: 11:00am-1:15pm Nutritious meals</p>	
<p><u>Society of Organized Services</u> 245 West Hirst Ave Parksville 250.248.2093 www.sosd69.com</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>		
<p><u>Kids Cook (Seasonal)</u> Call ext 242 for more info Nutritional workshops for seniors</p>	<p><u>Family Fun Nights</u> Aimed at creating fun for the family, meal included Thursday 5:00-8:00pm Call for more information</p>	<p><u>Meals on Wheels</u> For those unable to get out Volunteers deliver meals Call for more information</p>
Ladysmith		
<p><u>Food Bank</u> 26 Buller St, Ladysmith www.lrca.bc.ca or call 250.245.3079 Tues 9:30am-12:30pm Registration requires residency in Ladysmith (245 phone exchange), proof of current address and possession of care cards for family members</p>	<p><u>Good Food Box</u> Ladysmith Resource Centre 21 First Ave, Ladysmith 250.245.3079 This is a non-profit, fresh fruit and vegetable, bulk buying program run by participants</p>	
Port Alberni		
<p><u>Salvation Army Food Bank</u> 4815 Argyle Street, Port Alberni Phone 250.723.6960</p>		