

 **Food**

**7-10 CLUB SOCIETY**

Phone 250-797-0531  
 Hours Monday- Friday 8:30- 9:30 am  
 Services Bagged lunches delivered to the shower program at Caledonia Park (110 Wall Street). Food is also available throughout the week in the Downtown area.

**DOWNTOWN HOPE**

Phone 250-734-1862  
 Services Offers meals throughout the week, for more information call the number above.

**MEALS ON WHEELS**

Phone 250-753-1300  
 Hours 9:00 to noon Monday to Friday  
 Address [1233 Kiwanis Crescent](#)  
 Services Delivers hot meals to people’s homes for a small fee. Must be referred by another person.  
 Website [www.kiwanisvillage.ca](http://www.kiwanisvillage.ca)  
 Email [mownanaimo@shaw.ca](mailto:mownanaimo@shaw.ca)  
 Bus Route #30  
 Social 



**HOW TO ACCESS FOOD BANKS**

Visit any of the Food Bank locations with a piece of government issued ID for each person in your group or household. The person picking up food for the household must present Government Issued ID each time they pick up. Every 6 months you will be asked to register again. This is to make sure they have current information for all people in your group or household.

**LOAVES & FISHES COMMUNITY FOOD BANKS**

Phone 250-754-8347  
 Services Food is provided, free of charge, directly to people through food bank depots. ID for everyone in the household and recent piece of official mail required for registration. Regular hampers picked up bi-weekly. Food 4U Hampers every Monday, Wednesday, Thursday, Friday & Saturday.

Website [www.viloavesandfishes.org](http://www.viloavesandfishes.org)

Social  

Address	<a href="#">471 Irwin Street</a>	Bus Route	#7, #70, #78
	<a href="#">1300 Princess Royal Avenue</a>		#1
	<a href="#">6553 Portsmouth Road</a>		#11, #15, #15A, #20, #20A, #25, #30, #40, #50, #90
	<a href="#">1609 Meredith Road</a>		#30
	<a href="#">4951 Rutherford Road</a>		#40

 **Food**



### NANAIMO COMMUNITY KITCHENS SOCIETY

Phone 250-753-7470  
Address [271 Pine Street](#)  
Services Participants build skills, knowledge, friendships, and self-esteem while preparing low-cost healthy meals. Programs include Community cooking groups. “Cooking Out of the Box” (uses a monthly box of fruit and vegetables), “Bellies to Babies & Beyond” (a 10 week cooking series for pregnant women and parents of infants).

Website [www.nanaimocommunitykitchens.org](http://www.nanaimocommunitykitchens.org)  
Email [nanaimocommunitykitchens@gmail.com](mailto:nanaimocommunitykitchens@gmail.com)  
Bus Route #5, #25, #40  
Social 

### NANAIMO FOODSHARE SOCIETY

Phone 250-753-9393  
Hours Monday- Friday, 10 am- 2 pm (Drop in)  
Address [271 Pine Street](#)  
Services Provides referrals to food resources including food banks and community kitchens. Provides a variety of food related programs including fruit gleaning, Good Food Box, Employment programs, School and Summer, Food Provision, Farmer’s Market Coupon program, Cooking and food growing programs for kids and adults.

Website [www.nanaimofoodshare.ca](http://www.nanaimofoodshare.ca)  
Email [info@nanaimofoodshare.ca](mailto:info@nanaimofoodshare.ca)  
Bus Route #5, #25, #40  
Social  

### NANAIMO FOOD SHARE - MONDAY LUNCH

Phone 250-753-9393  
Address St. Paul’s Anglican Church, 100 Chapel Street  
Hours Monday from 12- 1 pm  
Services Nutritious lunches are available to community members from all walks of life. Meals are served and prepared by members of Nanaimo Foodshare employment programs. Donations are appreciated but not required.

Email [info@nanaimofoodshare.ca](mailto:info@nanaimofoodshare.ca)

### ON EAGLES WINGS CHURCH

Phone 250-390-2152  
Address 6553 Portsmouth Road  
Hours Sundays at 5pm (closed for July and August)  
Services The doors open at 4:30pm every Sunday afternoon when hot and cold refreshments and healthy snacks are available. We usually have live music from 4:30-6:00pm. At 5:00pm, a brief word of encouragement is shared before a hot spaghetti meal is served. Before and during the meal, our hosts connect with the guests, offering friendship, support, and encouragement.

## Basic Needs

### Food

#### SELBY MISSION

Phone	250-753-3446
Hours	Every Thursday from 12-2 pm
Address	<a href="#">315 Fitzwilliam Street</a>
Services	Full free lunch meal provided at the St. Andrew's United Church.
Bus Route	#40

#### ST. PAUL'S ANGLICAN CHURCH

Phone	250-753-2523
Hours	3rd Tuesday of the month 9 am
Address	<a href="#">100 Chapel Street</a>
Services	Limited supply of grocery gift cards.
Bus Route	#1, #20, #30, #50

#### REAL MEALS NANAIMO

Phone	250-716-6033
Address	<a href="#">621 Townsite Road</a>
Services	\$7 Dinners with Real Meals Nanaimo.
Bus Route	#1

#### WISTERIA COMMUNITY ASSOCIATION

Phone	250-591-6443
Hours	7 Days a week 5:30pm- 8:30pm
Address	Mobile Service
Services	Stone Soup provides hot meals and coffee nightly in the downtown Nanaimo area. 5:30 to 8:00pm, 7 days per week. All meals are offered at no charge.
Website	<a href="http://www.wisteriacommunityassociation.com">www.wisteriacommunityassociation.com</a>

### Drinking Water



Check out the link above for an interactive map of water stations around the city.



## Meal Schedule - Drop in

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	St. Paul's Anglican Church/ Nanaimo Foodshare 100 Chapel St. <b>12 - 1 pm</b>			Selby Mission St. Andrew's United Church 315 Fitzwilliam St. <b>12 - 2 pm</b>			
DINNER	Stone Soup/ Wisteria Community Association Mobile - various locations <b>5:30 - 8:30 pm</b>	Stone Soup/ Wisteria Community Association Mobile - various locations <b>5:30 - 8:30 pm</b>	Stone Soup/ Wisteria Community Association Mobile - various locations <b>5:30 - 8:30 pm</b>	Stone Soup/ Wisteria Community Association Mobile - various locations <b>5:30 - 8:30 pm</b>	Stone Soup/ Wisteria Community Association Mobile - various locations <b>5:30 - 8:30 pm</b>	Downtown Hope St. Andrew's United Church 315 Fitzwilliam St. <b>4:30 - 7:30 pm</b>  Stone Soup/ Wisteria Community Association Mobile - various locations <b>5:30 - 8:30 pm</b>	On Eagles Wings Church 6553 Portsmouth Road 5pm  Stone Soup/ Wisteria Community Association Mobile - various locations <b>5:30 - 8:30 pm</b>