

## Basic Needs

### Food

#### ST. PAUL'S ANGLICAN CHURCH

Phone 250-753-2523  
Hours 3rd Tuesday of the month 9 am  
Address [100 Chapel Street](#)  
Services Limited supply of grocery gift cards.  
Bus Route #1, #20, #30, #50

#### REAL MEALS NANAIMO

Phone 250-716-6033  
Address [621 Townsite Road](#)  
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 [www.wisteriacommunityassociation.com](http://www.wisteriacommunityassociation.com)

### Drinking Water



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