

# FOOD IN GREATER VICTORIA (free unless otherwise specified)

Updated  
Nov. 15, 2011

F

Meal welcomes families, including children



		MON	TUES	WED	THURS	FRI	SAT	SUN
<b>BREAKFAST</b>		Our Place (919 Pandora Ave.) <b>Breakfast @ 7-8</b>					F Downtown Churches (location varies) <b>Pancake Breakfast</b> 1 <sup>st</sup> Sat of the month: St. Andrews Kirk Hall 680 Courtney St @ 8:00 2 <sup>nd</sup> Sat: St. Andrews Kirk Hall 680 Courtney St @ 8:15 3 <sup>rd</sup> Sat: Glad Tidings Church 1800 Quadra St @ 8:30 4 <sup>th</sup> Sat: Central Baptist Church 833 Pandora St @ 8:30 5 <sup>th</sup> Sat: St. Andrews Kirk Hall 680 Courtney St @ 8:15	Our Place (919 Pandora) <b>Sandwiches @ 12:00</b>  F Salvation Army (525 Johnson St.) <b>Lunch @ 11:45-12:30</b>
		F 9-10 Club @ St. Andrews (740 View St.) <b>Breakfast @ 8-10</b>						
		F Salvation Army (525 Johnson St.) <b>\$2 Breakfast @ 8-9</b>						
<b>LUNCH</b>		Salv'n Army <b>Lunch @ 11:45-12:30</b>	Salv'n Army <b>Coffee/Donuts @ 10:30-11:30</b>	Salv'n Army <b>Lunch @ 11:45-12:30</b>	Salv'n Army <b>Coffee/Donuts @ 1:30-2:30</b>	Salv'n Army <b>Lunch @ 11:45-12:30</b>	F Mustard Seed (625 Queens St.) <b>Lunch @ 11:00</b>  Anawim House (973 Caledonia) Arrive by 11 am to sign up max 20 people, 19+ only <b>Lunch @ 12:00</b>  F Sandy Merriman House (809 Burdett) <i>Women only</i> <b>Lunch @ 11:30 - 4:00</b>  F Food Not Bombs Pandora @ Vancouver <b>Dinner @ 3:30</b>	Sandy Merriman House (809 Burdett) <i>Women only</i> <b>Lunch @ 11:30 - 4:00</b>  CARTS (starts at Queens Manor, to Centennial Square, ends at Salvation Army) <b>Snacks and hot chocolate 4:30-6:30</b>
		Anawim House (973 Caledonia) arrive by 11 AM to sign-up, max 20 people, 19+ <b>Lunch @ 12</b>						
		Our Place (919 Pandora Ave.) <b>Lunch @ 11:30-12:30</b>						
		F Rainbow Kitchen (310 Henry St.) <b>Lunch @ 12-1</b>						
		F Salvation Army (525 Johnson St.) <b>\$3 Lunch @ 11:45-12:30</b>						
		PEERS (1-744 Fairview Road, Esquimalt) <b>Lunch @ 12-1</b>						
		Sandy Merriman House (809 Burdett Ave) <i>Women only</i> <b>Lunch @ 11:30 - 4:00</b>						
		F Salvation Army (525 Johnson St.) <b>\$4 Dinner @ 5-5:45</b>						
<b>DINNER</b>		Our Place (919 Pandora Ave.) <b>Dinner @ 4-5</b>					Rock Bay Landing @ Ellice St. Tickets @ 3:30 <b>Dinner @ 4:00</b> 50 meals for non-residents  F Mustard Seed (625 Queens St.) <b>Dinner @ 7:00</b>	
		Victoria Youth Empowerment Society (533 Yates) <i>Youth (13-19) only</i> <b>Dinner @ 5 pm</b> and snack at 8 pm			Sanctuary Youth Centre (767 Humboldt) 19 and under <b>Dinner @ 4:00</b>			
		Anawim House (973 Caledonia) Arr. by 2 PM to sign up, max 20 people, 19+ <b>Dinner @ 5:00</b>  (Wednesdays & Fridays)	Victoria Miracle Centre (2033 Belmont) <b>Dinner @ 4:45</b>		Friday before cheque issue* First Met Church (932 Balmoral) <b>Dinner @ 5:00</b>			
			F Beacon Bus** @ Blanshard Community Center (910 Kings Rd.) <b>Dinner @ 5:00</b>					
			F Mustard Seed (625 Queens St.) <b>Dinner @ 7:00</b>					

\*Except July, Aug. and Dec.

\*\*Beacon Bus: every week unless the bus is called out for emergency services

For changes and updates, please email [administrator@solvehomelessness.ca](mailto:administrator@solvehomelessness.ca)

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## Family Friendly Meals:

Below is a list of **additional meals designed specifically with families in mind**. These meals are also free unless otherwise specified. Families are welcome at all meals marked with an **F** on the chart on the reverse of this sheet.

Lunch	Burnside Gorge Community Centre (471 Cecelia Rd.)	<b>Lunch @ 12:00, Monday only</b> <b>\$2 adult/\$1 child</b>
	Blanshard Community Centre (901 Kings Rd.)	<b>Lunch @ 12:00, Thursday only</b> <b>\$3 adult/\$1 child</b>
Dinner	Victoria Native Friendship Centre (231 Regina Ave.)	<b>Dinner @ 5:00</b> <b>Tuesday only</b>
	Burnside Gorge Community Centre (471 Cecilia Rd.)	<b>Dinner @ 5:00, Thursday only</b> <b>Free or by donation</b>
	Saanich Neighborhood House (3100 Tillicum)	<b>Dinner @ 6:00, Wednesday only. \$2/person or \$5/family</b> (Call to register, 250-360-1148)
	Mustard Seed (625 Queens St.)	<b>Dinner @ 5 pm</b> <b>2<sup>nd</sup> and 3<sup>rd</sup> Sunday of the month</b> (Call to register, 250-953-1575)

## Meals on the Peninsula:

**Sidney** hosts a Soup Social Community Lunch at rotating venues throughout the community. Lunch is served from 11:30-1:00 pm free or by donation, and **everyone is welcome**.

Lunch	Tuesday	St. Elizabeth's (10030 Third St.)
	Wednesday	St. Andrew's (9691 Fourth St.)
	Thursday	St. Elizabeth's (10030 Third St.)
	Saturday	Peace Lutheran (2295 Weiler Ave.)

**Salt Spring Island** Community Services (268 Fulford-Ganges Rd.) Let's Do Brunch: **Tuesdays, Brunch @ 9:30am-12:00pm**. Free, everyone welcome.

**Meals in Sooke:** Meals listed below are free and everyone is welcome, except where noted.

Sooke Baptist Church (7110 West Coast Rd.)	<b>Breakfast @ 7:30am-9am</b> <b>Mon and Wed.</b>
Holy Trinity Anglican Church (1952 Murray Rd.)	<b>Lunch @ 11:30-1pm. Fridays.</b>
Sooke Seniors (55+) Drop-in Centre (6689 Sooke Rd) Low-cost lunch	<b>Low-cost Lunch for Seniors @ 11am. Mon, Tues, Thurs.</b>

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## Food Banks in Greater Victoria:

FOOD BANK	Requirements, Hours, Quantity, Availability
Mustard Seed 250-953-1575 625 Queens Ave.	<b>Required:</b> Picture ID for person collecting. ID for all members of family being collected for. <b>Hours:</b> Mon, Tues, Thurs, Fri. 9:00am-2:00pm. Closed on Wednesdays and the week after IA cheques issued. <b>Quantity:</b> Based on family size. Hampers also available for clients without cooking facilities. <b>Availability:</b> Once per month.
St. Vincent de Paul 250-382-0712 828 View St.	<b>Required:</b> ID for person collecting, and ID for all family members being collected for. Care Cards required for children. <b>Hours:</b> Monday-Friday. 8:30am-12:00pm, 1:00pm-4:15pm. Tuesdays are limited to women and children only. <b>Quantity:</b> Based on family size. Hampers also available for clients without cooking facilities. <b>Availability:</b> Once every 30 days.
St. John the Divine Emerg Food Service 250-383-7169 1611 Quadra St.	<b>Required:</b> No ID necessary, everyone welcome. <b>Hours:</b> Tues and Fri. 10:00am-12:00pm. Closed the week after IA cheques issued. <b>Quantity:</b> Single or family sized. <b>Availability:</b> Once per month.
Goldstream Food Bank 250-474-4443 761 Station Ave	<b>Required:</b> Picture ID for person collecting. ID for all family members being collected for. Care Cards required for children. Proof of residence in Western Communities (mail, utility bill etc.) <b>Hours:</b> Tues and Wed. 10:00-2:30pm. Open first 3 weeks of the calendar month. <b>Quantity:</b> Based on family size. <b>Availability:</b> Once per month.
Sidney Lions Food Bank 250-655-0679 9586 Fifth St.	<b>Required:</b> Picture ID for person collecting, ID for all family members being collected for. Proof of residence (any mail with Peninsula address). Cloth bags to carry food, if possible. <b>Hours:</b> Mon, Wed, Fri. 9:00am-12:00pm. Closed the last week of the month. <b>Quantity:</b> Based on family size. <b>Availability:</b> Once per month.
Sooke Food Bank 250-642-7666 2037 Shields Rd.	<b>Required:</b> ID required for person collecting, and ID for all family members being collected for. Care Cards required for children. Proof of residence in Sooke. <b>Hours:</b> First 3 Thursdays of each month. 9:30am-3:00pm. <b>Quantity:</b> Based on family size. <b>Availability:</b> Once per month.
<b>Saltspring Island</b> Food Bank 250- 537-9971 268 Fulford-Ganges	<b>Required:</b> No ID necessary, everyone welcome. <b>Hours:</b> Tuesdays. 10:30am-4:00pm. <b>Quantity:</b> Relative to need, preference and family size. <b>Availability:</b> Once per week and on an emergency basis