

Cowichan Region COVID-19 Emergency Food Resources

06-Apr-20

During the COVID-19 pandemic, the following community food resources are available:

<u>Service Area</u>	<u>Organization</u>	<u>Address & Contact info</u>	<u>Current Service Provided</u>
Chemainus	Cowichan Neighbourhood House	9806 Willow St, Chemainus (250) 246-3203 cnhaoffice@shaw.ca https://www.cnha.ca	Food available Monday's and Wednesday's 1PM – 2:30PM, and Friday's 11:30AM – 1:30PM. Free clothing, tents and other needs are also available by request.
Chemainus & Crofton	Harvest House	9814 Willow Street, Chemainus 1586 Joan Avenue, Crofton 250-246-3455 harvesthouse@shaw.ca https://chemainusharvesthouse.com	Hosting weekly Food Banks in Crofton: Monday 9:30 -10:30am In Chemainus: Thursdays 9:30 – 11:30am Fridays 11:30am – 1:00pm
Cowichan Valley School District families	Nourish Cowichan Society	#19- 6078 Truesdale Rd, Duncan 250 709 2279 or 250 701 3233 cheesieman@icloud.com https://nourishcowichan.ca/	Working with School District 79 to provide food packages to families while schools are temporarily closed.
Cowichan Valley School District families	Starfish Pack Program	250 709 1903 starfishcowichanvalley@gmail.com https://starfishpack.com/cowichan-valley	Working with School District 79 to get food backpacks to families while schools are temporarily closed
Duncan	Cowichan Valley Basket Society	5810 Garden Street, Duncan 250-746-1566 cvbs@shaw.ca https://www.cvbs.ca	Sandwiches served from back loading dock Monday to Saturday: 12:00pm — 2:00pm. Hampers served Monday, Wednesday, Friday: 11:00am — 1:30pm. Registration by phone preferred or at food bank starting at 9:00am.
Duncan	Cowichan Green Community	360 Duncan St, Duncan 250-748-8506 info@cowichangreencommunity.org https://cowichangreencommunity.org/	reFresh grocery store onsite with low cost fresh produce, groceries, pre-made frozen meals, and seeds. Food coupons may be available. Grocery delivery available.
Duncan	Hiiye'yu Lelum Society House of Friendship	5462 Trans-Canada Hwy, Duncan 250-748-2242 ArleneSam@hofduncan.org lsjolie@hofduncan.org (Healthiest Babies Program) https://www.hofduncan.org	Food package delivery and meals are available depending on program delivery. Homelessness breakfast program happening daily. Pre and post-natal support available through Healthiest Babies program. Contact for more information.
Duncan	Meals on the Ground	Parking lot (AKA: The "Mound") on Government Street, Duncan	Dinner available Mondays, Wednesdays & Fridays at 5pm.

<u>Service Area</u>	<u>Organization</u>	<u>Address & Contact info</u>	<u>Current Service Provided</u>
Duncan	Salvation Army Family Services	280 Trans Canada Hwy, Duncan 250-746-8669 ext. 102 sarmyf.services@shaw.ca https://salvationarmy.ca/donations	Services available Monday – Friday 9:30AM – 5PM, including food hampers. Please call ahead.
Duncan	Sunday Sandwiches	Outside Bike Works -51 Trunk Rd, Duncan 250-709-7790 https://www.facebook.com/groups/707345586131830/	Sandwiches served between 1 and 2 pm on Sundays outside of Bike Works.
Duncan	Seniors Community Foundation	135 Third Street Duncan (250) 715-6481 https://www.cowichanseniors.ca/	Operates Meals on Wheels food delivery for seniors
Ladysmith	Ladysmith Resource Centre Association	630 2nd Avenue, Ladysmith 250-245-3079 info@lrca.ca https://www.lrca.ca/	Meal services with soup kitchen on site Thursdays from 2 to 3pm. Snacks and deli items Monday through Friday. Food bank Monday evening 4:30 to 5:30pm & Tuesdays 9-11:45am
Lake Cowichan	Lake Cowichan Food Bank	# 105 – 205 South Shore Road, Lake Cowichan Betty 250-749-4802 Cindy 250-746-6239 cowichanlakefoodbank@gmail.com https://lake-cowichan-foodbank-society.business.site	Food hampers and grocery cards available. Apply at Community Services Tuesday and Thursday 10-2 or send request to cowichanlakefoodbank@gmail.com to set up appointments for pick up. Limited delivery.
South Cowichan: Cobble Hill, Mill Bay, Shawnigan Lake	CMS Food Bank	2740 Lashburn Road, Mill Bay 250-743-5242 cmsfoodbank@gmail.com http://cmsfoodbank.ca/	Hampers by appointment only, please call or email. No drop ins.

Volunteer Cowichan is working to connect those who require support in accessing food and essentials with those willing to volunteer. If you are in need or would like to volunteer please call 250-748-2133 ext. 0 and leave a message or email vc@volunteercowichan.bc.ca

Emergency shelters remain open, including Warmland House and Somenos Transition House but food is only available for clients and residents.

Please note: During this COVID-19 emergency, information may change quickly. It is best to contact organizations directly for up to date information.