



Cowichan Region Free & Low-Cost Food Resources
(free, unless otherwise noted)

For more community resources & services, call 211 or visit bc211.ca

Duncan	
<p>Cowichan Valley Basket Society (Duncan Foodbank) 5810 Garden St, Duncan 250-746-1566 Email office@cvbs.ca Website www.cvbs.ca</p> 	<p>Coffee, tea & snacks Mon. to Friday 8:30am-4:45pm & Sat. 8:30am-3:45pm Hot or bagged lunches Monday to Saturday 11am-3:30pm Sandwiches on Sundays & Stat holidays 12-1pm by Sunday Sandwiches Easy carry hamper every 14 days for unhoused people Food Hampers - Tuesday-Friday 10am-12:15pm by appointment or drop in - Saturday 10am-12:30pm by pre-order (phone ahead) - Call to register a day or two ahead preferred if possible</p>
<p>Cowichan Green Community (CGC) 360 Duncan St, Duncan 250-748-8506 Email info@cowichangreencommunity.org Website cowichangreencommunity.org CowichanGreenCommunity.org/find-your-food/community-food-resources</p>	<p>reFresh Grocery Store with low cost fresh produce, groceries, pre-made frozen meals & seeds. Monday-Friday 10am-5pm, Saturday 10am-3pm Weekly \$25/ food coupons may be available (currently wait list) Hot meals available to order and pick up Meals on Wheels (currently a wait list)- Hot supper Mon. to Sat. delivered 4-5pm with frozen meal option for Sunday; regular meals \$6.50, large \$8.50 Farmers' Market Coupon Program - Applications available at CGC Kin Park Pantry at 5789 Alderlea St –Fruit, vegetables, bread, canned goods; please take what you need, leave what you can.</p>
<p>Hiiye'yu Lelum Society House of Friendship 5462 Trans-Canada Hwy, Duncan 250-748-2242 Email ajack@hofduncan.org Website www.hofduncan.org</p>	<p>Breakfast on Monday to Friday, 6-8:30am Food package delivery and meals available depending on program. Pre and post-natal support through Healthiest Babies Possible Program. Contact LSjolie@hofduncan.org for more information</p>
<p>Meals on the Ground Duncan United Church, Burns Hall 246 Ingram St, Duncan</p>	<p>Hot dinner Mondays, Wednesdays & Fridays at 5 pm, including Mondays, Wednesdays & Fridays on stat holidays</p>
<p>Nourish Cowichan, Starfish Pack & Cowichan School District Partnership NourishCowichan.ca 250-701-3233 Starfishpack.com/Cowichan 250-709-1903 www.SD79.bc.ca</p>	<p>Food for school breakfast and lunch programs Weekly food hampers for students & their families Contact school principal for more information</p> 
<p>Salvation Army Family Services 280 Trans-Canada Highway, Duncan 250-746-8669 ext. 102 Email sarmyf.services@shaw.ca Website Cowichanvalleysa.ca</p>	<p>Tuesday to Saturday 10am-5pm Street packs (bag of non-perishable foods & water) as needed Food hampers (phone or drop in to book an appointment on a Wednesday or Friday).</p>
<p>Church Meals in Duncan Knights of Columbus Duncan United Church Christian Reformed Church</p>	<p>Barbeque lunch 2nd Sunday of the month at Warmland House, 2579 Lewis St, Duncan Hot supper 3rd Sunday of the month at Duncan United Church 246 Ingram St, Duncan Hot supper 4th Saturday of the month (except not July), 930 Trunk Rd, Duncan</p>

For Chemainus, Crofton, Ladysmith, Lake Cowichan & South Cowichan, turn page over →

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Chemainus & Crofton	
<p>Harvest House Food Bank 9814 Willow St, Chemainus 250-246-3455 Email harvesthouse@shaw.ca chemainusharvesthouse.com</p>	<p>Chemainus weekly foodbank at Chemainus United Church, 9814 Willow St - Friday 11:30am – 1pm Crofton weekly foodbank at Warmland Church, 1586 Joan Ave - Monday 10:30-11:30am</p>
<p>Cowichan Neighbourhood House Association 9806 Willow St, Chemainus 250-246-3203 Email info@cنها.ca Websites www.cنها.ca or www.facebook.com/CowichanNeighbourhoodHA</p>	<p>Free groceries & lunch available Monday & Wednesday 10:30am to 12:30pm and Friday 10:30am-1pm Free clothing, tents and other needs by request</p>
<p>Food First Chemainus Located behind Harvest House, Chemainus Food.first.chemainus@gmail.com</p>	<p>Public Herb Garden, Yard Share & Fruit Save Program, located behind Harvest House.</p>
Ladysmith	
<p>Ladysmith Family & Friends Resource Program (LaFF) 1110 - 1st Ave, Ladysmith 250-210-0870 Email laffadmin@shawbiz.ca Website www.familyandfriends.ca</p>	<p>Free food pantry for families during programming</p>
<p>Ladysmith Meals on Wheels 250-245-5088 (Joanne) Email jarmstrongpg@shaw.ca</p>	<p>Hot lunch Mon/Wed/Fri, noon delivery, \$6 per meal Ladysmith Healthcare Auxiliary will pay for 2 meals per month with monthly orders</p>
<p>Ladysmith Resources Centre Assoc. Foodbank 360 2nd Avenue, Ladysmith 250-245-3079 www.lrca.ca</p>	<p>Foodbank Tuesday 4-6pm & Wednesday 9:30-11:30am</p>
Lake Cowichan	
<p>Cowichan Lake Community Services Society 121 Point Ideal Drive, Lake Cowichan 250-749-6822 Website www.comserv.org</p>	<p>Fresh produce from Cowichan Green's reFresh Store on Monday & Wednesday, 11am to noon Soup kitchen Monday & Thursday 12 noon to 2pm Christmas hamper program in December</p>
<p>Lake Cowichan Food Bank 62 Fern Rd, Lake Cowichan 250-709-7854 Email cowichanlakefoodbank@gmail.com Website www.cowichanlake.ca/directory/listing/lake-cowichan-food-bank-society</p>	<p>Monthly food hamper 2nd Wednesday of each month, 2-3:30pm. Apply at Cowichan Lake Community Services (see above) Monday to Friday, or by phone or email.</p>
South Cowichan: Cobble Hill, Mill Bay, Shawnigan	
<p>CMS Food Bank Society 2740 Lashburn Rd, Mill Bay 250-743-5242 Email cmsfoodbank@gmail.com cmsfoodbank.org</p>	<p>Monthly food hamper Tues. 9am-2pm & Thurs. 9-11am. Proof of residence in Cobble Hill, Mill Bay or Shawnigan Lake is required</p>

Volunteer Cowichan connects those who need help accessing food and essentials with volunteers; services include grocery shopping for seniors. If you are in need or would like to volunteer, call 250-748-2133 or email vc@volunteercowichan.bc.ca

To request a copy of this list or to provide an update: Janet.Krenz@islandhealth.ca or info@cowichangreencommunity.org