

Cowichan Region Food Resources

Service Area	Organization	Address, contact info, website	Services provided
Chemainus	Cowichan Neighbourhood House	9806 Willow St, Chemainus 250-246-3203 cnhaoffice@shaw.ca www.cnha.ca	Food available Mondays & Wednesdays 1-2:30pm and Fridays 11:30am-1:30pm. Free clothing, tents and other needs available by request.
Chemainus & Crofton	Harvest House	9814 Willow St, Chemainus 1586 Joan Ave, Crofton 250-246-3455 (Jan) harvesthouse@shaw.ca chemainusharvesthouse.com	Crofton weekly foodbank - Mondays 9:30-10:30am Chemainus weekly foodbank - Thursdays 9:30-11:30am - Fridays 11:30am – 1pm
Cowichan Valley School District families	Nourish Cowichan Society, Starfish Backpack Program & School District 79	Nourish Cowichan 19-6078 Truesdale Rd, Duncan 250-709-2279 or 250-701-3233 cheesiem@icloud.com NourishCowichan.ca	Working collaboratively to provide food packages to SD79 families. Contact school principal for more information.
		Starfish 250-709-1903 starfishcowichanvalley@gmail.com starfishpack.com/cowichan-valley	
Duncan	Cowichan Valley Basket Society (Duncan Foodbank)	5810 Garden St, Duncan 250-746-1566 cvbs@shaw.ca www.cvbs.ca	Coffee on Monday to Saturday 10-11am Hot meals & bagged lunches Monday to Saturday 11am-2pm, served from back loading dock. Bread & vegetables available daily. Hampers served Monday, Wednesday, Friday 11am-1:30pm. Register for hampers by phone preferred, or in person on site starting at 9am.
Duncan	Cowichan Green Community (CGC)	360 Duncan St, Duncan Judy 250-748-8506 info@cowichangreencommunity.org cowichangreencommunity.org	reFresh grocery store 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 AreleneSam@hofduncan.org LSjolie@hofduncan.org (Healthiest Babies) www.hofduncan.org	Food package delivery and meals are available depending on program delivery. Daily breakfast program. Pre and post-natal support through Healthiest Babies Possible Program. Contact for more information.
Duncan	Meals on the Ground	Duncan United Church basement 246 Ingram St, Duncan	Dinner available Mondays, Wednesdays & Fridays at 5pm
Duncan	Salvation Army Family Services	280 Trans-Canada Hwy, Duncan 250-746-8669 ext. 102 sarmyf.services@shaw.ca www.facebook.com/////Salvation-Army-Cowichan-Valley	Monday-Friday 9:30am-5pm Services include food hampers and street packs. Please call ahead.

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Duncan	Cowichan Seniors Community Foundation	135 Third St, Duncan, 250-715-6481 cscfoundation@cowichanseniors.ca www.cowichanseniors.ca	Operates Meals on Wheels food delivery for seniors
Ladysmith	Ladysmith Resource Centre Association	630 Second Ave, Ladysmith 250-245-3079 info@lrca.ca www.lrca.ca	Monday-Thursday 9am-3pm – snacks as needed Tuesday 4-6pm – foodbank Wednesday 9:30-11:30am – foodbank Saturday & Sunday 11-3 – take out meals
Ladysmith	Ladysmith Family and Friends (LaFF)	Text 250-210-0870 Laffadmin@shawbiz.ca www.familyandfriends.ca Private message on LaFF Facebook or Instagram #ilovetolaFF	Food gift cards and online support
Lake Cowichan	Lake Cowichan Food Bank	105-205 South Shore Rd Lake Cowichan 250-749-6822 cowichanlakefoodbank@gmail.com www.cowichanlake.ca///lake-cowichan-food-bank-society	Food hampers and grocery cards. Apply at Community Services on Tuesday or Thursday 10am-2pm or send request to cowichanlakefoodbank@gmail.com to set up appointment for pick up. Limited delivery.
South Cowichan: Cobble Hill, Mill Bay, Shawnigan	CMS Food Bank	2740 Lashburn Rd, Mill Bay Tracy 250-743-5242 cmsfoodbank@gmail.com 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 or email vc@volunteercowichan.bc.ca

Please note: Information may change. It is best to contact organizations directly for current information.

For changes/additions to this list, please email janet.krenz@viha.ca

Updated January/2020