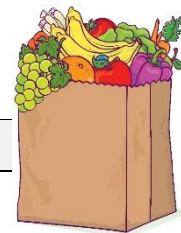
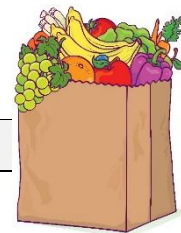


## Cowichan Region Free & Low-Cost Food Resources



Service Area	Organization	Address, contact info, website	Services provided
<b>Chemainus &amp; Crofton</b>	Harvest House	9814 Willow St, Chemainus 1586 Joan Ave, Crofton 250-246-3455 (Jan) Email <a href="mailto:harvesthouse@shaw.ca">harvesthouse@shaw.ca</a> <a href="http://chemainusharvesthouse.com">chemainusharvesthouse.com</a>	Crofton weekly foodbank - Mondays 9:30-10:30am Chemainus weekly foodbank - Thursdays 9:30-11:30am - Fridays 11:30am – 1pm
<b>Chemainus</b>	Cowichan Neighbourhood House	9806 Willow St, Chemainus 250-246-3203 <a href="mailto:cnhaoffice@shaw.ca">cnhaoffice@shaw.ca</a> <a href="http://www.cnha.ca">www.cnha.ca</a>	Food available Mondays & Wednesdays 1-2:30pm and Fridays 11:30am-1:30pm Free clothing, tents and other needs by request.
<b>Chemainus</b>	Meals on Wheels	250-246-2422 (Bev)	Warm dinner Mon/Wed/Fri delivered 4-5pm \$6.25 for soup, entrée & dessert
<b>Duncan</b>	Cowichan Valley Basket Society (Duncan Foodbank)	5810 Garden St, Duncan 250-746-1566 Email <a href="mailto:cvbs@shaw.ca">cvbs@shaw.ca</a> <a href="http://www.cvbs.ca">www.cvbs.ca</a>	Coffee & snacks Monday to Saturday 10-11am Hot meals & bagged lunches Monday to Saturday 11am-2pm, served from back area. Bread & vegetables available daily Hampers Mon./Wed./Friday 11am-1:30pm Register for hampers by phone preferred, or in person starting at 9am
<b>Duncan</b>	Cowichan Green Community (CGC)	360 Duncan St, Duncan Judy 250-748-8506 <a href="mailto:info@cowichangreencommunity.org">info@cowichangreencommunity.org</a> <a href="http://cowichangreencommunity.org">cowichangreencommunity.org</a>	reFresh grocery store with low cost fresh produce, groceries, pre-made frozen meals and seeds. Mon-Fri 10am-5pm, Sat 10am-3pm Weekly \$25/ food coupons may be available (currently wait list). Grocery delivery available. Hot meals available to order and pick up.
<b>Duncan</b>	Hiiye'yu Lelum Society House of Friendship	House of Friendship 5462 Trans-Canada Hwy, Duncan 250-748-2242 <a href="mailto:AreleneSam@hofduncan.org">AreleneSam@hofduncan.org</a> <a href="mailto:LSjolie@hofduncan.org">LSjolie@hofduncan.org</a> (Healthiest Babies Possible) <a href="http://www.hofduncan.org">www.hofduncan.org</a>	Daily breakfast program 6-9am Food package delivery and meals are available depending on program delivery. Pre and post-natal support through Healthiest Babies Possible Program. Contact for more information.
<b>Duncan</b>	Meals on the Ground	Burns Hall, Duncan United Church 246 Ingram St, Duncan	Dinner available Mondays, Wednesdays & Fridays 4:30-5pm. First come, first served.
<b>Duncan</b>	Salvation Army Family Services	280 Trans-Canada Hwy, Duncan 250-746-8669 ext. 102 Email <a href="mailto:sarmyf.services@shaw.ca">sarmyf.services@shaw.ca</a> <a href="http://www.facebook.com/////Salvation-Army-Cowichan-Valley">www.facebook.com/////Salvation-Army-Cowichan-Valley</a>	Monday to Friday 9:30am-5pm Services include food hampers & street packs. Please call ahead.
<b>Duncan</b>	Cowichan Seniors Community Foundation	135 Third St, Duncan 250-715-6481 <a href="mailto:cscfoundation@cowichanseniors.ca">cscfoundation@cowichanseniors.ca</a> <a href="http://www.cowichanseniors.ca">www.cowichanseniors.ca</a>	<a href="#">Meals on Wheels</a> food delivery for seniors Hot supper Monday to Sat. delivered 4-5pm with option of frozen supper for Sunday. Regular \$6.50, large/specialty meal \$8.50

## Cowichan Region Free & Low-Cost Food Resources



Service Area	Organization	Address, contact info, website	Services provided
<b>School District 79 (Cowichan) (Chemainus to Mill Bay)</b>	Nourish Cowichan Society, Starfish Packing Program & School District 79	Nourish Cowichan 19-6078 Truesdale Rd, Duncan 250-701-3233 Email <a href="mailto:NourishCowichan@gmail.com">NourishCowichan@gmail.com</a> <a href="http://NourishCowichan.ca">NourishCowichan.ca</a> Starfish 250-709-1903 Email <a href="mailto:cheesieman@icloud.com">cheesieman@icloud.com</a> <a href="http://starfishpack.com/cowichan-valley">starfishpack.com/cowichan-valley</a> <a href="http://www.SD79.bc.ca">www.SD79.bc.ca</a>	Provide meals for school breakfast and lunch programs. Provide weekly food packs for some students. Contact school principal for more information.
<b>Ladysmith</b>	Ladysmith Resource Centre Association	630 Second Ave, Ladysmith 250-245-3079 Email <a href="mailto:info@lrca.ca">info@lrca.ca</a> <a href="http://www.lrca.ca">www.lrca.ca</a>	Monday-Thurs. 9am-3pm – snacks as needed Tuesday 4-6pm – foodbank Wednesday 9:30-11:30am – foodbank
<b>Ladysmith</b>	Ladysmith Family and Friends (LaFF)	Text 250-210-0870 Email <a href="mailto:Laffadmin@shawbiz.ca">Laffadmin@shawbiz.ca</a> <a href="http://www.familyandfriends.ca">www.familyandfriends.ca</a> Private message on LaFF Facebook or Instagram #ilovetolaFF	Food gift cards and online support
<b>Ladysmith</b>	Meals on Wheels	250-245-5088 (Joanne)	Hot lunch Mon/Wed/Fri noon delivery \$6 per meal. Ladysmith Health Centre will pay for 2 meals per month.
<b>Lake Cowichan</b>	Lake Cowichan Food Bank	105-205 South Shore Rd Lake Cowichan, 250-749-6822 <a href="mailto:cowichanlakefoodbank@gmail.com">cowichanlakefoodbank@gmail.com</a> <a href="http://www.cowichanlake.ca///lake-cowichan-food-bank-society">www.cowichanlake.ca///lake-cowichan-food-bank-society</a>	Food hampers and grocery cards Apply at Community Services on Tuesday or Thursday 10am-2pm or send request to <a href="mailto:cowichanlakefoodbank@gmail.com">cowichanlakefoodbank@gmail.com</a> to set up appointment for pick up. Limited delivery.
<b>South Cowichan: Cobble Hill, Mill Bay, Shawnigan</b>	CMS Food Bank Society	2740 Lashburn Rd, Mill Bay Tracy 250-743-5242 Email <a href="mailto:cmsfoodbank@gmail.com">cmsfoodbank@gmail.com</a> <a href="http://cmsfoodbank.ca">cmsfoodbank.ca</a>	Monthly food hampers Tuesday 9am-2pm & Thursday 9-11am Proof of residence in Cobble Hill, Mill Bay or Shawnigan Lake area required.

*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, call 250-748-2133 ext.0 or email [vc@volunteercowichan.bc.ca](mailto:vc@volunteercowichan.bc.ca)

Thank you *Jubilee Community Garden Society* for donations to the *Basket Society*, *Cowichan Green* & *Meals on the Ground*.

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

For changes to this list, please contact [janet.krenz@viha.ca](mailto:janet.krenz@viha.ca)