

## ∞∞∞∞ **Food Resources in the Cowichan Valley** ∞∞∞∞

The information contained in this handout is adapted from the website: <https://cowichangreencommunity.org> and other websites. VIU is not affiliated with these organizations and information can change without our knowledge.

### Welcome to "The Food Chain," our listing of emergency food, free food and other service providers in the Cowichan Valley.

#### **Chemainus Harvest House**

PO Box 188, 9814 Willow Street, Chemainus, BC V0R 1K0 | 1586 Joan Avenue, Crofton, BC V0R 1R0  
Phone: 250.246.4355

Email: [harvesthouse@shaw.ca](mailto:harvesthouse@shaw.ca) | Website: [chemainusharvesthouse.com](http://chemainusharvesthouse.com)  
Harvest House runs two weekly Food Banks.

**Chemainus** - United Church, 9814 Willow Street - Friday 11:30am - 1:00pm - for residents of Chemainus, Thetis and Penelakut Islands, and Saltair to the Lagoon bridge.

**Crofton** - Warmland Centre, 1586 Joan Avenue - Mondays 9:30am - 10:30am - for residents of Crofton, Westholm, and along Chemainus Road as far as the Bald Eagle Campground.

Applications to receive food take place at the food bank during posted hours. Crofton or Westholm residents can apply on Mondays at the Warmland Centre located on Joan Avenue in Crofton.

To register, please supply care cards for each family member, status number (if applicable), and proof of residency.

Donations of canned goods, dry goods & fresh produce or monetary donations can be dropped off at Chemainus Harvest House Food Bank, at the back of the United Church on Thursdays 9:30 am – 11:30 am, Fridays 10:30 am – 1:00 pm, or at the Crofton Food Bank in Warmland Church on Joan Avenue, Mondays 9:30 am – 10:30 am.

#### **Clements Centre:**

5856 Clements St, Duncan, BC  
Phone: 250.746.4135

Email: [info@clementscentre.org](mailto:info@clementscentre.org) Website: [www.clementscentre.org](http://www.clementscentre.org)  
The Clements Centre Society and Lunch on Clements have developed a new baking business which will incorporate many of the favorites we have been known for in the past. The new business is called the [Mindful Mouthful](#). Although we no longer offer a daily luncheon service, we are pleased to provide many different options including meat pies, cookies and other delicious choices that you can enjoy at home or for your next event. See the website for more details!

#### **CMS Food Bank Society:**

2740 Lashburn Rd, Mill Bay, BC, V0R 2P1  
Phone: 250.743.5242 | Fax: 250.743.5268  
Website: [www.cmsfoodbank.ca](http://www.cmsfoodbank.ca)

CMS Food Bank Society provides food hampers, once a month, for residents of Cobble Hill, Mill Bay, and Shawnigan Lake. Available on Tuesdays between 9:00 am and 2:00 pm. Please bring government issued ID for you and your dependents as well as proof of residence. You are also encouraged to bring your own reusable bags. Christmas hampers will be given out by **appointment** only between November and December. CMS Food Bank depends on donations of food items and cash.

#### **Cowichan Valley Youth Services (Community Options Society):**

294 Coronation Avenue, Duncan  
Telephone: 250.748.0232  
Email: [office@cvyouth.ca](mailto:office@cvyouth.ca) | Website: [cvyouth.ca](http://cvyouth.ca)

Cowichan Valley Youth Services Society (previously known as Community Options Society) provides free counselling and various outreach and support services for youth age 13-18 and their families in the Cowichan Valley. Office hours are: Monday through Thursday, 9:00 am to 4:30 pm, and Friday, 9:00 am to 2:00 pm.

#### **Cowichan Community Kitchens:**

Hiiye'yu Lelum Society, PO Box 1015, Duncan, BC V9L 3Y2  
Phone: 250.748.2242 ext 134

Email: [cck@hofduncan.org](mailto:cck@hofduncan.org) / Website: [www.hofduncan.org/cowichan-community-kitchens](http://www.hofduncan.org/cowichan-community-kitchens)

A safe, empowering environment where diverse groups of people come together to learn and share skills of budgeting, planning, shopping, and cooking healthy meals to take home to their families. CCK facilitate kitchen groups throughout the Cowichan Valley. Participants from each group get together twice a month to: plan, budget, shop, and cook nutritious meals to take home. Most groups have 7-10 people in them. The first meeting is where participants decide as a group what 4 meals they will prepare, create a budget and split the shopping duties. The second meeting is about 5-6 hours long and is when the cooking happens. Each person goes home with containers of prepared meals that can be frozen and eaten throughout the month. It usually costs each person between \$2.00-\$3.50 (for 4 meals) or 50-88 cents per meal.

#### **Cowichan Family Life Association:**

28—127 Ingram St, Duncan, BC V9L 1N8  
Phone: 250.748.8281

Email: [cfla@cowichanfamilylife.org](mailto:cfla@cowichanfamilylife.org) | Website: [www.cowichanfamilylife.org](http://www.cowichanfamilylife.org)  
Current hours: Monday to Friday, 10:00 am to 3:00 pm

Provides affordable peer counselling services and community groups, early learning and literacy for kids 0-5 and their families, and programs to support school aged children in their social and emotional development and wellbeing.

#### **Cowichan Valley Basket Society (The Duncan Foodbank):**

5810 Garden St, Duncan, BC, V9L 3V9  
Phone: 250.746.1566 (8:00 am - 4:00 pm)  
Email: [henry@cvbs.ca](mailto:henry@cvbs.ca) | Website: [cvbs.ca](http://cvbs.ca)

Food Kitchen: Coffee and pastries 10:00 - 11:00 am and lunch served from 11:00 am - 3:30 pm. Guests of all ages welcome. If you cannot afford a meal, please come and join us. COVID protocols limit the number of guests and length of stay in the centre to ensure social distancing and to give everyone a chance to have a meal. Meals are also available for takeout.

Hampers: Mondays, Wednesdays, Fridays, 10:00 am - 1:30 pm. Register at Food Bank and call ahead to schedule your pick-up time.

In addition to the monthly hamper, extra fresh vegetables, fruit, and bread are available each day in the centre.

Volunteers welcome. Food donations of canned goods, dry goods, & fresh produce are always welcome. Food can be dropped off between 10:00 am and 4:00 pm or a pick up can be arranged for large quantities.

**Duncan Christian Reformed Church:**

930 Trunk Rd, Duncan, BC, V9L 2S1

Phone: 250.748.2122

Email: [office@duncancrc.org](mailto:office@duncancrc.org) | Website: [duncancrc.org](http://duncancrc.org)

Dinner is provided for those in need on the last Saturday of every month at 5:00pm. It is open to anyone in the community.

**Duncan Pentecostal Church**

931 Trunk Rd, Duncan, BC, V9L 2R9

Phone: 250.748.1423

Email: [office@duncanchurch.com](mailto:office@duncanchurch.com) | Website: [duncanchurch.com](http://duncanchurch.com)

Provides an Emergency Food Cupboard to people during an emergency/crisis. They provide a food supply of canned goods for 1 or 2 days. Non perishable food donations are always welcome.

**Duncan United Church:**

246 Ingram St, Duncan, BC, V9L 1P4

Phone: 250.746.6043

Email: [admin@duncanunited.org](mailto:admin@duncanunited.org) / Website: <https://duncanunited.org>

Community Dinner: Each month, second Sunday at 5:00 pm in Heritage Hall - warm nutritious meal to approximately 60 people in the community.

Third Place Café: Friday mornings, 10:00 - 11:00 am in Heritage Hall.

**Good Food Box Program:**

2579 Lewis St, Duncan, BC, V9L 2Z2 (Warmland House)

Phone: 250.715.1132

Website: [cmhacowichanvalley.com/good\\_food\\_box](http://cmhacowichanvalley.com/good_food_box)

The monthly Good Food Box program is dedicated to feeding the community fresh fruits and vegetables at an affordable price. Each Good Food Box is only \$10 and includes potatoes, onions, carrots, and a variety of fresh seasonal fruits and vegetables.

Orders must be received and paid for (cash only) by the second Wednesday of each month. Boxes are assembled for pick up the following (third) Monday.

**Healthiest Babies Possible & Early Years:**

Hiiye'yu Lelum Society, PO Box 1015, 5462 Trans-Canada Hwy #106, Duncan, BC V9L 6W4 (House of Friendship Centre)

Phone: 250.748.2242

Email: [ajack@hofduncan.org](mailto:ajack@hofduncan.org)

Website: <https://www.hofduncan.org/healthiest-babies-possible>

Healthy Babies: helping mothers have healthy babies through nutritional counselling, prenatal education, referrals to other services and one-to-one support. Food vouchers and vitamins provided. Group sessions Thursday 10:00 am - 1:00 pm.

Early Years: support and information up to child's first birthday. Weekly drop-in groups Thursday 12:00 noon to 2:30 pm. Lunch, childcare and transportation available.

**Ladysmith Resource Centre Association:**

630 2nd Avenue, Ladysmith, BC, V9G 1B2

Telephone: 250.245.3079 | Fax: 250.245.3798

Email: [info@lrca.ca](mailto:info@lrca.ca)

Website: [lrca.ca/programs/food-security/food-bank](http://lrca.ca/programs/food-security/food-bank)

LRCA Foodbank is open for distribution Tuesday 4:00 - 6:00 pm and Wednesday 9:30 - 11:30 am. On your first visit please bring a care card for every family member.

**Lake Cowichan Food Bank:**

Box 1087 #105-205 South Shore Rd, Lake Cowichan, BC V0R 2G0

Phone: 250.709.7854 | Email: [cowichanlakefoodbank@gmail.com](mailto:cowichanlakefoodbank@gmail.com)

Website: [lake-cowichan-foodbank-society.business.site](http://lake-cowichan-foodbank-society.business.site)

or visit the Facebook page for Lake Cowichan Food Bank

Hampers are distributed on the second Wednesday of every month (except December) between 2:00 and 3:30 pm at 105-205 South Shore Road, Lake Cowichan.

You must pre-register at Community Services, 121 Point Ideal Road, by 4:00 pm the Monday before hamper day. Bring something with your current address and care cards for all family members living there.

**Meals on the Ground**

Duncan United Church, 246 Ingram Street, Duncan in Burns Hall

Phone: 250.710.0351

Email: [info@cgcf.ca](mailto:info@cgcf.ca) Website: <https://cgcf.ca/meals-on-the-ground>

Meals on the Ground is a grassroots program from The Cowichan Green Community Foundation that provides meals to those in the Cowichan Valley who need more food security in their lives. This program helps to meet the needs of the most food insecure and therefore the most vulnerable to ill health, people in the Cowichan Region. Meals are served on Mondays, Wednesdays, and Fridays at the Duncan United Church in Burns Hall. Doors open at 4:30 pm and meals are served at 5:00 pm.

All meals are made and donated by community members and groups. If interested in preparing a meal, please call, 250.710.0351.

**Nourish Cowichan Society:**

P.O. Box 595, 6177 Somenos Road, Duncan, BC, V9L 3X9

Phone: 250.597.7760

Email: [nourishcowichan@gmail.com](mailto:nourishcowichan@gmail.com)

Website: <https://www.nourishcowichan.ca/>

Nourish Cowichan is a society that provides nutritious breakfasts to school children of the Cowichan Valley, supporting them in reaching their full potential. Nourish works with schools in the community to ensure all children have access to healthy food.

**Salvation Army:**

280 Trans Canada Hwy, Duncan, BC, V9L 3P9

Phone: 250.746.7032 or 250.746.8669 for Family Services.

Website: <https://salvationarmy.ca/britishcolumbia>

The Salvation Army in Duncan runs a number of programs. They also run an emergency food program for people in need or who have used up their food bank hamper. An appointment must be made, and a meeting held with the Salvation Army to discuss eligibility. Every Christmas the Salvation Army runs a Christmas Hamper program supplying a hamper of food and toys to low-income families. Registrations must be in by the end of November and sign up changes year to year so if interested ask at the store location for sign up information. The Salvation Army is open Monday to Saturday from 9:30 am to 5:00 pm