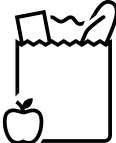



Duncan	
<p>Duncan Foodbank & Lunch Kitchen (Cowichan Valley Basket Society) 5810 Garden St, Duncan 250-746-1566 Email office@cvbs.ca Website www.cvbs.ca</p> 	<p>Coffee & snacks Monday-Friday 8:30am-3:50pm & Saturday 8:30am-3pm Hot or bagged lunches Monday to Friday 11am-3pm & Sat. 11am-2:30pm Sunday Sandwiches (& Stat holidays) 12-1pm by Sunday Sandwiches Easy-carry hamper every 14 days for unhoused people Choice Hamper Shopping: Monday to Friday 9:50am-12:30pm by appointment or drop-in - Saturday pickup by pre-order (call office to book) - Call to register a day or 2 ahead preferred if possible Drop-in pickup of bread, vegetables & fruit in the lobby, Mon-Friday 1-3:30pm</p>
<p>Cowichan Green Community (CGC) 2431 Beverly Street North Cowichan 250-748-8506 Email info@cowichangreencommunity.org Website cowichangreencommunity.org</p>	<p>Meals on Wheels: Hot supper Monday to Saturday delivered 4-5pm with frozen meal option for Sunday; \$10-\$12.50 per meal Cob Oven (Centennial Park) Tuesday & Thursday 11am-2pm for 18-30 years Farmers' Market Nutrition Coupon Program: Applications available at CGC Kin Park Pantry (5789 Alderlea St): Fruit, vegetables, bread, canned goods, personal health products; please take what you need, leave what you can Seniors Lunch 1st Wednesday monthly 10:45am at Trinity Church, 2704 James Street (use parking lot ramp access)</p>
<p>Hiyye'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 Monday 6-10:30am, Tues-Wed-Thurs 6-9:30am, Friday 6-10:30am Food package delivery and meals available depending on the program Perinatal & early years support through Healthiest Babies Possible & Early Years Program; contact LSjolie@hofduncan.org for more information.</p>
<p>No Worries Moms – Duncan Email no.worries.moms@gmail.com Website noworriesmoms.com</p>	<p>Provides requested food, medications (non-controlled), diapers, & personal hygiene products. Limited to 1 request per household per month. Facebook community members may provide extra support: https://www.facebook.com/groups/807639231352578</p>
<p>Meals on the Ground Duncan United Church, 246 Ingram St, Duncan email info@cgcf.ca</p>	<p>Hot dinner Monday, Wednesday & Friday 4:30-5pm, including Monday, Wednesday & Friday which fall on a statutory holiday</p>
<p>Nourish Cowichan & Cowichan School District Food Support Programs 250-597-7760 NourishCowichan.ca www.SD79.bc.ca</p>	<p>School Food Program Family Weekend Food Support Program Contact your school principal for more information</p> 
<p>Salvation Army Family Services 280 Trans-Canada Highway, Duncan 250-746-8669 ext. 102 Email rachel.anderson@salvationarmy.ca Website cowichanvalleysa.ca</p>	<p>Family Services including Emergency Food Hamper Monday to Friday 10am-3pm (walk-ins welcome) Street packs (non-perishable foods & water), Monday to Friday 10am-3pm</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 at 5pm, 3rd Sunday of the month at Duncan United Church, 246 Ingram St, Duncan Hot supper last Saturday of the month (except not in July or December), 930 Trunk Rd, Duncan</p>

Chemainus & Crofton	
<p>Chemainus Harvest House Society & Foodbank 9814 Willow St, Chemainus, BC V0R 1K0 Office 250-246-3455 or Cell 250-246-0338 Email office@chemainusharvesthouse.com Website chemainusharvesthouse.com Office hours Monday – Friday 9:30-11:30am</p>	<p>Chemainus Stop & Shop (9814 Willow St): Tuesday 3:30-5pm & Friday 11:30am-1:30pm; pre-ordered hamper pickup Tues 5pm-8pm Crofton Stop & Shop (1534 Joan Ave): Monday 10-11:30am Penelakut Youth Centre Stop & Shop: Tuesday 10am-12:30pm Thetis Island (Forbes Hall) Stop & Shop: Thursday @ noon Please call the office if you need after-hours pick up</p>
<p>Cowichan Neighbourhood House Association 9806 Willow St, Chemainus 250-246-3203 Email info@cnha.ca Website www.cnha.ca or www.facebook.com/CowichanNeighbourhoodHA</p>	<p>Free groceries & lunch: Monday to Friday, 10:30am-2:30pm</p>
<p>Food First Chemainus Located behind Harvest House, Chemainus Email Food.first.chemainus@gmail.com Website FoodFirstChemainus.wordpress.com</p>	<p>Community Gardens, Yard Share Program, Fruit Save Program, and Food Sustainability Workshops through the Cowichan Neighbourhood House Association (see above entry)</p>
Ladysmith	
<p>Ladysmith Family & Friends Resource Program (LaFF) 1110 - 1st Ave, Ladysmith 250-210-0870 Email admin@familyandfriends.ca www.familyandfriends.ca</p>	<p>Free food pantry and daily snacks for participants during programming</p>
<p>Ladysmith Meals on Wheels 250-245-5255 Email mow@lhca.ca</p>	<p>Hot lunch Mon/Wed/Fri, noon delivery, \$6 per meal Ladysmith Healthcare Auxiliary will pay for 3 meals per month with monthly orders</p>
<p>Ladysmith Resource Centre Association 630 2nd Ave, Ladysmith 250-245-3079 Email info@lrca.ca Website www.lrca.ca</p>	<p>Foodbank open Tues. 4-6pm, Wed. 9:30-11:30am & by appt on Thurs. 9:30-11:30am book at calendly.com/ladysmithfoodbank</p>
Lake Cowichan	
<p>Cowichan Lake Community Services Society 121 Point Ideal Drive, Lake Cowichan 250-749-6822 Email comserv@comserv.org Website www.comserv.org</p>	<p>Fresh produce Wednesday at 1pm Soup kitchen Monday & Thursday 12noon to 2pm at Lake Cowichan Christian Fellowship Church, 10 King George St</p>
<p>Lake Cowichan Food Bank Society 62 Fern Rd, Lake Cowichan 250-510-3663 Email cowichanlakefoodbank@gmail.com Website cowichanlake.ca/directory-classifieds/lake-cowichan-food-bank-society</p>	<p>Monthly food hamper 2nd Wednesday of each month 2-3:30pm Families with children will be contacted to arrange appointment for hamper pickup Tuesday 11am-12pm Pre-register at Cowichan Lake Community Services, 121 Point Ideal Drive</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 Web cmsfoodbank.org</p>	<p>Monthly food hamper Tuesday 9am-2pm & Thurs. 9-11am Proof of residence in Cobble Hill, Mill Bay or Shawnigan Lake is required</p>

[Volunteer Cowichan](#) connects people with volunteers who can help with grocery shopping and other essentials.

If you are in need or would like to volunteer, call 250-748-2133 or email vc@volunteercowichan.bc.ca