

# Cowichan Valley Area Food Resources

**Cowichan Valley Basket Society**

5810 Garden Street, Duncan 250.746.1566  
 Soup Kitchen - Open Monday to Saturday, 10:00am - 4:00pm  
 Emergency food hampers available one per family per month  
 Anyone in need of a hot meal will be served.  
 Food hampers once a month – Monday, Wednesday, Friday - 10:00am - 1:30pm  
 Volunteers are most welcome; however, you must be 18 or older

**CMS Food Bank Society**

2740 Lashburn Road, Mill Bay  
 250.743.5242  
 Hampers are available for families in Cobble Hill, Mill Bay & Shawnigan Lake on Tuesdays from 9:00am -2:00pm  
 Bread available Tuesdays  
 Bring ID for self and children

**Cowichan Good Food Box**

Good Food Boxes for \$10.00 at Providence Farm 250.746.4204 or for Cowichan Tribes members Ts’eWulhtun Health Centre 250.746.6184  
[www.providence.bc.ca/cfgfb.html](http://www.providence.bc.ca/cfgfb.html)

**Lake Cowichan Food Bank**

Box 1310, Lake Cowichan, 250-749-6822 (Cowichan Lake Community Services)  
 Hampers go out second Wednesday each month to anyone in need within the Lake Cowichan, Honeymoon Bay and Youbou region. Run through Cowichan Lake Community Services, where forms for hampers can be picked up. You must register two days in advance. Hampers are handed out between 1:00pm and 2:00pm. Volunteers are always needed and are most welcome

**Open Door**

447 Julian Street, 250.748.5588  
 Open to members of Duncan Mental Health & Addictions  
 Lunch on Fridays at Providence Farm

**Cowichan Community Kitchens**

Monthly sessions where kitchen members plan meals, shop & cook hot meals to take home. 250.748.2242 ext. 134  
[www.cowichancommunitykitchens.org](http://www.cowichancommunitykitchens.org)  
 250.748.2242 ext 5242

**Chemalnus Harvest House Food Bank**

9814 Willow Street (basement)  
 Chemainus, BC V0E 1B0  
 250.246.3455

**Salvation Army Duncan**

280 Trans Canada Highway, Duncan 250.746.7032 or for Family Services 250.746.8669  
 Every morning first come first served for anyone in need. Bread always available. Emergency food program for people who have already used their food bank hamper. An appointment must be made and a meeting held with the Salvation Army to discuss eligibility. Also, there is a Christmas Hamper program, supplying food and toys to low-income families. Please register in November from Monday to Saturday 9:30am to 5:00pm