

Free and Lower-Cost Food in Oceanside

Across The Region	
Elementary and Secondary Schools in Qualicum School District	All schools offer meals at no or very low cost. Subsidies are available if students are not able to purchase the food. Speak with the school principal. Schools also provide snacks (in addition to meals) as needed.
Manna Homeless Society 250-248-0845 Email: oceansidemanna@gmail.com Website: https://www.mannahomelessociety.com/	- The 'Manna Mobile' delivers needed provisions including groceries. Operating 365 days a year and covering the following areas: Nanoose Bay, Parksville, Errington, Coombs, Whiskey Creek, Hilliers, Qualicum Beach, Qualicum Bay and Bowser. - Manna Wednesdays: offers an opportunity to stock up on weekend groceries at the Salvation Army Soup Kitchen on Wednesdays from 11:00am to 1:00pm at Mt. Arrowsmith Salvation Army Community Church, 187 Alberni Hwy, Parksville.
Tina, Community Outreach & Connection in Oceanside Services 250-228-7877	Provides meals, a snack bin, pantry items, and produce from her minivan. Thursdays and Sundays at 4pm at the empty lot behind the McDonalds in Parksville. Afterwards on Thursdays and Sundays at the Smithers RV community in Errington. Also, mobile elsewhere in the region.
Arrowsmith	
The Bradley Centre 975 Shearme Road, Coombs 250-248-2336 Email: thebradleycentrebookings@gmail.com Website: https://www.thebradleycentre.com/assistance	- Connections Cafe: Thursdays, 11am-1pm \$2 for soup and coffee. Membership required. - Sharing Table: Free food. Take what you need, leave what you can. Thursdays, 11am-1pm. Open to the public (no registration required). - Farmers Market Nutrition Coupon Program. Runs June – October. For eligible members.

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Arrowsmith	
Oceanside Community Church 1420 Alberni Hwy, Errington For Good Food Box Program Registration: nanaimogoodfoodbox.com	Distribution point for the Nanaimo Foodshare's Good Food Box. A bag of fresh fruit and vegetables once a week at a reduced cost of \$15. Subsidized bags are sometimes available and added proteins/items often gifted at pick up. Pick-up: Thursday from 2:30pm to 4:00pm. Registration required.
Nanoose Bay	
Nanoose Community Services 250-468-9888 Email: hello@nanoosecommunityservices.org Website: nanoosecommunityservices.org	Monthly support provided to help local households access food. This includes grocery gift cards and, when available, fresh produce. Registration required.
Parksville	
DayHomes Society 778-674-0535 Email: Oceansidedayhomes@gmail.com Website: dayhomes.org	Provides 10 meals- first come, first served. Sundays at 1pm. In the parking lot of the Arbutus Grove Church, 170 Hirst Ave West. Free.
Good Food Box by Nanaimo Food Share Website: nanaimogoodfoodbox.com	Get a bag of 7-9 fresh fruit and vegetables once a week at a cost of \$15. Order online and pickup at Oceanside Church Thursdays 2pm-4:30pm. Delivery is available on a limited basis within Parksville to people who are unable to pick up in person. Deliveries happen Thursdays between 10am - 4:00pm. Registration required.
Knox United Church 345 Pym St 250-248-3927 Website: www.kucparksville.ca	• The Gathering Place: Lunch on Tuesdays September – June. Free or low cost. • Mini Food Bank: Available during the Gathering Place. Free. • Food Vouchers: May be available during The Gathering Place. Free.

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Parksville	
Mt. Arrowsmith Salvation Army Community Church 187 Alberni Hwy 250-954-0707 Email: mountarrowsmith.pqbadmin@salvationarmy.ca Website: https://parksvillesalvationarmy.ca/services/soup-kitchen/	Soup Kitchen: Mondays, Tuesdays, Wednesdays and Fridays from 11:00am - 1:00pm. \$4 requested donation.
PQB Fruit Tree Project 133 McMillan Street 250-240-3564 Email: pqbfruit@gmail.com Website: pqbfruit.org	• MAC Community Garden. Take/pick vegetables/fruit. Daily. Free. • Community Pantry. Leave what you can, take what you need. At the MAC Community Garden. Free. • Fruit Tree Gleaning. 1/3 of the fruit that is picked goes to the homeowner, if desired, 1/3 to the volunteers, and 1/3 is distributed from the community garden and pantry. Free.
Parksville Community Centre 223 Mills St 250-248-6234 Email: Info@parksvillecentre.ca Website: www.parksvillecommunitycentre.ca	Lunch at the Centre. Menu changes weekly. Most Wednesdays, 11:30am-1pm. \$10. Must pre-pay on the Monday of the same week.

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Parksville	
SOS (Society of Organized Services) 245 Hirst Avenue West 250-248-2093 Website: sosd69.com	• Meals on Wheels: Delivered at lunchtime on Mondays, Wednesdays and Fridays. \$14. Subsidies may be available. Registration required. • Emergency Assistance: Grocery vouchers may be available to low-income individuals during times of crisis. Intake appointment required. All Child, Youth, and Family programming includes food. Examples include: • Family Night: Dinner provided. Tuesdays 4:30 - 7:00pm. Free. Registration required. • TICTAC: Snacks provided to participating parents and children. Parksville: Mondays 9:30-11:30am; Tuesdays and Thursdays 9:00-11:00am. Qualicum Bay: Wednesdays 9:30-11:30am. Free. Registration required. • Kids Movement: For children in grades 4, 5, 6. Snacks provided. Thursdays 3:00-5:30pm. Free. Registration required. • School Night Out: For youth in grades 7 & 8. Dinner provided. Mondays 3:30-7pm. Free. Registration required. • Youth Open Space: For youth in grades 9 – 12. Dinner provided. Wednesdays 3:30-7pm. Also one Wednesday per month in Qualicum Beach. Free. Registration required.

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Parksville	
Salvation Army Food Bank 886 Wembly Road 250-248-8793 Email: mountarrowsmith.pqbadmin@salvationarmy.ca Website: http://parksvillesalvationarmy.ca/services/food-bank	• Food Bank: Clients are welcomed by appointment once per month. Mondays, Tuesdays, Thursdays from 8:30am-3:30pm. Wednesdays & Fridays between 8:30am – 11:30am. Free. Registration required. • Community Table: Fresh produce. Wednesdays & Fridays 8:30am-11:30am. Free. No registration required. • Free Shelf: Non-perishable items. Available Monday – Friday during Food Bank hours. For registered clients. • Emergency food hampers: Available to first-time clients needing urgent assistance. Registration required.
Qualicum Beach	
St. Stephens Church 150 Village Way Website: https://www.ststephensucqualicum.ca/	• Thursday Lunch: Weekly lunches available for the community and high school students. Thursdays 11:30am-1:00pm. Free. No registration required. • Take out lunches provided to outreach workers to distribute to homeless and unhoused. Free. • Monthly Sit-Down Dinner: 3rd Tuesday of each month at 5:00pm-6:30pm. Free.

To update the resource: Kimberley Toonders, Food and Nutrition, Island Health at kimberley.toonders@islandhealth.ca