



Meals

Food Banks

Food hampers of mostly non-perishable foods are provided to those in need. Identification, proof of address and proof of income may be required.

Goldstream Food Bank 250-474-4443

761 Station Street
Victoria, BC V9B 2S1
Open Tuesdays and Wednesdays from 9:30 a.m. to 2:30 p.m. Closed the last week of the month. Limited to 1 visit per month.
www.foodbank.islandnet.com

Mustard Seed 250-953-1575

625 Queens Avenue
Victoria, BC V8T 1L9
Open Monday to Friday from 9 a.m. to 1:45 p.m. Limited to 1 visit per month. Food Bank drop in is closed on statutory holidays.
www.mustardseed.ca

Salt Spring Community Services 250-537-9971

268 Fulford-Ganges Road
Salt Spring Island, BC V8K 2K6
Weekly distribution every Tuesday from 10:30 a.m. to 4 p.m.
www.saltspringcommunityservices.ca

Salvation Army 250-386-8521

2695 Quadra Street
Victoria, BC V8T 4E3
Open Monday to Friday from 9 a.m. to 11:45 a.m. and 1 p.m. to 4 p.m. For emergency only, limited to 3 visits per year. Wheelchair accessible.
www.sashcf.ca

Sidney Lions 250-655-0679

9586 Fifth Street
Sidney, BC V8L 3S8
Open Monday, Wednesday, and Friday from 9 a.m. to 12 noon. Closed the last week of the month. Limited to 1 visit per month.
www.sidneyfoodbank.com

Sooke Food Bank Society 250-642-7666

Sooke Community Hall
2037 Sheilds Road
Sooke, BC V9Z 1E7
Open between 9:30 a.m. and 3 p.m. on the first 3 Thursdays of the month.

Grocery Shopping & Delivery by Phone

Sendial 250-544-1234

A shopping and home delivery service is offered by Thrifty Foods. Dedicated volunteers take and shop customer orders. A volunteer calls weekly to take your order. The next business day, a volunteer shops your order. Thrifty Foods then sends it out for delivery on a refrigerated truck. A \$5 fee is charged for this service.
www.thriftyfoods.com/sendial

TIP!

Local grocery stores may offer shopping and delivery services in your area. Check with the store in your neighborhood.

Meals

Meals – Dining Out

Meals prepared and served in the community for seniors. Please call ahead for the time, cost, availability, and membership requirements.

Beckley Farm Lodge **250-381-4421**
530 Simcoe Street
Victoria, BC V8V 4W4

Church of Our Lord **250-383-8915**
626 Blanshard Street
Victoria, BC V8W 3G6

Esquimalt Recreation Centre
50+ Lunch Program **250-412-8500**
527 Fraser Street
Victoria, BC V9A 6H6

Fernwood Community Centre
Autumn Glow Society **250-381-1552**
1240 Gladstone Avenue
Victoria, BC V8T 1G6

James Bay
Community Project **250-388-7844**
547 Michigan Street
Victoria, BC V8V 1S5

James Bay Community
School Centre **250-389-1470**
140 Oswego Street
Victoria, BC V8V 2B1

Juan de Fuca 55+
Activity Centre **250-474-8618**
1767 Island Highway
Victoria, BC V9B 1J1

Monterey Centre
Seniors' Activity Centre **250-370-7300**
1442 Monterey Avenue
Victoria, BC V8S 4W1

Saanich Silver Threads **250-382-3151**
286 Hampton Road
Victoria, BC V8Z 1H1

Sooke Seniors'
Drop-In Centre **250-664-6612**
Sooke Community Hall
PO Box 1004
Sooke, BC V9Z 1J1

Meal Preparation and Delivery – Dining In

Better Meals **1-888-838-1888**
5742 Beresford Street
Burnaby, BC V5J 1J1
Home delivered freezer-to-table meals. 3 course dinner for \$6.75. Also available diabetic, bland low sodium and pureed diet menus. Free weekly delivery with minimum order of \$30. Better Meals is a registered service provider of Veterans Independent Program.
www.bettermeals.ca

Casalinga Food
Services **1-855-768-1994**
7624 Winston Street
Burnaby, BC V5A 2H4
Home delivered meals, heat and serve. Special orders from \$4.50. Free delivery for orders over \$40.00. Delivery every second Monday. VAC Health ID Cards accepted.
www.casalingafoods.com

Dine In Victoria **250-361-3463**

Delivers dinner to your door from some of the best restaurants in town. Place your order at the number above, not the restaurant. Menus available online.

www.dineinvictoria.com

Meals on Wheels **250-537-5561**

Salt Spring Island **ext. 233**

Meals on Wheels delivers a hot meal between 12 noon and 2 p.m. \$6.25 per meal. Monday to Friday. Extra meals are available.



Medical Equipment and Supplies

Businesses offering a variety of equipment and supplies.

Aids for Hearing

TELUS Message Relay for the Deaf. For Tele Typewriter (TTY) users calling a standard telephone user, dial **711**. For standard telephone users to communicate with a Tele Typewriter (TTY) user, dial **1-800-855-0511**.

Island Deaf and Hard of Hearing Centre **250-592-8144**

201 - 754 Broughton Street

Victoria, BC V8W 1E1

Provides no cost hearing assessment and provision of refurbished hearing aids for low-income individuals, unbiased hearing information and supply of assistive devices to assist individuals with hearing loss at home or work. Provides aural rehabilitation and counselling support to better understand and cope with hearing loss; hearing loss support group(s) and speechreading classes.

www.idhhc.ca

Western Institute for the Deaf and Hard of Hearing **1-888-736-7391**

2125 West 7th Avenue

Vancouver, BC V6K 1X9

Provides special equipment for the hearing impaired.

www.widhh.ca