

Tenant/Landlord Dispute Resolution

Residential Tenancy Branch 250-387-1602

Provides information to tenants and landlords about their responsibilities and rights. This BC Government branch also helps to resolve disputes.
www.gov.bc.ca/landlordtenant

Tenant Resource and Advisory Centre (TRAC) 1-800-665-1185

The Tenants' Rights Action Coalition provides information for tenants.
www.tenants.bc.ca

Together Against Poverty Society 250-361-3521

302-895 Fort Street
Victoria, BC V8W 1H7
Provides free face-to-face legal advocacy for people with income assistance, provincial disability benefits, employment standards and tenancy issues. Provides income tax preparation on Thursdays. Community Public Legal Education sessions available upon request.
www.tapsbc.ca



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

Food Banks

Food Bank at St. John's 250-383-7169

1161 Quadra Street
Victoria, BC V8W 2L5
Open Tuesdays and Fridays from 10 a.m. to 12 noon. Limited to one visit every 30 days.
www.stjohnthedivine.bc.ca

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. Open the first 3 weeks of the month. Limited to 1 visit per month.
www.goldstreamfoodbank.islandwebhosting.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 except in case of emergencies.
www.mustardseed.ca

**St. Vincent de Paul
Social Concern Office** **250-382-0712**
833 Yates Street
Victoria, BC V8W 2K6
Open Monday to Friday from 8:30 a.m. to 4 p.m.
Closed for lunch from 12 noon to 1 p.m. Limited
to 1 visit every 30 days.
www.vdpvictoria.com

**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

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.

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
Runs from October to the end of May.

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

Galiano Community Food Program
South Community Hall **250-539-2175**
141 Sturdies Bay Road
Galiano Island, BC V0N 1P0
Frozen meals are available for purchase at \$5
each.

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

Meals

Pender Island Wheels to Meals Senior Luncheon 250-629-3346

4703 Canal Road
Pender Island, BC V8Z 1H1
www.penderislandhealth.ca

Silver Threads Service Saanich Centre 250-382-3151

286 Hampton Road
Victoria, BC V8Z 1H1

SHOAL Community Centre 250-656-5537

10030 Resthaven Drive
Sidney, BC V8L 3G4

Meal Preparation and Delivery – Dining In

Better Meals 1-888-838-1888

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

Home delivered meals, heat and serve. Special orders from \$5.00. Free delivery for orders over \$40.00. Delivery to Victoria once a month. VAC Health ID Cards accepted.

www.casalingafoods.com

Therapeutic Meals 250-415-5444

Provides and delivers meals and nutrition solutions provided by a registered dietitian. Free delivery for orders over \$40.00. Weekly home delivered meals, heat and serve. VAC Health ID Cards accepted.

www.therapeuticmeals.com

Meals on Wheels Pender Island 250-629-3346

Meals on Wheels delivers a hot meal on Monday, Wednesday and Friday. Additional meals can be ordered. Costs vary up to \$10 per meal.

Meals on Wheels Salt Spring Island 250-537-5561 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.

Meals on Wheels Sooke 250-642-5003

Meals on Wheels delivers a hot meal to Sooke residents on Monday, Wednesday and Friday. \$6 per meal.

Shopping & Grocery Delivery by Phone

Sendial 250-544-1234 press #2

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 in 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.