

Information and Resources to Keep You and Your Family Healthy

Here's a list of groups providing food for individuals and families across the Western Communities. If you're needing more help with getting food for you or your family, please feel free to send us an email at info@sd62.bc.ca. We're here to help!

Looking for other information on housing, COVID-19, mental health, financial support and more? Check out the list of community services on the Sooke School District website at: <https://www.sd62.bc.ca/covid-19/resources-parents>.

Agency / Group	What is offered and when	Address	Contact Information
Goldstream Food Bank	The first three Tues & Weds of the month from 9:30 - 2:30pm	761 Station Ave, Langford	goldstreamfoodbank@gmail.com (250) 474-4443
Living Edge Neighbourhood Market	Every Friday from noon to 1:00pm	679 Goldstream Ave, Langford	deborah@livingedge.ngo (250) 383-8915
Pacheedaht First Nation	Pacheedaht Health Department provides support to 150 community members	350 Kalaid St, Port Renfrew	(250) 647-0065
Sooke Food Bank	Families can call to book deliveries	N/A	https://www.facebook.com/sookefoodbank/ For daily updates call (250) 642-7666
Sooke Meals on Wheels	Monday, Wednesday and Fridays - \$6/meal	N/A	https://www.sookeregionvolunteers.org/sooke-meals-wheels