



## More services and information:

Eating Well with Canada's Food Guide

Eating Well with Canada's Food Guide  
- First Nations, Inuit and Métis

Canada's Food Guide basics

Choosing healthy foods

Eat Well Plate

My Food Guide

Canada's Food Guide labelling  
and advertising information

Check out:

<https://www.canada.ca/en/health-canada/services/canada-food-guides.html>

Produced by the **Alberni Valley Community Stakeholders Initiative to End Homelessness**

For more information or updates, please contact Project Coordinator Terry Deakin:

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**Where to get food supports  
in the Alberni Valley**

- Low income family guide

ORGANIZATION	PHONE	FOOD SERVICE	LOCATION	TIME & DATE
CMHA	250.735.0881	Small food hampers	3178 2 <sup>nd</sup> Avenue	Monday to Wednesday; 10am-3pm drop in or by Appt.
ACAWS	250.724.7111	Snacks, various food products Some available by donation	3082 3 <sup>rd</sup> Avenue	Monday to Friday First come, first serve
OVERDOSE PREVENTION SITE	778.419.0016	Various food products	3699 3 <sup>rd</sup> Avenue	Monday to Thursday; 12pm First come, first serve
KUU-US CRISIS LINE	250.723.4050	Hot meals & hampers	4589 Adelaide St, in the back	Saturdays; 5:30-7pm
		Food hampers, hygiene products, and clothing items	Parking lot of Quality Foods, PA Friendship Centre, and Echo Centre	Sundays; 5-6:15pm
SALVATION ARMY	250.723.6913	Food Bank, Milk for kids, and Good Food Box Program (cost will apply)	4835 Argyle Street	Food Bank by appointment only on Tue. & Wed. Milk for kids on Thu. Good Food Box Program, 2 <sup>nd</sup> Wed. of the month. Emergency Food Needs - Ext. 230
GRACE POINT CHURCH	250.735.1754	Community Dinner	3072 4 <sup>th</sup> Avenue	Tuesdays; 4:30pm-7pm
		Non-perishable food hamper		One per month, per household
JERICO ROAD CHURCH	250.723.2328	Snacks/meal for those who attend their Addictions Recovery session	5100 Tebo Avenue	Thursdays; 5pm
PA FRIENDSHIP CENTRE	250.723.8281	Community Dinner	3555 4 <sup>th</sup> Avenue	2 <sup>nd</sup> Wed. ( <i>or Thurs.</i> ) of every month at 4:30pm
		Elder's Luncheon		3 <sup>rd</sup> Wed. ( <i>or Thurs.</i> ) of every month at 12pm
BREAD OF LIFE SOCIETY	250.723.4049	Breakfast, 8:30am Dinner, 11:30am Giveaway Table, 10:30am	3130 3 <sup>rd</sup> Avenue	Monday to Friday; first come, first serve
TSESHAHT FIRST NATION	250.724.1225	Food hampers	5091 Tsuma-as Drive	Holiday season
MEALS ON WHEELS	250.730.0390	Three meals per week minimum Meals provided by RimRock Casino (cost will apply) It includes one entrée, rice or potatoes, one vegetable, soup or salad, and one dessert	Volunteer delivery service to home	Tuesday-Saturday; 4pm-5pm  If request for meals during days offered don't run, put in one by Friday.