# Free and Lower-Cost Food in Oceanside

| Across The Region | |
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| **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.<br>Schools also provide snacks (in addition to meals) as needed. |
| **Manna Homeless Society**<br>250-248-0845<br>Email: oceansidemanna@gmail.com<br>Website: https://www.mannahomelesssociety.com/ | • The 'Manna Mobile' delivers emergency provisions including non-perishable food items, toiletries, and gift cards - focusing on families & seniors. Operating 365 days a year. Covering the following: Nanoose Bay, Parksville, Errington, Coombs, Whiskey Creek, Hilliers, Qualicum Beach, Qualicum Bay & Bowser.<br>• Manna Saturdays: Beverages and food to share on-site, as well as some non-perishable food items to take away. Saturdays from 10:00am to 12:00 noon. Parking lot of St Edmund's Anglican Church, 407 Wembley Rd, Parksville. |
| **Oceanside Family Program Society**<br>Email: oceansidefamilyprogram@gmail.com | Provides basic necessities, such as baby and family supplies, diapers, formula, food, hygiene, and basic groceries to families in need experiencing financial hardship via a free store accessed seven days and evenings a week. Registration required. Access available 48 hours after registration. |
| **Oceanside Outreach Society**<br>Email: oceansideoutreachsociety@gmail.com<br>Facebook: Oceanside Outreach Society | All services free & require no registration (no barriers or paperwork).<br>• Flexible, mobile services providing: meals, pantry items, produce, gift cards, hygiene products, bedding, first aid, harm reduction, emergency provisions, and household items.<br>• Grocery hampers and/or grocery gift cards may be arranged for those experiencing financial hardship.<br>• Free picnic. Thursdays and Sundays at 4pm at Parksville Community Park. |



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| **Arrowsmith** | |
| **The Bradley Centre**<br>975 Shearme Road, Coombs<br>250-248-2336<br>Email: thebradleycentrebookings@gmail.com<br>Website:<br>https://www.thebradleycentre.com/assistance | • Connections Cafe: Thursdays, 11am-1pm $2 for soup and coffee. Open to the public (no registration required).<br>• Sharing Table: Free food. Take what you need, leave what you can. Thursdays, 11am-1pm. Open to the public (no registration required).<br>• Farmers Market Nutrition Coupon Program. Runs June – October. For eligible low-income older adults, pregnant peoples, and/or families with children under 19. |
| **Oceanside Community Church**<br>1420 Alberni Hwy, Errington<br><br>For Good Food Box Program Registration:<br>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**<br>250-468-9888<br>Email: hello@nanoosecommunityservices.org<br>Website: nanoosecommunityservices.org | Monthly support provided to help local households access food. Includes grocery gift cards, bags of fresh produce (Nanaimo FoodShare), eggs, and non-perishable items (Loaves and Fishes). Registration required. |
| **Parksville** | |
| **DayHomes Society**<br>778-674-0535<br>Email: Oceansidedayhomes@gmail.com<br>Website: dayhomes.org | Provides up to 20 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 Foodshare**<br>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 11am - 2:00pm. Registration required. |

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| Parksville | |
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| **Knox United Church**<br>345 Pym St<br>250-248-3927<br>Website: www.kucparksville.ca | • The Gathering Place: Lunch on Tuesdays September – June. Pay what you can.<br>• Mini Food Bank: Available during the Gathering Place. Free.<br>• Food Vouchers: May be available during The Gathering Place. Free. |
| **Mt. Arrowsmith Salvation Army Community Church**<br>187 Alberni Hwy<br>250-954-0707<br>Email: mountarrowsmith.pqbadmin@salvationarmy.ca<br>Website: https://parksvillesalvationarmy.ca/services/soup-kitchen/ | Soup Kitchen: Mondays, Tuesdays, Wednesdays and Fridays from 11:00am - 1:00pm. $4 suggested donation. |
| **PQB Fruit Tree Project**<br>133 McMillan Street<br>250-240-3564<br>Email: pqbfruit@gmail.com<br>Website: pqbfruit.org | • MAC Community Garden. Take/pick vegetables/fruit. Daily. Free.<br>• Community Pantry. Leave what you can, take what you need. At the MAC Community Garden. Free.<br>• 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**<br>223 Mills St<br>250-248-6234<br>Email: Info@parksvillecentre.ca<br>Website: www.parksvillecommunitycentre.ca | Lunch at the Centre is on hold. Potential to re-start in late Fall, 2026. Contact the Centre for updated information. |

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| Parksville | |
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| **SOS (Society of Organized Services**)<br>245 Hirst Avenue West<br>250-248-2093<br>Website: sosd69.com | • Meals on Wheels: Delivered late mornings on Mondays, Wednesdays and Fridays. $14 per meal. Subsidies may be available. Registration required.<br>• Emergency Assistance: Financial assistance with groceries may be available for low-income individuals, seniors & families during times of crisis. Intake appointment required.<br>All Child, Youth, and Family programming includes food. Examples include:<br>• Family Night: Dinner provided. Tuesdays 4:30 - 7:00pm. Free. Registration required.<br>• 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.<br>• Kids Movement: For children in grades 4, 5, 6. Snacks provided. Thursdays 3:00-5:30pm. Free. Registration required.<br>• School Night Out: For youth in grades 7 & 8. Dinner provided. Mondays 3:30-7pm. Free. Registration required.<br>• 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 | |
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| **Salvation Army Food Bank**<br>886 Wembly Road<br>250-248-8793<br>Email:<br>mountarrowsmith.pqbadmin@salvationarmy.ca<br>Website:<br>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.<br>• Community Table: Fresh produce. Wednesdays & Fridays 8:30am-11:30am. Free. No registration required.<br>• Free Shelf: Non-perishable items. Available Monday – Friday during Food Bank hours. For registered clients.<br>• Emergency food hampers: Available to first-time clients needing urgent assistance. Registration required. |
| **Qualicum Beach** | |
| **St. Stephens Church**<br>150 Village Way<br>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.<br>• Take out lunches provided to outreach workers to distribute to homeless and unhoused. Free.<br>• Monthly Sit-Down Dinner: 3rd Tuesday of each month at 5:00pm-6:30pm. Free. |

To update the resource: Kaley Ruel, Public Health Dietitian, Island Health at kaley.ruel@islandhealth.ca



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