

## Quick Reference Food Security Guide for Families

### ➤ [Living Edge Markets](#)

All week FREE, fresh groceries to anyone who needs them. All are welcome – no ID or registration required. Markets located throughout Greater Victoria.

### ➤ [Coalition of Neighbourhood Houses](#)

Neighbourhood Houses provide a variety of neighbourhood-based programs and resources including access to community meals and food and nutrition support.

- [Burnside Gorge Community Association](#)
- [Fairfeild Gonzales Community Association](#)
- [Fernwood Neighbourhood Resource Group \(NRG\)](#)
- [James Bay Community Project](#)
- [Oaklands Community Association](#)
- [Quadra Village Community Centre](#)
- [Saanich Neighbourhood Place](#)

### ➤ [1UP Victoria Single Parent Recourse Centre](#)

Market Day - Wednesdays 11 am – 1pm @ Fairfield Community Centre

### ➤ [James Bay Community School Centre](#)

Wednesdays -Community Dinners

### ➤ [The Mustard Seed Food Bank and Food Security](#)

Providing many diverse programs to feed emotional, mental, relational, spiritual, and physical hunger. Food Bank Hours 10am – 1:30pm Monday to Friday

### ➤ [North Park Neighbourhood Association](#)

Weekly Grocery Hamper Program

### ➤ [Rainbow Kitchen](#)

Rainbow Kitchen are experts in food security. From daily hot meals and grab-and-go pantry items to supporting local schools and other not-for-profit's with their food needs. Hot Meals Weekdays starting at 8:30 am until supplies last ( vegetarian options available)