

RESOURCE GUIDE:

FINANCIAL AND FOOD

SECURITY.

FINANCIAL

- **UVic Emergency Loan Funding**
 - <https://www.uvic.ca/safa/loans-grants/emergency-loan-funding/index.php>
- **Vic Mutual Aid**
 - <https://www.instagram.com/vicmutualaid/>
- **UVic Chair in Transgender Studies – Scholarship**
 - <https://www.uvic.ca/research/transchair/what-we-do/apply/index.php>
- **Scholarships for Queer Learners**
 - <https://www.whatsonqueerbc.com/woq-bc-stories/scholarships-and-financial-aid-opportunities-for-lgbtq>

FOOD

Free Meals:

- **Community Cabbage**
 - Usually on UVic campus.
 - Free Meals and Produce: Rescued food given away throughout the semester.
 - Follow @community_cabbage on Instagram for times.
 - <https://uviccommunitycabbage.wordpress.com/>
- **The Soup Kitchen**
 - Monday-Friday, 8am-10am.
 - 740 View St.
 - <https://www.thesoupkitchen.ca/>

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Free Meals:

- **Fernwood NRG**
 - Monday, 5:30pm–6:45pm.
 - 1240 Gladstone Ave.
 - <https://fernwoodnrg.ca/>
- **Food Not Bombs**
 - Sunday, 4pm.
 - Centennial Square.
 - https://www.instagram.com/foodnotbombs_vic/
- **Rainbow Kitchen**
 - Breakfast: Weekdays, 7:30am–8:30am.
 - Lunch: Everyday, 11:30am–1pm.
 - 500 Admirals Rd.
- **Red Cedar Café**
 - Fridays, 10am–12pm.
 - Offers baked goods and groceries.
 - Frozen meal program, pay what you can.
 - Free meal delivery service program.
 - 1900 Douglas St.
 - <https://www.redcedarcafe.ca/>
- **Sanctuary Youth Centre**
 - Dinner, 4pm–8pm.
 - Restricted to youth ages 14–22.
 - 676 Humboldt St.
 - <https://www.sanctuaryyouth.org/>
- **James Bay United Church**
 - Thursdays, 1pm–2:30pm.
 - Includes small food pantry.
 - 511 Michigan St.
 - <https://www.jamesbayunited.com/ministries-and-programs/children-and-youth>

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Free Groceries:

- **Oakland Community Association**
 - 1-2827 Belmont Ave
 - Food pantry: 4th Sunday of every month (sign up to join waitlist) th
 - Community Dinner: 4 Sunday of every month 5PM, call ahead to reserve.
 - Must live in Oaklands
- **Shelbourne Community Kitchen**
 - 101-3787 Cedar Hill Rd
 - Pantry: Tuesdays 4-7PM, Wednesdays, and Thursdays, 10AM-1PM
- **The Mustard Seed**
 - 625 Queens Ave
 - Lunch: Monday-Saturday 12PM-1PM
 - Breakfast/Dinner: Varies each month, check website for details
 - Food Bank: Monday-Friday 9AM-1PM
 - <https://mustardseed.ca/>
- **North Park Neighborhood Assoc.**
 - 932 Balmoral
 - Grocery Hamper: Every Thursday 11AM-12PM (must sign up first)
 - <https://npna.ca/>
- **UVSS Food Bank**
 - 3800 Finnerty Rd (Basement of SUB Room B005)
 - Food Bank: Tuesday-Friday (hours change per semester)
 - Must be a UVic student
 - <https://uvss.ca/foodbank/>
- **Saanich Peninsula Lions**
 - 9586 Fifth St
 - Food Bank: Mondays, Wednesdays, and Fridays 9AM-12PM
 - Extra Produce Distribution: Tuesdays and Thursdays 9AM-12PM
 - <https://splfoodbank.com/>

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Free Groceries:

- Camosun College Student Society
 - Both Campuses
 - Food Bank: Located at the Fischer Building and the Campus Centre Building.
 - Must be a Camosun College Student.
 - <https://camosunstudent.org/services/foodbank/>
- Living Edge
 - Multiple Locations Across CRD
 - Free Markets: Refer to website for location and time
 - <https://livingedge.ngo/>
- Cook St Community Centre
 - 380 Cook St
 - Free Food Distribution: Tuesdays and Fridays 11AM
 - <https://cookstreetvillageactivitycentre.com/food-services/>
- Community Food Support Delivery
 - Hamper Program: Free monthly delivery of groceries, sign up on the 20th of each month.
 - <https://communityfoodsupport.wordpress.com/>
- Fairfield Gonzales Community
 - 1330 Fairfield Rd Outdoor
 - Food Pantry: 24/7 free pantry with non-perishable items outside main building.
 - Market Shop: Thursdays 5–5:30PM
 - <https://fgca.ca/>

The Pride Collective extends a special thank you to the UVic Campus Community Garden for helping to prepare these resources!

“The CCG is an affiliate group of the UVic Students Society and is funded almost entirely by undergraduate student fees. We manage an urban agriculture and permaculture space on campus, host free educational workshops and fun events, and rent out plots, ~10 of which are managed by staff and dedicated to growing food to be donated to the UVSS food bank.”

<https://www.ccgardenuvic.ca/>