

Nanaimo

Food Resources

PAN

POVERTY
ADVOCACY
NANAIMO

**Loaves and
Fishes Food
Bank: Free food
available at
depots with no
income info
needed.**

**The school
district offers
support to
families. Speak
to your school
principal.**

**St Paul
Anglican
Church Food
Ministry: Hand
out grocery
gift cards 3rd
Tues of every
month.**

**Nanaimo
Foodshare Good
Food Bag: Fresh
fruit and
vegetables
available on a
sliding scale fee
weekly.**

**Society of Saint
Vincent de Paul:
Offers grocery
gift cards.
Call 250-753-
8500. Clients can
receive the
benefit once
every 3 months.**

www.panainaimo.ca