

Funded By:



*The Alberni Valley
Community Foundation*



Please note...

We encourage you to utilize the listed resources to access food.

Some of these programs require sign-up (*) or registration in advance.

Please contact the individual organization to ensure full access and up to date information regarding their offerings.

Created By:



*Nourishing the Valley,
Sustaining our
Community.*

Community Food Offerings

Various contacts,
programs, and support are
available throughout the
Alberni Valley

www.avfood.ca

info@avfood.ca

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June 2025

Organization	Contact Information	General Food Offerings	Location	Day and Time
Bread of Life Centre	250-723-4049	Daily - First come, first served meals and snacks while providing space for all to feel safe and welcome	3130 3rd Avenue	9:00-10:30am Breakfast 12:00-1:30 Lunch 5:00-6:30pm Dinner
CMHA - Canadian Mental Health Association	250-724-7199	Daily lunch for Clubhouse members and guests (\$3) subsidized frozen meal program three times per week *	3178 2nd Avenue	Monday - Friday Lunch served at noon
Port Alberni Shelter Society (overdose prevention site)	250-723-6511 ext. 114	First come, first serve food available via food truck; Surplus food distribution; Seasonal produce from Shelter Farm	3699 3rd Avenue	Mon, Tues, Thurs, Sat, & Sun 1:00pm
Meals on Wheels	250-730-0390	Offering delivery meals at an affordable cost per meal. All eligible and welcome *	Mobile	Tuesday - Saturday Between 3:45-5pm
Sage Haven Society Drop-In Centre	250-736-0705	Coffee, tea, water and snacks when available	3082 3rd Avenue	Monday - Friday 9-11:30am & 12:30-3:30pm
Salvation Army Community Coffee	250-723-6913	Coffee, snacks, and fellowship	4835 Argyle Street Front Lobby	Wednesday 10:00am - Noon
Salvation Army Community Food Bank	250-723-6913	Access to food bank provisions with appointment and identification *	4835 Argyle Street	Tuesday, Wednesday, Thursday 11:00am-3:00pm
Wesco Food Society	250-735-6542	Free local food supplements are found outside the store	2960 3rd Avenue	Tuesday - Saturday 10am - 5pm
First Nations Offerings				
KUU-US Crisis Line Society	250-723-2323 ext. 337	Small food hampers available for pick up via walkin at office Family hampers available every two weeks via intake	4589 Adelaide Street	Monday - Friday 11:00am-3:00pm Phone and leave contact information
Port Alberni Friendship Center	250-723-8281	Family Gatherings Dinner (registration encouraged) * Elders Luncheon	3555 4th Avenue	Every other Thursday 4:30pm-6pm Last Monday of every month at noon
NTC Health Department	250-724-3939	Coffee, tea, and water	4841 Redford Street	Monday - Friday 8:30am-4:30pm
Child & Youth Focused Offerings				
ADAPS - Alberni Drug & Alcohol Prevention Service	250-724-6166	Youth under 19 can access food bags	3242 7th Avenue 3819 9 th Avenue	Gyro Youth Centre Fridays 6- 10pm ADAPS: Wednesdays
Port Alberni Backpack Program	250-735-7211	Provides elementary students and their families, who are in need, with food for weekend *	United Church, pick up at your child's school	Distributed Thursdays during the school year
Salvation Army After the Bell	250-723-6913	Provides a variety of healthy foods (typically granola bars, cereal, crackers)*	4835 Argyle Street	Twice Weekly Summer Months
Salvation Army Breakfast Program	250-723-6913	Provides fresh fruit, milk, single-serve cheese and yogurt tube*	4835 Argyle Street	Twice Weekly Summer Months
Salvation Army Milk for Kids	250-723-6913	One litre of milk a week per child *	4835 Argyle Street	While supplies last, new deliveries every Wednesday afternoon
Pacific Rim School District	Contact staff at child's school	Access to food daily through locally delivered programs	All Schools	School Hours