



# Food Access

## LOWER SUNSHINE COAST

Welcome to the lower Sunshine Coast  
Food Access Resource Guide!

THIS GUIDE OUTLINES FREE, SUBSIDIZED  
& LOW COST FOOD RESOURCES INCLUDING:

- Hot Meals
- Subsidized Food Programs
- Food Banks & Food Pantries



SUNSHINE COAST  
**Resource Centre**

Food Insecurity on the Sunshine Coast

FOOD INSECURITY IS BROADLY UNDERSTOOD TO BE THE CONDITION OF NOT HAVING ACCESS TO SUFFICIENT FOOD, OR FOOD OF A SUFFICIENT QUALITY, TO MEET ONE’S BASIC NEEDS. WHILE LOCAL LEVEL DATA IS CHALLENGING TO FIND, IN BRITISH COLUMBIA, FOOD INSECURITY STANDS AT AROUND 15%.

The main driver of food insecurity is poverty and there is widespread recognition of the need for enhanced advocacy for income based solutions.

While most people interpret Food Bank Usage as the main indicator of food insecurity, research consistently shows that less than 30% of individuals facing this challenge utilize the food bank. Others simply manage in different ways.

As a result, increasing and diversifying the range of food access points (beyond the traditional food bank model) helps meet more people’s needs and helps meet them where they are at. This guide can help service providers and individuals find out where those food resources are.

What does the Charitable Food Sector look like on the Sunshine Coast?



Hot Meals

**St. Barts Free Lunches**  
659 North Road, Gibsons, BC V0N 1V9  
Second & Fourth Wednesday of Every Month 11AM – 1PM  
604-886-7410 Local #103 | stbartsfoodbank@gmail.com

**Harvest of Hope Food Bank (Salvation Army)**  
682 Gibsons Way #5, Gibsons, BC V0N 1V9  
Tuesday & Friday, 11:30AM  
604-886-3665

**Arrowhead Clubhouse**  
5661 Dolphin St, Sechelt, BC V0N 3A0  
Monday - Friday at 12:15PM for members  
604-747-4734 | fhatton@sccss.ca

**SD46 Food Programs**  
Various School Locations Covering all Regions of the Coast  
Daily  
604-886-8811 | questions@sd46.bc.ca

**Harbourside Friendship Centre**  
Pender Habour Community Hall  
Thursdays 10:30AM – 1PM, 4th Thursday of each month free  
604-883-2764

Subsidized Food Programs

**Meals on Wheels**  
Delivery Service: Sechelt, Halfmoon Bay, Gibsons, Roberts Creek  
Monday - Thursday 8:30AM – 12PM  
604-741-0726 | scvolunteer@vch.ca

**Sechelt Seniors Activity Centre, Hot Lunches & Frozen Entrees**  
5604 Trail Ave, Sechelt, BC V0N 3A0  
Weekdays 10AM – 3PM for members  
604.885.3513 | communications@secheltactivitycentre.com

**One Straw Society - Local Foodbox**  
Pickup: Gibsons, Roberts Creek, Sechelt, Halfmoon Bay  
Fridays 3 – 6pm in the summer, apply for subsidy  
info@onestraw.ca

**Pender Harbour Outreach - Healthy Meal Project**  
Meal Delivery Service  
Mondays  
604-883-2819 | lcurtiss@eastlink.ca

Food Banks & Food Pantries

**GIBSONS**  
  
**St. Barts No Barrier Food Bank**  
659 North Road, Gibsons, BC V0N 1V9  
Third Wednesday of Every Month 9:30AM – 3PM  
604-886-7410 Local #103 | stbartsfoodbank@gmail.com

**Harvest of Hope Food Bank (Salvation Army)**  
682 Gibsons Way #5, Gibsons, BC V0N 1V9  
Bread & Produce: Monday to Friday 10:30AM – 12PM  
604-886-3665 | tania.allen@salvationarmy.ca

**ROBERTS CREEK**  
  
**Food Pantry Cupboard, Roberts Creek (Salvation Army)**  
1044 Roberts Creek Rd, Roberts Creek, BC V0N 2W0  
Open 24/7  
604-886-3665

**SECHELT**  
  
**Sunshine Coast Food Bank (SCCSS)**  
5657 Lamprey Ln, Sechelt, BC V0N 3A3  
Wednesdays 10AM – 5:30PM  
604-885-5881 ext. 240 | scfoodbank@sccss.ca

**MADEIRA PARK**  
  
**Pender Harbour Food Bank**  
12891 Lagoon Rd, Madeira Park, BC V0N 2H1  
Every other Monday 11AM – 12:30PM  
604-883-9773 | penderharbourfoodbank@gmail.com

**Blessing Box Food Pantry Cupboard - Madeira Park**  
12891 Lagoon Rd, Madeira Park, BC V0N 2H1  
Open 24/7  
604-883-9773 | penderharbourfoodbank@gmail.com



### The Work Ahead

While the charitable food sector plays an important role in dealing with immediate concerns of food access and availability, larger systemic challenges remain. It is well recognized that poverty is the root cause of food insecurity and the charitable food sector cannot be expected to solve or fix these issues. Join in food banks Canada's calls to action for income based, root cause solutions to tackle food insecurity.



### Get in Touch

#### CONTACT US

604.885.4088  
[help@resourcecentre.ca](mailto:help@resourcecentre.ca)  
[resourcecentre.ca](http://resourcecentre.ca)

#### FIND US

5674 Cowrie Street, PO Box 1443  
Sechelt, BC, V0N 3A0  
Open Monday-Thursday

Looking for more information or other resources?  
Contact us or visit our Online Directory at [resourcecentre.ca/resource-directory](http://resourcecentre.ca/resource-directory)

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