

# FREE & LOW COST FOOD RESOURCES IN POWELL RIVER

	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	
<b>Monday</b>	<b>Community Resource Centre (CRC), 4752 Joyce Avenue</b> Coffee & Snacks/Brunch from 10am-4pm										
			<b>Salvation Army, 4500 Joyce Ave</b> Coffee & Snacks 12pm-2pm				<b>United Church, Crofton &amp; Michigan 4:30pm-6:30pm</b> Pasta Dinner Oct-May \$3/person, \$7/family, \$0/in need				
<b>Tuesday</b>			<b>Community Resource Centre (CRC), 4752 Joyce Avenue</b> Coffee & Snacks from 12pm-4pm								
	<b>Food Bank, Powell River Action, Marine &amp; Alberni</b> Limited days & hours			<b>Seventh Day Adventist Church</b> 4880 Manson Avenue Soup Lunch 12pm-1:30pm							
<b>Wednesday</b>			<b>Community Resource Centre (CRC), 4752 Joyce Avenue</b> Coffee & Snacks from 12pm-4pm								
	<b>Food Bank, Powell River Action, Marine &amp; Alberni</b> Limited days & hours		<b>Family Place, Town Centre Mall</b> For families with children Soup Lunch 12pm-1:30pm								
		<b>Salvation Army, 4500 Joyce Ave</b> Soup Kitchen 11:30am-1pm									
<b>Thursday</b>			<b>Community Resource Centre (CRC), 4752 Joyce Avenue</b> Coffee & Snacks from 12pm-4pm								
	<b>Food Bank, Powell River Action, Marine &amp; Alberni</b> Limited days & hours			<b>Seventh Day Adventist Church</b> 4880 Manson Avenue Soup Lunch 12pm-1:30pm		<b>Powell River Reformed Church</b> 4372 Padgett Road Food Pantry 1pm-3:30pm					
<b>Friday</b>			<b>Community Resource Centre (CRC), 4752 Joyce Avenue</b> Coffee & Snacks from 12pm-4pm								
			<b>Church of the Assumption</b> Glacier Street Soup Lunch 12pm-1pm		<b>Salvation Army</b> Coffee & Snacks 12pm-2pm				<b>Westview Baptist Church</b> On Joyce between Penticton & Quesnel 3rd Friday of each month 5pm-7pm		
<b>Saturday</b>			<b>Faith Lutheran Church</b> Ontario & Alberni Food Cupboard 12pm-1pm								

### OTHER RESOURCES

- Salvation Army Food Hampers**  
Pick-up Monday & Friday by appointment only  
Call 604-485-6067
- Texada Food Bank**  
Order Tuesday for pick-up Wednesday  
Call 604-486-7233
- Cooking on a budget at the CRC**  
Contact Dana 604-485-0992 or [dana@prcrc.org](mailto:dana@prcrc.org)