



The Cortes Island Food Bank

We are here to help, with healthy food and a welcoming team. We aim to create a positive, safe, and welcoming environment for you, where everyone is treated with respect and confidentiality.

NEW SCHEDULE (Effective April 2024)

MANSONS HALL	
<i>Food Shed next to Radio Station Open between 10 am and 12 noon</i>	
MONTH	Monday
APRIL	1st
APRIL	29th
MAY	27th
JUNE	24th
JULY	22nd
AUGUST	19th
SEPTEMBER	16th

GORGE HALL	
<i>Whaletown - Open between 10 am and 12 noon</i>	
MONTH	Monday
APRIL	15th
MAY	13th
JUNE	10th
JULY	8th
AUGUST	5th
SEPTEMBER	SUNDAY 1st
SEPTEMBER	30th

How does the Cortes Island Food Bank work?

1. Our food pickups are **pre-ordered** boxes based on the scheduled pick-up times posted.
2. If you are in a food emergency we will try to help within 5 days.
3. Our food hampers contain essential staples and proteins. Other items vary depending on donations and our funds.
4. We try to accommodate most food preferences – but cannot always meet specific food requests.
5. We cannot always supply perishables, and refrigerated items at this time.
6. Pet foods are sometimes available.

How to reach us.

1. The best is by e-mail at: cortesfoodbank@proton.me
2. Through our web form at: <https://www.cortesfoodbank.ca/get-in-touch>
3. Phone us at : +1-672-202-0052 (local) and leave a message.



Cortes Island Food Bank - Pick up Times

We now have **2** food pick-up locations. Scheduled times at Gorge Hall and Manson Hall

If you need food, please e-mail us **At least 3 days before the dates below. Or a box may not be available** at cortesfoodbank@proton.me

- We will provide pre-made boxes that contain a balanced selection of foods we have available at the time.
- At this time we are not able to offer food delivery to most clients. However, if you have difficulties being able to pick up food, let us know.
- **If someone else is picking up for you, please let us know.**

Code of Conduct and Respectful Behaviour.

We expect that all food bank clients, volunteers and staff, should be treated with respect and consideration. Aggressive, rude, and disrespectful behaviour (physical, verbal or in writing) will not be accepted.