



The Cortes Island Food Bank Schedule

***You must order by the previous Friday at Noon
- or a box may not be available.***

LOCATION	DATE
MANSONS HALL	JULY 22
GORGE HALL	AUGUST 5
MANSONS HALL	AUG 19
GORGE HALL	SEPT 1 (SUNDAY)]
MANSONS HALL	SEPT 16
GORGE HALL	SEPT 30

DETAILS:

*Both locations are open
between 10.00 am and
12.00 noon.*

*Please e-mail us at
cortesfoodbank@proton.me*

Locations:

Mansons Hall - Food Shed
next to radio station.

Gorge Hall - Use kitchen
entrance.

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.

How does the Cortes Island Food Bank work?

- Our hampers contain a balanced selection of foods we have available at the 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.
- If you are in a food emergency we will try to help within 5 days.

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.