



Welcome to 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.

How does the Cortes Island Food Bank work?

1. We are a small, mostly volunteer-based organization.
2. We don't have staff to run the food pantry every day.
3. Our food pickups are by appointment, or according to the schedule attached below. Please contact us at cortesfoodbank@proton.me to find out the best time.
4. If you are in a food emergency we will try to help within 5 days.
5. Our food hampers contain essential staples and proteins. Other items vary depending on donations.
6. We try to accommodate most food preferences – but cannot always meet specific food requests.
7. We are not able to supply perishables, and refrigerated items.
8. If we have enough funds, we may issue gift cards to local stores or farmers, so you can buy fresh produce.
9. Pet foods are sometimes available.

The best way to reach us.

1. 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 : 250-935-0276

Cortes Island Food Bank - Pick up Times

We now have **2** food pick up locations. Scheduled times at Gorge Hall - (below).

And requested times at Mansons Hall.

- If you need food, please e-mail us at cortesfoodbank@proton.me - **At least two days in advance of the dates below. Or a box may not be available.**
 - 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 (either physical, verbal, or in writing) will not be accepted.



Gorge Hall - Whaletown Pick up Times

Open between 10 am and 12 noon

MONTH	Wednesday	Monday	Monday
SEPTEMBER		11th	25th
OCTOBER		9th	23rd
NOVEMBER		6th	20th
DECEMBER		4th	18th
JANUARY	(tentative) 3rd	15th	25th
FEBRUARY		12th	26th
MARCH		11th	25th
APRIL		8th	22nd
MAY		6th	20th
JUNE		3rd	17th

Mansons Hall - Pick up Times

Open between 9.30 am and 11.00 am

MONTH	Tuesday	Tuesday
SEPTEMBER	19th	
OCTOBER	17th	31st
NOVEMBER	14th	28th
DECEMBER	5nd	19th
JANUARY	9th	23rd
FEBRUARY	6th	20th
MARCH	5th	19th
APRIL	16th	30th
MAY	14th	28th
JUNE	11th	25th

- We will e-mail you if a volunteer is not available on that day with alternate dates.*