



CORTES ISLAND
**FOOD
BANK**

The Cortes Island Food Bank Schedule

LOCATION	2024
GORGE HALL	SEPT 1 (SUNDAY)]
MANSONS HALL	SEPT 16
GORGE HALL	SEPT 30
MANSONS HALL	OCT 14
GORGE HALL	OCT 28
MANSONS HALL	NOV 11
GORGE HALL	NOV 25
MANSONS HALL	DEC 9
GORGE HALL	DEC 23
	2025
MANSONS HALL	JAN 6
GORGE HALL	JAN 20
MANSONS HALL	FEB 3
GORGE HALL	FEB 17
MANSONS HALL	MAR 3
GORGE HALL	MAR 17
MANSONS HALL	MAR 31
GORGE HALL	APR 14
MANSONS HALL	APR 28
GORGE HALL	MAY 12
MANSONS HALL	MAY 26
GORGE HALL	JUN 9
MANSONS HALL	JUN 23
GORGE HALL	JUL 7
MANSONS HALL	JUL 21



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

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.

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.