

# FOOD RESOURCES CALENDAR

Last update: August 4, 2022

	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
<b>Breakfast</b>	<b>UGM</b> 658 Clarkson Street Takeout hot breakfast <b>New Hours:</b> <b>8:00 – 9:00am</b>	<b>UGM</b> 658 Clarkson Street Takeout hot breakfast <b>New Hours:</b> <b>8:00 – 9:00am</b>			<b>UGM</b> 658 Clarkson Street Takeout hot breakfast <b>New Hours:</b> <b>8:00 – 9:00am</b>	<b>UGM</b> 658 Clarkson Street Takeout hot breakfast <b>New Hours:</b> <b>8:00 – 9:00am</b>	<b>UGM</b> 658 Clarkson Street Takeout hot breakfast <b>New Hours:</b> <b>8:00 – 9:00am</b>
<b>Lunch</b>	<b>UGM</b> 658 Clarkson Street Hot Lunches to go <b>New Hours:</b> <b>12:00 – 1:00pm</b>  <b>Gurdwara</b> 347 Wood Street Dine in hot meal <b>11:00am – 12:00pm</b>	<b>UGM</b> 658 Clarkson Street Hot Lunches to go <b>New Hours:</b> <b>12:00 – 1:00pm</b>  <b>Gurdwara</b> 347 Wood Street Dine in hot meal <b>11:00am – 12:00pm</b>	<b>Holy Trinity Cathedral</b> 514 Carnarvon Takeout Brunch <b>11am – 12:00pm</b>  <b>Gurdwara</b> 347 Wood Street Dine in hot meal <b>11:00am – 12:00pm</b>	<b>Gurdwara</b> 347 Wood Street Dine in hot meal <b>11:00am-12:00pm</b>  <b>St. Vincent de Paul,</b> 740 Carnarvon at The Russel's. Via Alexander St. Take-out meal <u>First and second</u> <u>Sunday of each</u> <u>month</u> <b>12:00 – 1:00pm</b>	<b>UGM</b> 658 Clarkson Street Hot Lunches to go <b>New Hours:</b> <b>12:00 – 1:00pm</b>  <b>Gurdwara</b> 347 Wood Street Dine in hot meal <b>11:00am – 12:00pm</b>	<b>UGM</b> 658 Clarkson Street Hot Lunches to go <b>New Hours:</b> <b>12:00 – 1:00pm</b>  <b>Gurdwara</b> 347 Wood Street Dine in hot meal <b>11:00 am – 12:00pm</b>	<b>UGM</b> 658 Clarkson Street Hot Lunches to go <b>New Hours:</b> <b>12:00 – 1:00pm</b>  <b>Gurdwara</b> 347 Wood Street Dine in hot meal <b>11:00am – 12:00pm</b>  <b>St.Barnabas</b> 1010 5th Ave Grab and Go <b>1:00 – 2:30pm</b>
<b>Dinner</b>	<b>Gurdwara</b> 347 Wood Street Dine in hot meal <b>5:00 – 7:30pm</b>	<b>St. Vincent de Paul</b> 740 Carnarvon Street at The Russel Shelter Via Alexander Street <b>5:00 – 6:00pm</b>  <b>Gurdwara</b> 347 Wood Street Dine in hot meal <b>5:00 – 7:30pm</b>	<b>Gurdwara</b> 347 Wood Street Dine in hot meal <b>5:00 – 7:30pm</b>	<b>Gurdwara</b> 347 Wood Street Dine in hot meal <b>5:00 – 7:30pm</b>  <b>Aunt Leah's</b> 816 20 <sup>th</sup> Street Take-out dinner & Food Hampers Youth 15-25 yrs old <b>3:00 – 4:00pm</b>	<b>Gurdwara</b> 347 Wood Street Dine in hot meal <b>5:00 – 7:30pm</b>	<b>Gurdwara</b> 347 Wood Street Dine in hot meal <b>5:00 – 7:30pm</b>	<b>Gurdwara</b> 347 Wood Street Dine in hot meal <b>5:00 – 7:30pm</b>

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	<b>Muslim Food Bank</b> , 1-866-248-3868 (Arabic & English). Register Online <a href="http://www.muslimfoodbank.com">www.muslimfoodbank.com</a>							
<b>Food Hampers and Low Cost Grocery Store</b>	<b>Greater Vancouver Food Bank</b> Olivet Church 613 Queens Avenue <b>Update:</b> Appointment required for new clients. Call 604-876-3601 ext 6 Email <a href="mailto:reception@foodbank.bc.ca">reception@foodbank.bc.ca</a> <b>9:30am – 12:30pm</b>	<b>Salvation Army Food Bank</b> 325 Sixth Street Existing clients. New clients call for intakes (Burnaby residents only) 604-521-2421 <b>12:30pm – 2:00pm</b>	<b>Don't Go Hungry Food Program St. Aidan's</b> Food Hampers 1320 7 <sup>th</sup> Avenue <b>12:30pm – 1:00 pm</b>	<b>Quest Food Exchange</b> 7753 Sixth Street, Burnaby Call 604 553 0636 to become a client. <b>10:00am – 2:45pm</b>	<b>Salvation Army Food Bank</b> 325 Sixth Street Existing clients. (New West residents only) <b>Currently full</b> 604-521-2421 <b>12:30pm – 2:00pm</b>	<b>Salvation Army Bread Cart</b> 325 6th Street 604-521-2421 <b>10:00am – 12:00pm</b>	<b>Salvation Army Surplus Food Bank</b> 325 6th Street 604-521-2421 <b>12:00 – 1:30 pm</b> (Drop-in)	
	<b>Salvation Army Bread Cart</b> 325 6th Street 604-521-2421 <b>10:00am – 12:00pm</b>	<b>Purpose Society Food Distribution</b> 604-526-2522 40 Begbie Street (Arrive early, supplies last for 20 minutes) <b>12:00pm</b>	<b>Don't Go Hungry Food Program Knox Church</b> Food Hampers 403 E. Columbia Street <b>1:30pm – 2:00pm</b>		<b>Purpose Society Hamper Program</b> 40 Begbie Street Bi-weekly food hamper. Call 604-526-2522 for more information	<b>Purpose Society Hamper Program</b> 40 Begbie Street Bi-weekly food hamper. Call 604-526-2522 for more information		<b>St. Barnabas Church</b> 1015 Fifth Avenue (at church courtyard). Emergency groceries: <b>1:00pm – 2:30pm</b>
	<b>Purpose Society Hamper Program</b> 40 Begbie Street Bi-weekly food hamper. Call 604-526-2522 for more information	<b>Quest Food Exchange</b> 7753 Sixth Street, Burnaby Call 604-553-0636 to become a client. <b>9:00am – 5:45pm</b>	<b>Don't Go Hungry Food Program Queensborough</b> Food Hampers (Parking lot between the Queensborough Community Centre and Queensborough Middle School) <b>1:00pm – 1:30pm</b>		<b>Quest Food Exchange</b> 7753 Sixth Street, Burnaby Call 604-553-0636 to become a client. <b>9:00am – 5:45pm</b>	<b>Quest Food Exchange</b> 7753 Sixth Street, Burnaby Call 604-553-0636 to become a client. <b>9:00am – 5:45pm</b>		<b>Quest Food Exchange</b> 7753 Sixth Street, Burnaby Call 604-553-0636 to become a client. <b>9:00am – 5:45pm</b>
	<b>Quest Food Exchange</b> 7753 Sixth Street, Burnaby Call 604-553-0636 to become a client. <b>9:00am – 5:45pm</b>	<b>Hope Omid Emergency Food Distribution</b> 825 McBride Boulevard Unit 20 (Plaza behind McDonald's) No registration required <b>4:00pm – 5:00pm</b>	<b>Quest Food Exchange</b> 7753 Sixth Street, Burnaby Call 604-553-0636 to become a client. <b>9:00am – 3:45pm</b>		<b>Hope Omid Emergency Food Distribution</b> 825 McBride Boulevard Unit 20 (Plaza behind McDonald's) No registration required <b>4:00pm – 5:00pm</b>			