

FOOD RESOURCES CALENDAR – Updated June 30, 2022 (June 30 – July 6, 2022) Please note Friday July 1, 2022 holiday hours in red.

	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Breakfast	UGM 658 Clarkson Street Takeout hot breakfast 8:30-9:30am	UGM (Closed July 1, 2022) 658 Clarkson Street Takeout hot breakfast 8:30-9:30am			UGM 658 Clarkson Street Takeout hot breakfast 8:30-9:30am	UGM 658 Clarkson Street Takeout hot breakfast 8:30-9:30am	UGM 658 Clarkson Street Takeout hot breakfast 8:30-9:30am
Lunch	UGM 658 Clarkson Street Hot Lunches to go 11:00am-12:00pm Gurdwara 347 Wood Street Dine in hot meal 11:00am-12:00pm	UGM (Closed July 1, 2022) 658 Clarkson Street Hot Lunches to go 11:00am-12:00pm Gurdwara 347 Wood Street Dine in hot meal 11:00am-12:00pm	Holy Trinity Cathedral 514 Carnarvon Takeout Brunch 11am to 12:00pm Gurdwara 347 Wood Street Dine in hot meal 11:00am-12:00pm	Gurdwara 347 Wood Street Take-out hot meal 11:00am-12:00pm St. Vincent de Paul, 740 Carnarvon at The Russel's. Via Alexander St. Take-out meal <u>First and second</u> <u>Sunday of each month</u> 12:00 – 1:00pm	UGM 658 Clarkson Street Hot Lunches to go 11:00am-12:00pm Gurdwara 347 Wood Street Dine in hot meal 11:00am-12:00pm	UGM 658 Clarkson Street Hot Lunches to go 11:00am-12:00pm Gurdwara 347 Wood Street Dine in hot meal 11:00 am-12:00pm	UGM 658 Clarkson Street Hot Lunches to go 11:00am-12:00pm Gurdwara 347 Wood Street Dine in hot meal 11:00am-12:00pm St.Barnabas 1010 5th Ave Grab and Go 1:00 – 2:30pm
Dinner	Gurdwara 347 Wood Street Dine in hot meal 5:00-7:30pm	St. Vincent de Paul 740 Carnarvon Street at The Russel Shelter Via Alexander Street 5:00-6:00pm Gurdwara 347 Wood Street Dine in hot meal 5:00-7:30pm	Gurdwara 347 Wood Street Dine in hot meal 5:00-7:30pm	Gurdwara 347 Wood Street Dine in hot meal 5:00-7:30pm Aunt Leah's 816 20 th Street Take-out dinner & Food Hampers Youth 15-25 yrs old 3:00-4:00pm	Gurdwara 347 Wood Street Dine in hot meal 5:00-7:30pm	Gurdwara 347 Wood Street Dine in hot meal 5:00-7:30pm	Gurdwara 347 Wood Street Dine in hot meal 5:00-7:30pm

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	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
	Muslim Food Bank, 1-866-248-3868 (Arabic & English). Register Online www.muslimfoodbank.com						
Food Hampers and Low Cost Grocery Store	<p>Greater Vancouver Food Bank Olivet Church 613 Queens Avenue 9:30am -12:30pm</p> <p>Salvation Army Bread Cart 325 6th Street 604-521-2421 10:00am-12:00pm</p> <p>Purpose Society Hamper Program 40 Begbie Street Bi-weekly food hamper. Call 604-526-2522 for more information</p> <p>Quest Outreach Low Cost Grocery Store 7753 Sixth Street, Burnaby Call 604-553-0636 to become a client. 9:00am-5:45pm</p> <p>Hope Omid Emergency Food Distribution 825 McBride Boulevard Unit 20 (Plaza behind McDonald's) No registration required 4:00pm-5:00pm</p>	<p>Salvation Army Food Bank 325 Sixth Street (Closed July 1, 2022) Existing clients. New clients call for intakes (Burnaby residents only) 604-521-2421 12:30pm – 2:00pm</p> <p>Purpose Society Food Distribution 604-526-2522 (Closed July 1, 2022) 40 Begbie Street (Arrive early, supplies last for 20 minutes) 12:00pm</p> <p>Quest Outreach Low Cost Grocery Store (Closed July 1, 2022) 7753 Sixth Street, Burnaby Call 604-553-0636 to become a client. 9:00am-5:45pm</p> <p>Hope Omid Emergency Food Distribution 825 McBride Boulevard Unit 20 (Plaza behind McDonald's) No registration required 4:00pm-5:00pm</p>	<p>Don't Go Hungry Food Program St. Aidan's Food Hampers 1320 7th Avenue 12:30 - 1:00 pm</p> <p>Don't Go Hungry Food Program Knox Church Food Hampers 403 E. Columbia Street 1:30 – 2:00 pm</p> <p>Don't Go Hungry Food Program Queensborough Fire Hall Food Hampers (Parking lot between the Queensborough Community Centre and Queensborough Middle School) 1:00 – 1:30 pm</p> <p>Quest Outreach Low Cost Grocery Store 7753 Sixth Street, Burnaby Call 604-553-0636 to become a client. 9:00am-3:45pm</p>	<p>Quest Outreach Low Cost Grocery Store 7753 Sixth Street, Burnaby Call 604 553 0636 to become a client. 10:00am-2:45pm</p>	<p>Salvation Army Food Bank 325 Sixth Street Existing clients. (New West residents only) Currently full 604-521-2421 12:30pm – 2:00pm</p> <p>Purpose Society Hamper Program 40 Begbie Street Bi-weekly food hamper. Call 604-526-2522 for more information</p> <p>Quest Outreach Low Cost Grocery Store 7753 Sixth Street, Burnaby Call 604-553-0636 to become a client. 9:00am-5:45pm</p> <p>Hope Omid Emergency Food Distribution 825 McBride Boulevard Unit 20 (Plaza behind McDonald's) No registration required 4:00pm-5:00pm</p>	<p>Salvation Army Bread Cart 325 6th Street 604-521-2421 10:00am-12:00pm</p> <p>Purpose Society Hamper Program 40 Begbie Street Bi-weekly food hamper. Call 604-526-2522 for more information</p> <p>Quest Outreach Low Cost Grocery Store 7753 Sixth Street, Burnaby Call 604-553-0636 to become a client. 9:00am-5:45pm</p> <p>Hope Omid Emergency Food Distribution 825 McBride Boulevard Unit 20 (Plaza behind McDonald's) No registration required 4:00pm-5:00pm</p>	<p>Salvation Army Surplus Food Bank 325 6th Street 604-521-2421 12:00-1:30 pm (Drop-in)</p> <p>Purpose Society Hamper Program 40 Begbie Street Bi-weekly food hamper. Call 604-526-2522 for more information</p> <p>St Barnabas Church 1015 Fifth Avenue (at church courtyard). Emergency groceries: 1:00pm – 2:30pm</p> <p>Quest Outreach Low Cost Grocery Store 7753 Sixth Street, Burnaby Call 604-553-0636 to become a client. 9:00am-5:45pm</p> <p>Hope Omid Emergency Food Distribution 825 McBride Boulevard Unit 20 (Plaza behind McDonald's) No registration required 4:00pm-5:00pm</p>