

FOOD CALENDAR



Meals & Groceries	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Sunday
Breakfast	Directions 8:30am–10am <i>Cereal</i> Covenant House Drop-in Centre 9am–noon	Directions 8:30am–10am <i>Hot breakfast</i> Covenant House Drop-in Centre 9am–noon	Directions 8:30am–10am <i>Cereal</i> Covenant House Drop-in Centre 9am–noon	Directions 8:30am–10am <i>Hot breakfast</i> Covenant House Drop-in Centre 9am–noon	Directions 8:30am–10am <i>Cereal</i> Covenant House Drop-in Centre 9am–noon	Directions 8:30am–10am <i>Cereal</i> Covenant House Drop-in Centre 9am–noon
Lunch	Covenant House Drop-in Centre noon–3pm <i>Soup & pastries</i>	Covenant House Drop-in Centre noon–3pm <i>Soup & pastries</i>	Covenant House Drop-in Centre noon–3pm <i>Soup & pastries</i> Aunt Leah's Groceries & meal (for clients in housing, employment, education, and life skills programs)		Covenant House Drop-in Centre noon–3pm <i>Soup & pastries</i>	Covenant House Drop-in Centre noon–3pm <i>Soup & pastries</i>
Dinner	Covenant House Drop-in Centre 3:00pm–5:30pm BYRC @5pm (ages 13–24) Directions 8pm–9pm	Covenant House Drop-in Centre 3:00pm–5:30pm BYRC @5pm (ages 13–24) Directions 8pm–9pm	BGC Drop-in 2pm–5pm Covenant House Drop-in Centre 3:00pm–5:30pm BYRC @5pm (ages 13–24) Directions 8pm–9pm	Covenant House Drop-in Centre 3:00pm–5:30pm BYRC @5pm (ages 13–24) South Vancouver Youth Centre 5pm–7pm (ages 10–18) Directions 8pm–9pm	BGC Drop-in 2pm–5pm Covenant House Drop-in Centre 3:00pm–5:30pm BYRC @5pm (ages 13–24) Directions 8pm–9pm	Covenant House Drop-in Centre 3:00pm–5:30pm Directions 8pm–9pm

Meals & Groceries	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Sunday
Access to pantry—dry goods only or non-perishables	BYRC drop-in 2pm–7pm	Directions 4:15pm–6:00pm <i>Bring your own bag</i> BYRC drop-in 2pm–7pm	BYRC drop-in 2pm–7pm	Directions 4:15pm–6:00pm <i>Bring your own bag</i> BYRC drop-in 2pm–7pm	BYRC drop-in 2pm–7pm	Directions 4:15pm–6:00pm* <i>Bring your own bag</i> *Saturdays
Access to pantry—includes meats, fresh fruit & vegetables	Covey's Cupboard @ Covenant House Drop-in Centre Monday, Tuesday, Thursday & Friday: 9:30am–5pm Wednesday: 9:30am–11am & 1:30pm–5pm Saturday & Sunday: 9:30am–7pm* <i>Outreach team also delivers groceries. If you cannot make the times work, go to drop-in centre and ask a staff member for access.</i> *Youth can access once per week					
	BGC (Kivan Club) Pantry, fridge, freezer—grab & go without limits (Monday–Friday)					

Aunt Leah's – 816 20th Street, New Westminster. Eligibility is determined based on participation in one of more programs: employment, education, life skills, housing (no age limit).

BGC South Coast (Kivan Club) – 2875 St. George Street. Food is always available for meetings with clients, no ID required (ages 13–24). Text **604-880-6255** for support.

BYRC (Broadway Youth Resource Centre) – 2465 Fraser Street. Sign in on iPad at reception that asks for name, age, ethnicity, and gender identity (ages 13–24).

Covenant House Drop-in Centre – 1302 Seymour Street. Brief intake is required. ID is preferred but is not required to access program (ages 16–24).

Directions – 1138 Burrard Street. Brief intake required. ID or service provider verification required for full access to programs; no ID means limited access to food programs. Leftovers and snacks available all day. Pantry program uses a points system for shopping, and youth get extra points if they bring their own bag for groceries. Sign up at the kitchen 15 minutes before the program start time (ages 13–24).

South Vancouver Youth Centre – 4920 Fraser Street: dinner served after Chill Talk program (4pm–5pm). Drop in, no referral required.

Vancouver Food Asset Map–Vancouver Neighbourhood Food Networks: search under *Youth & Young Adult Food Programs*.

