

Free, Walk-In, No Barrier Meals and Prepared Food Distribution – Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305
		12:30-3:30pm Union Gospel Mission Mobile Service 604-612-0527 604-833-1402				2:00-3:30pm Ground Zero Ministries Mobile Service 1-888-712-2980
		6:00-7:30pm Ground Zero Ministries Mobile Service 1-888-712-2980	4:30-6:30pm Mennonite Central Committee 33933 Gladys Avenue 604-850-6639	4pm, dinner 6pm The Stream Ministry Cyril Hall 2631 Cyril Street 604-556-1668		2 nd & 4 th Sunday 3:30-6:00pm Lifeline Outreach Society (Blue Bus) 33933 Gladys, behind MCC thrift store 604-728-7551
		6:00-6:45pm 5&2 Ministries 604-226-4004 and Lotus Humanitarian 604-855-5562 Laurel & Montrose			5:00-5:45pm Laurel & Montrose 5:45pm The Hub 32883 SFW 6:30-6:45pm Countess Lotus Humanitarian 604-855-5562 and 5&2 Ministries 604-226-4004	
YOUTH to 24 years of age: Cyrus Centre 2616 Ware Street 604-859-5773						
<ul style="list-style-type: none"> • 8-9am • 12:30-1:30pm (12-18 yrs only) • 6-7pm 	<ul style="list-style-type: none"> • 8-9am • 12:30-1:30pm (12-18 yrs only) • 6-7pm 	<ul style="list-style-type: none"> • 8-9am • 12:30-1:30pm (12-18 yrs only) • 6-7pm 	<ul style="list-style-type: none"> • 8-9am • 12:30-1:30pm (12-18 yrs only) • 6-7pm 	<ul style="list-style-type: none"> • 8-9am • 12:30-1:30pm (12-18 yrs only) • 6-7pm 	<ul style="list-style-type: none"> • 12:30-1:30pm (12-18 yrs only) • 6-7pm 	<ul style="list-style-type: none"> • 12:30-1:30pm (12-18 yrs only) • 6-7pm

Revision Date: **November 2024**

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