

## FREE MEALS LIST FOR VANCOUVER

### FREE MEALS-GENERAL

Location	Food type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>A Loving Spoonful</b> #100-1300 Richards 604-682-6325 info@alovingspoonful.org	Offer weekly meals brought to your home. By doctor referral only.							
<b>All Tribes Mission</b> 331 Carroll Street	Soup and sandwiches				7 - 8 pm		2 pm	
<b>Central Presbyterian and Christ Alive Church</b> 1155 Thurlow 604-739-7959								8 - 9 am Breakfast the Sunday before cheque issue
<b>Christ Church Cathedral</b> 690 Burrard 604-682-3848	Sandwiches and coffee	10 - 11am	10 - 11am	10 - 11am	11:30 am – 12:30 pm	10 –11 am		
<b>Community of Hope</b> 535 E. Broadway Avenue 604-723-0523	Lunch		1 pm	1 pm	1 pm		1 pm	

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<b>Crosswalk Salvation Army</b> 108 W Hastings Street 604-646-6800	Drop-in and coffee	Hours Vary All night shelter	Hours Vary All night shelter	Hours Vary All night shelter	Hours Vary All night shelter	Hours Vary All night shelter	Hours Vary All night shelter	Hours Vary All night shelter
<b>First Baptist Church</b> 969 Burrard Street 604-683-8441	Breakfast Dinner		9:30 pm Pick up tickets at 8 pm	Breakfast: 7 am coffee and cereal			7 pm for 29 and under (Paper Cup Program)	
<b>First United Church</b> 320 E Hastings Street 604-681-8365	Soup, Coffee Sandwich	8:30-9:30 am Hot meal at 11:00 am	8:30-9:30 am	8:30-9:30 am. Hot meal at 11:00 but need to sign up.	8:30-9:30am	8:30-9:30 am  Dinner at 5:30 pm the first Friday each month	1 <sup>st</sup> , 2 <sup>nd</sup> , 4 <sup>th</sup> Sat. Sandwich, coffee and movie	
<b>Food on the Corner Society</b> Main & Cordova 604-943-5507	Sandwich Fruit, Veggies						11 am	
<b>Franciscan Sisters of Atonement</b> 385 E Cordova 604-685-9987	Soup and sandwiches	3:30 - 5 pm	3:30 - 5 pm		3:30 - 5 pm	3:30 - 5 pm		2 - 3:30 pm
<b>Gold Buddha Monastery</b> 248 E. 11 <sup>th</sup> Avenue 604-709-0248	Vegetarian Lunch monthly, last Sunday of the month and special Buddhist holidays. 10:30 am Liberation of Life Ceremony (not required); 11:30 am lunch. Free. Everyone welcome.							

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<b>La Boussole</b> 612 E. Broadway Avenue 604-683-7337	Monthly, not on a regularly scheduled day, usually from 4:30 to 8 pm. For <b>Francophone community</b> .							
<b>Lifeline Bus Foodbank</b> Lifeline Outreach Society 604-232-9884	Parking lot between Granville & Seymour near Helmcken	7:30 - 9 pm						
<b>Living Room</b> 528 Powell 604-255-7026	Supper - For mental health members only	4 pm	4 pm	4 pm	4 pm	4 pm	4 pm	4 pm
<b>Maja Lakshmi Hindi Temple</b> 467 E. 11 <sup>th</sup> Avenue 604-874-0175	Vegetarian Lunch. Sundays 12:30 pm for families and individuals attending temple (clean and respectful dress is requested). 2 pm for everyone else.							
<b>Mission Possible</b> 543 Powell Street 604-253-4469	Drop-in and snacks		1:30 - 3:30 pm	Hot meal 1:30 - 3:30 pm	1:30 - 3:30 pm	1:30 - 3:30 pm	Breakfast 9 am and 10 am	
<b>Quest – St James Church</b> 303 E Cordova 604-687-7944	Hot Meals	7:15 - 8 pm	7:15 - 8 pm	7:15 - 8 pm	7:15 - 8 pm	7:15 - 8 pm	7:15 - 8 pm	
<b>Rainbow Mission</b> 135 Dunlevy Avenue 604-681-4377	Hot meals and sandwich	7:30 pm	12:30 pm 7:30 pm	7:30 pm	7:30 pm	7:30 pm	7:30 pm	7:30 pm

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<b>Salvation Army</b> 3213 Fraser Street 604-872-7676	Breakfast (Food bank available for families with children 18 or under – appointment only)	9 - 11:30 am		9 - 11:30 am		9 - 11:30 am		
<b>Harbour Light</b> Salvation Army 119 E Cordova Street 604-646-6800	Lunch (with tickets only)	11 am	11 am	11 am	11 am	11 am		
	Supper(with tickets only)	5 pm		5 pm		5 pm	5 pm	5pm
<b>St. Mary's Kerrisdale</b> 2490 West 37 <sup>th</sup> Avenue 604-261-4228	Lunch		11:30 am – 1 pm					
<b>St. Michael's Mission</b> 409 E Broadway 604-876-8191	Sandwiches and snacks			6 - 7 pm	6 - 7 pm			
<b>Street Church</b> 175 E Hastings Street 604-681-1910	Dinner				9 pm	9 pm	9 pm	9 pm
<b>Sunshine Mission</b> 217 Dunleavy Street	Dinner		7:30 pm	7:30 pm	7:30 pm			7:30 pm
<b>Tenth Avenue Alliance Church</b> 11 W. 10 <sup>th</sup> Avenue 604-876-2181	Lunch Dinner	6:30 pm	12 noon					

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<b>The Door is Open</b> 373 E Cordova Street 604-689-0488	Lunch	11am	11am	11am Women Only	11am	11am	11am	
<b>The Dugout</b> 59 Powell Street 604-685-5239	Soup and coffee	7:15 - 8 am	7:15 - 8 am	7:15 - 8 am	7:15 - 8 am	7:15 - 8 am	7:15 - 8 am	8:45 - 9:15 am
<b>The Sandwich Project</b> (closed mid-May - mid- Sept.) 690 Burrard Street 604-682-3848	Sandwiches, soup and coffee (not holidays)	10 - 11 am	10 - 11 am	10 - 11 am	11:30 - 12:30 pm	10 - 11 am		
<b>Union Gospel Mission</b> 607 East Hastings	Lunch and dinner						Lunch 1 pm; Dinner at 7:00 pm and 7:30 pm	
<b>Wilson Heights United Church</b> 1634 E 41st Avenue 604-325-9944	Dinner				5:30 - 6:15 pm			

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## FREE MEALS – WOMEN AND CHILDREN

Location	Food type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Crabtree Corner</b> 533 E Hastings 604-216-1650	Breakfasts (Available for daycare parents or groups) Snacks, Soup, or Hot Meal	8:45-9:45 am  2 - 3:45 pm  Drop-In	8:45- 9:45 am  2 - 3:45 pm  Drop-In	8:45 - 9:45 am   10:30-1:15 pm	8:45- 9:45 am  2- 3:45 pm  Drop-In	8:45-9:45 am  2 - 3:45 pm  Drop-In	Lunch available.  Register by 11 am	
<b>Downtown Eastside Women's Centre</b> 44 E Cordova St 604-681-4786	Hot Meal or Soup	12:30 - 1:45 pm	12:30 - 1:45 pm	12:30 - 1:45 pm	12:30 - 1:45 pm	12:30 - 1:45 pm	12:30 - 1:45 pm	12:30 - 1:45 pm
<b>Jen's Kitchen</b> 206-361 Heatley 604-215-0026	Sandwiches and lunches	7 pm - 12 am	7 pm - 12 am	7 pm - 12 am	7 pm - 12 am	7 pm - 12 am	7 pm - 12 am	
<b>Positive Women's Network</b> 614-1033 Davie 604-692-3000	Drop- In/Coffee	11:30 - 3:30 pm	11:30 - 3:30 pm	11:30 - 3:30 pm	11:30 - 3:30 pm			
	Lunch (for women with HIV only)		12:00 pm		12:00 pm			
<b>Quest Outreach Society</b> 1217 E Georgia 604-602-0186	Redistributor - By referral only	9:30 am - 3:30 pm	9:30 am - 3:30 pm	9:30 am – 3:30 pm	9:30 am - 3:30 pm	9:30 am - 3:30 pm		
<b>Sheway (Pregnant Women Clients)</b> 533 E Hastings 604-216-1699	Hot Lunch	12 noon	12 noon	12 noon	12 noon	12 noon		
	Food Bags Upon availability	12 noon	12 noon	12 noon	12 noon	12 noon		

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<b>W.I.S.H</b> (Sex Trade Workers Only) 320 E Hastings Street 604-681-9244	Hot Meal in Evening	Hot Meal in Evening	Hot Meal in Evening	Hot Meal in Evening	Hot Meal in Evening	Hot Meal in Evening	Hot Meal in Evening	Hot Meal in Evening
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### FREE MEALS – YOUTH

Location	Food type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Covenant House</b> 575 Drake Street 604-685-7474	Must register in shelter. 3 meals daily	10 - 12 pm	10 - 12 pm	10 - 12 pm	10 - 12 pm	10 - 12 pm 2 - 5 pm Women only		
		4 - 6 pm	2 - 5 pm	2 - 5 pm				
<b>Directions Evening Programs</b> 1134 Burrard Street 604-633-1472	Hot Meal	8 pm	8 pm	8 pm	8 pm	8 pm		8 pm
<b>Hobbit House</b> 1025 Nelson Street 604-688-1084	Dinner						7 - 8:30 pm Paper Cup Program	
<b>Youth Action Circle</b> 342 E. Hastings Street 604-602-9747	Breakfast Lunch Dinner	8:30 am 12:15 pm 4:30 pm	8:30 am 12:15 pm 4:30 pm	8:30 am 12:15 pm 4:30 pm	8:30 am 12:15 pm 4:30 pm	8:30 am 12:15 pm 4:30 pm	8:30 am 12:15 pm 4:30 pm	8:30 am 12:00 pm

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