

2025 FOOD CALENDAR



Meals & Groceries	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Sunday
Breakfast	<p>Directions 8:30am–10am <i>Cereal</i></p> <p>Covenant House Drop-in Centre 9am–noon</p>	<p>Directions 8:30am–10am <i>Hot breakfast</i></p> <p>Covenant House Drop-in Centre 9am–noon</p>	<p>Directions 8:30am–10am <i>Cereal</i></p> <p>Covenant House Drop-in Centre 9am–noon</p>	<p>Directions 8:30am–10am <i>Hot breakfast</i></p> <p>Covenant House Drop-in Centre 9am–noon</p>	<p>Directions 8:30am–10am <i>Cereal</i></p> <p>Covenant House Drop-in Centre 9am–noon</p>	<p>Directions 8:30am–10am <i>Cereal</i></p> <p>Covenant House Drop-in Centre 9am–noon</p>
Lunch	<p>Covenant House Drop-in Centre noon–3pm <i>Soup & pastries</i></p>	<p>Covenant House Drop-in Centre noon–3pm <i>Soup & pastries</i></p>	<p>Covenant House Drop-in Centre noon–3pm <i>Soup & pastries</i></p> <p>Aunt Leah's Groceries & meal (for clients in housing, employment & life skills programs)</p>		<p>Covenant House Drop-in Centre noon–3pm <i>Soup & pastries</i></p>	<p>Covenant House Drop-in Centre noon–3pm <i>Soup & pastries</i></p>
Dinner	<p>Covenant House Drop-in Centre 3:30pm–5:30pm</p> <p>BYRC @5pm (ages 13–24)</p> <p>Directions 8pm–9pm</p>	<p>Covenant House Drop-in Centre 3:30pm–5:30pm</p> <p>BYRC @5pm (ages 13–24)</p> <p>Directions 8pm–9pm</p>	<p>BGC Drop-in 2pm–7pm</p> <p>Covenant House Drop-in Centre 3:30pm–5:30pm</p> <p>BYRC @5pm (ages 13–24)</p> <p>Directions 8pm–9pm</p>	<p>Covenant House Drop-in Centre 3:30pm–5:30pm</p> <p>BYRC @5pm (ages 13–24)</p> <p>South Vancouver Youth Centre 5pm–7pm (ages 12–18)</p> <p>Directions 8pm–9pm</p>	<p>BGC Drop-in 2pm–7pm</p> <p>Covenant House Drop-in Centre 3:30pm–5:30pm</p> <p>BYRC @5pm (ages 13–24)</p> <p>Directions 8pm–9pm</p>	<p>Covenant House Drop-in Centre 3:30pm–5:30pm</p> <p>Directions 8pm–9pm</p>

Meals & Groceries	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Sunday
Access to pantry—dry goods only or non-perishables	BYRC drop-in 2pm–7pm	Directions 9:30am–11:00am 4:15pm–6:00pm <i>Bring your own bag</i> BYRC drop-in 2pm–7pm	BYRC drop-in 2pm–7pm	Directions 9:30am–11:00am 4:15pm–6:00pm <i>Bring your own bag</i> BYRC drop-in 2pm–7pm	BYRC drop-in 2pm–7pm	Directions 9:30am–11:00am* 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 to Friday, 9am–noon & 2pm–5pm* <i>Outreach team also delivers groceries</i> *Youth can access once per week					
	BGC (Kivan Club) Pantry, fridge, freezer—grab & go without limits Monday to Friday					

Vancouver Food Asset Map—Vancouver Neighbourhood Food Networks: search under Youth & Young Adult Food Programs. →

Aunt Leah's – 816 20th Street, New Westminster: for youth accessing Aunt Leah's employment, education, life skills, and housing programs.

BGC South Coast (Kivan Club) – 2875 St. George Street: food is always available for meetings with clients, no ID required.

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

Covenant House Drop-in Centre – 1302 Seymour Street: brief intake is required. ID is preferred but is not required to access program.

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.

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

