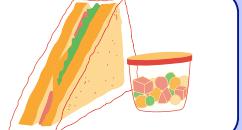


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>LUNCH Bear Clan 1:30pm – 3:00pm Downtown Mobile (no set location)</p> <p>LUNCH Love in the City Ministries 1:00-3:00pm</p> <p>LUNCH 7th Street HAC Sandwiches 11:30am – 1:00pm</p> <p>Ask Auntie Coffee Lounge Mon-Fri 9:00 am -11:00 am 4:30 pm-7:00 pm Sat-Sun 11:00 am -7:00 pm</p> 	<p>BREAKFAST Women's Resource Centre 9:30am -Noon Women & children only</p> <p>BREAKFAST Men's Resource Centre 9:00-10:00 am Program Participants</p> <p>LUNCH Helping Hands 11:30am-1:00pm</p> <p>COFFEE BFC Drop-In Mon-Fri 8:30am-4:30pm</p>	<p>TO-GO BAGS Women's Resource Centre 9:30am -Noon Women & children only</p> <p>LUNCH Helping Hands 11:30am – 1:00pm</p> <p>HAMPERS Samaritan House Monthly Hamper (or Weekly Kit for unhoused population) Register in person only Mon-Fri 10:00am-3:00pm Tues evening 4:00pm-5:30pm</p>	<p>BREAKFAST Women's Resource Centre 9:30am -Noon Women & children only</p> <p>BREAKFAST Men's Resource Centre 9:00-10:00 am Program Participants</p> <p>LUNCH Helping Hands 11:30am – 1:00pm</p> <p>HAMPERS St. Augustine's Church Monthly on Wed 1:30pm –3:00pm Drop in basis. East door. 204-727-4728</p> <p>Salvation Army Monthly on Wed. Call Tues to book 204-727-4334</p>	<p>TO-GO BAGS Women's Resource Centre 9:30am -Noon Women & children only</p> <p>LUNCH Helping Hands 11:30am – 1:00pm</p> <p>GROCERIES Food Rescue Grocery Store Wed & Thurs 12:00-6:00pm Fri 1:00-6:00pm Sat 10:00-4:00pm Closed Sun-Tues</p> <p>LIGHT MEAL Bear Clan – Mobile Thurs. & Fri. 7:00pm – 9:00pm</p> 	<p>BREAKFAST Women's Resource Centre 9:30am -Noon Women & children only</p> <p>BREAKFAST Men's Resource Centre 9:00-10:00 am Program Participants</p> <p>LUNCH Helping Hands 11:30am – 1:00pm</p> <p>LIGHT MEAL Bear Clan – Mobile Thurs. & Fri. 7:00pm – 9:00pm</p>	<p>LUNCH 7th Street HAC Sandwiches 11:30Am – 1:00pm</p> <p>DINNER Salvation Army Princess Park 4:30pm</p> <p>LUNCH GFC Church (at Love in the City) 12:00-1:30pm Feb 28, Mar 14 & 28, April 11 & 25</p> <p>PHONE APPS FOR DISCOUNTED GROCERIES Flashfood (Superstore) Food Hero (Safeway/Sobeys)</p>

Contact Information:

Brandon Bear Clan: 603 Princess Ave 431-720-2327
 Brandon Friendship Centre (BFC): 603 Princess Ave 204-727-1407
 Ask Auntie (new location): 24-6th St 204-901-4049
 Food Rescue Grocery Store: Town Centre parkade 204-727-1696
 Helping Hands Soup Kitchen: 111 7th Street 204-727-4635
 Love in the City Ministries: 302 8th Street 204-717-7744

Samaritan House: 820 Pacific Avenue 204-726-0758
 The Women's Resource Centre: 1233 Rosser Ave 204-726-8632
 Salvation Army: 9 Princess Avenue East 204-727-4334
 (Food Truck location – Princess Park)
 St. Augustine's Church: 327 4th Street 204-727-4728
 7th Street Health Access Centre: 20 – 7th Street 204-578-4800

**Find the most
up-to-date
Brandon Food
Calendar**

