

Find more information and resources here: <https://foodbank.bc.ca/>

| Supplements to Weekly Groceries | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|------------------------------------|---|-----------------------------------|---|---|
| Newborns (0-12 months) Baby Steps (13-24 months) Diapers (0-36 months) Preschooler Pack (2-5 years) | 30 Vancouver: 10am - 4pm | 1 CLOSED | 2 Vancouver: 1pm - 7pm | 3 Vancouver: 10am - 4pm Burnaby: 12pm - 7pm | 4 Vancouver: 10am - 3pm Burnaby: 10am - 3pm |
| Grade Schooler Pack (6-12 years) EGGS | 7 Vancouver: 10am - 4pm | 8 Vancouver: 10am - 4pm North Van: 9am - 5:45pm | 9 Vancouver: 1pm - 7pm | 10 Vancouver: 10am - 4pm Burnaby: 12pm - 7pm | 11 Vancouver: 10am - 3pm Burnaby: 10am - 3pm |
| Senior's Pack (65+ years) | 14 Vancouver: 10am - 4pm | 15 Vancouver: 10am - 4pm North Van: 9am - 5:45pm | 16 Vancouver: 1pm - 7pm | 17 Vancouver: 10am - 4pm Burnaby: 12pm - 7pm | 18 Vancouver: 10am - 3pm Burnaby: 10am - 3pm |
| MILK | 21 Vancouver: 10am - 4pm | 22 Vancouver: 10am - 4pm North Van: 9am - 5:45pm | 23 Vancouver: 1pm - 7pm | 24 Vancouver: 10am - 4pm Burnaby: 12pm - 7pm | 25 Vancouver: 10am - 3pm Burnaby: 10am - 3pm |
| | 28 CLOSED | 29 CLOSED | 30 CLOSED | 31 CLOSED | 1 CLOSED |

| LOCATIONS | BURNABY | NORTH VANCOUVER | VANCOUVER |
|-----------|--|---------------------------------------|-------------------|
| | GVFB Office/Warehouse 8345 Winston Street | North Shore NH 225 East 2nd Street | 3454 Lougheed HWY |

All locations are CLOSED on Sundays, Mondays and Statutory Holidays.

在此查找更多信息和资源: <https://foodbank.bc.ca/>

| 每周杂货的补充食品 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 |
|---|-----------------------|---|----------------------|--|--|
| 新生儿 (0-12个月) 婴儿步伐包 (13-24个月) 尿布 (0-36个月) 学龄前儿童包 (2-5岁) | 30 温哥华: 10am - 4pm | 1 关闭 | 2 温哥华: 1pm - 7pm | 3 温哥华: 10am - 4pm 本拿比: 12pm - 7pm | 4 温哥华: 10am - 3pm 本拿比: 10am - 3pm |
| 小学生包 (6-12岁) 鸡蛋 | 7 温哥华: 10am - 4pm | 8 温哥华: 10am - 4pm 北温哥华: 9am - 5:45pm | 9 温哥华: 1pm - 7pm | 10 温哥华: 10am - 4pm 本拿比: 12pm - 7pm | 11 温哥华: 10am - 3pm 本拿比: 10am - 3pm |
| 长者包 (65岁及以上) | 14 温哥华: 10am - 4pm | 15 温哥华: 10am - 4pm 北温哥华: 9am - 5:45pm | 16 温哥华: 1pm - 7pm | 17 温哥华: 10am - 4pm 本拿比: 12pm - 7pm | 18 温哥华: 10am - 3pm 本拿比: 10am - 3pm |
| 奶 | 21 温哥华: 10am - 4pm | 22 温哥华: 10am - 4pm 北温哥华: 9am - 5:45pm | 23 温哥华: 1pm - 7pm | 24 温哥华: 10am - 4pm 本拿比: 12pm - 7pm | 25 温哥华: 10am - 3pm 本拿比: 10am - 3pm |
| | 28 关闭 | 29 关闭 | 30 关闭 | 31 关闭 | 1 关闭 |

| 地点 所有地点在星期日、星期一和法定假日关闭。 | 本拿比 | 北温哥华 | 温哥华 |
|----------------------------|--|---------------------------------------|-------------------|
| | GVFB Office/Warehouse 8345 Winston Street | North Shore NH 225 East 2nd Street | 3454 Lougheed HWY |