

BRANDON FOOD PROGRAMS – Weekly Calendar | Updated OCT 2025

Information is subject to change.

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

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): 24-6<sup>th</sup> 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

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