

Please note that routes can be affected by weather, traffic, and delivery volume; we appreciate your patience and understanding in this, and will inform you of any drastic unforeseen changes that occur. Our Current Delivery Rates are: Free for Veterans, \$6.00 for most locations, and \$10.00 for Abbotsford, Mission, Silver Valley, North Coquitlam, Deep Cove, and West Vancouver. All deliveries are between 10am and 6pm; give us a call or send an email if you need an estimated delivery time or check the tracker link sent to you via email or text.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 <b>ALL CITIES</b> (Cities on Mondays are exempt)	31 Maple Ridge, Pitt Meadows, Fort Langley, Aldergrove, Abbotsford, Mission	1	2 Langley, Surrey, Cloverdale, North Delta, Ladner, Tsawwassen, Delta, White Rock	3 Port Coquitlam, Port Moody, Burnaby, Richmond, All of the Vancouvers	4	5
6 <b>ALL CITIES</b> (Cities on Mondays are exempt)	7 <b>CLOSED</b> <b>LABOUR DAY</b>	8 Maple Ridge, Pitt Meadows, Fort Langley, Aldergrove, Abbotsford, Mission	9 Langley, Surrey, Cloverdale, North Delta, Ladner, Tsawwassen, Delta, White Rock	10 Port Coquitlam, Port Moody, Burnaby, Richmond, All of the Vancouvers	11	12
13 <b>ALL CITIES</b> (Cities on Mondays are exempt)	14 Maple Ridge, Pitt Meadows, Fort Langley, Aldergrove, Abbotsford, Mission	15	16 Langley, Surrey, Cloverdale, North Delta, Ladner, Tsawwassen, Delta, White Rock	17 Port Coquitlam, Port Moody, Burnaby, Richmond, All of the Vancouvers	18	19
20 <b>ALL CITIES</b> (Cities on Mondays are exempt)	21 Maple Ridge, Pitt Meadows, Fort Langley, Aldergrove, Abbotsford, Mission	22	23 Langley, Surrey, Cloverdale, North Delta, Ladner, Tsawwassen, Delta, White Rock	24 Port Coquitlam, Port Moody, Burnaby, Richmond, All of Vancouvers	25	26
27 <b>ALL CITIES</b> (Cities on Mondays are exempt)	28 Maple Ridge, Pitt Meadows, Fort Langley, Aldergrove, Abbotsford, Mission	29	30 Langley, Surrey, Cloverdale, North Delta, Ladner, Tsawwassen, Delta, White Rock	1 Port Coquitlam, Port Moody, Burnaby, Richmond, All of the Vancouvers	2	3