



Kamloops Community Free Food Resources

Note: Please email info@kamloopsfoodpolicycouncil.com if you have information to add or change. Current as of July 18, 2022. Visit www.kamloopsfoodpolicycouncil.com/foodsecurity/ to view this document and the community meals calendar anytime.

BC211

Website: www.bc211.ca

Safe Seniors, Strong Communities. By simply dialing 2-1-1 or filling in an online form at www.bc211.ca, Seniors 65 and older can request volunteer help with grocery shopping, meal delivery, and prescription pick-up, or they can receive a friendly check-in call. Calls are managed and filled at the Mount Paul Community Food Centre under Better At Home.

BGC Kamloops

Website: <https://www.bgckamloops.com/>

Address: 150 Wood St | **Phone:** 250- 554-5437

- *Hot Meal* (ages 11-18) Monday – Thursday 11am-4pm / Friday 11am-1pm Youth Room Door, John Tod Centre.
- *Hot Meal* (ages 15-24) Friday 1-4pm Youth Room door, John Tod Centre
- *The Necessity Nook* – hamper – hygiene, dried food (ages 11-24) Monday – Friday 11am-4pm Youth Room Door, John Tod Centre (or by appointment outside of those hours) call or text 250-851-6179 or email youth@bgckamloops.com
- Mornings at the Club (ages 11-24) Tuesday & Thursday 830-1130am Youth Room Door, John Tod Centre (this is a breakfast/sleeping program for those experiencing homelessness, food insecurity, & low income)
- *Friday Family Night.* Fridays, 5:30-7pm dine in. John Tod Centre. Must register on the [Facebook page](#).
- Friday Nights Alive will resume in September

Hills of Peace Lutheran Church

Website: <https://www.hillsofpeace.com/young-adults/suppers/>

Address: 695 Robson Drive | **Phone:** 250-828-2221

- *Youth Dinner* (ages 18-39ish) Dine in or Takeout
3rd Sunday of each month 6:30pm- please contact ahead time at 250-828-2221 or office@hillsofpeace.com

Kamloops Covid Meal Train

Website: <https://www.facebook.com/groups/2629304904024530/>

- *Meal Train* runs everyday, volunteers provide daily mobile meal delivery and supplies to street locations on North Shore, Downtown, Valleyview, and Sahali- Check the [Facebook page](#) for updates.
- Supplies available: harm reduction, clothing, personal hygiene

Kamloops Reach

Website: www.kamloopsreach.com

- *Outreach food support-* once a week when supplies and volunteers are available
- Visit website for more information

Lighthouse Project

Phone: 778-538-4118

- Meal delivery Tuesday and Thursday evening starting at 6:30pm Northshore and Downtown

Mount Paul Community Food Centre

Website: <https://www.mountpaulcommunityfoodcentre.com>

Address: 140 Laburnum St | **Phone Number:** 236- 421-1011

- Dine in community meal – Monday and Thursday 12-1pm (not open on stats)
- Youth Meals delivered to 408 Seymour Street Monday to Friday 1-3pm
- The Market – affordable produce market 11-3pm every Tuesday
- Food Hamper deliveries once a month
- Meals on Wheels delivered on Tuesdays and Thursdays
- Kid's Recipe Kits – 100 free kits available each month
<https://www.mountpaulcommunityfoodcentre.com/kidskits>
- Emergency food hampers

Mustard Seed

Website: <https://theseed.ca/services-kamloops/>

Address: 181 West Victoria St | **Phone:** 250-434-9898

- *Lunch and dinner* served at the Outreach Centre 7 days a week (181 Victoria Street West)
- Dayroom open from 9:00am-7:00pm
- Note: the dining room is closed from 7:00pm-8:00pm and 8:00am-9:00am for cleaning between day and evening programs. Clothing and personal hygiene products available.

PIT Stop – Kamloops United Church

Website: <https://www.facebook.com/PIT-Stop-Kamloops-862859763869399>

Address: 421 St Paul Street (back door)

- *Hot meal Dine In* - Sunday – 3:30pm – 4:30pm

Stone Soup Collective Kamloops

Website: <https://www.facebook.com/GroovyTeam2021>

Email address: stonessoupkamloops@gmail.com | **Phone:** (250) 214-9704

- *Meal delivery* 9:00am-5:30/6pm (7 days a week)- Mobile meal service Northshore, Southshore, Valleyview, Sahali
- Supplies available: clothing, blankets and tarps, candles, and toiletries

The Salvation Army Kamloops

Website: <https://www.kamloopssalvationarmy.ca/>

Address: 344 Poplar St

- *Food Truck*- Wednesday- Motel 6 11:30am- 12:00pm
- *Food Truck*- Wednesday- Tournament Inn 12:00pm- 12:30pm
- *Food Truck*- Wednesday- Storage Center (across from City Hall) 12:45pm-1:15pm

The Loop (Community Resources Centre)

Website: <https://www.facebook.com/groups/2629304904024530>

Address: 405a Tranquille

- 10am-2pm 7 days week information on resources and food available, including breakfast and lunch
- Information on medical, shelter, legal, access to fresh produce and community resources.

Youth Street Outreach

Website: <https://www.interiorcommunityservices.bc.ca/programs/youth/youth-street-outreach>

Facebook: <https://www.facebook.com/youthstreetoutreach/> | **Instagram:** @icsyouthstreetoutreach

Address: 408 Seymour St | **Phone Number:** 250- 374-7435

- All services available to youth 13 – 24
- To go meals, water, hygiene items and healthy snacks provided Monday to Friday 8:30am-6:30pm

Food Hampers

BGC Kamloops

Website: <http://www.bgckamloops.com/>

Address: 150 Wood St

- The Necessity Nook – hamper – hygiene, dried food (ages 11-24) Monday – Friday 11am-4pm Youth Room Door, John Tod Centre (or by appointment outside of those hours) call or text 250-851-6179 or email youth@bgckamloops.com

Kamloops Food Bank

Website: <https://www.kamloopsfoodbank.org/clients/>

Address: 171 Wilson St

- Procedures may change at any time. Please see website for most up to date information
- Clients may access bread, produce, dairy and meat once per week, and a non-perishable hamper once per month
- Please note: service paused 12-12:30pm everyday
- Families & Single Parents
 - Monday 8:30am - 2:30pm
 - Wednesday 8:00am - 2:30pm
 - Friday 8:30am - 2:30pm
 - Saturday 9:00am - 1:00pm
- Singles and Couples
 - Tuesday 8:00am - 2:30pm
 - Thursday 8:00am - 2:30pm
 - Friday 8:30am - 2:30pm
 - Saturday 9:00am - 1:00pm
- Additional Senior Access (60+)
 - Monday 7:30 - 8:30am
 - Friday 7:30 - 8:30am

Kamloops Reach

Website: www.kamloopsreach.com

- Please use the "help" button on website to get in touch and request supplies or contact 778-257-2299

The Salvation Army Kamloops

Website: <https://www.kamloopssalvationarmy.ca/>

Address: 344 Poplar St

- Food Hampers are available Monday and Thursday, 9:00am-11:45pm. All services are being offered at the door. Clients are required to bring ID each time they visit and a proof of income on their initial visit and anytime their circumstances may have changed. Eligible households are able to receive a food hamper every 90 days. Please note: Requests for hampers must be made before 11:45am so there is time to prepare them before we close at 12pm.
- Food Hampers – Valleyview – Clients can call 250-554-1611 ext.200 to register for a food hamper to be delivered to Valleyview on Wednesdays.
- Free bread for pick up every day 9:00am-4:00pm while quantities last, sign posted on front door when available (unavailable when sign is not up). The bread door will be closed while we are out with the food truck on Wednesday.

Thompson Rivers University Students Union

- Food Closet available, please call in advance at 250 828-5289, email office@trusu.ca or visit members services desk
- Monday to Friday and 9am –5pm

How to Help

Volunteers and Non-Financial Donation Requests

BGC Kamloops

- Non-perishable food & fruit for youth hampers, commercially kitchen cooked meals/snacks (muffins, healthy snacks etc.) and take out packaging

Kamloops Covid Meal Train

- Looking for volunteers to assist with meal distribution and donations of cooked meals/snacks.
<https://www.facebook.com/groups/2629304904024530>

Kamloops Reach

- Looking for volunteers and donations (food and supplies)

Mustard Seed

- See list of items requested here: <https://theseed.ca/kamloops-urgently-needed-items>

The Salvation Army

- Non-perishable food items.

The Loop

- Perishable and non-perishable food items, volunteers, clothing.

Youth Street Outreach

- Non-perishable food, fruit, take out packaging (disposable plates, cups, cutlery), coffee, small denomination gift cards for grocery stores

Financial Donations

- [BGC Kamloops](#)
- [Kamloops Food Bank](#)
- [Kamloops Food Policy Council](#)
- [Kamloops Reach](#)
- [Mount Paul Community Food Centre](#)
- [Mustard Seed Kamloops](#)
- [Salvation Army Kamloops](#)