

## Kamloops Community Meals and Meal Delivery- Fall 2022 Free Resources



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>PIT Stop</b> (Kamloops United Church) 421 St Paul- Dine in meal 3:30-4:30pm</p> <p><b>The Mustard Seed-</b> 181 West Victoria Street Lunch and dinner 9:00am – 7:00pm</p> <p><b>Stone Soup Collective Kamloops</b> City wide meal delivery 9am-5:30pm</p> <p><b>Meal Train</b> (city wide meal delivery) <b>The Loop</b> (food and supplies) 405A Tranquille 10am-2pm</p>	<p><b>Mount Paul Community Food Centre</b> 140 Laburnum St Dine in meal 12:00-1:00pm</p> <p><b>The Mustard Seed-</b> 181 West Victoria Street Lunch and dinner 9:00am– 7:00pm</p> <p><b>Stone Soup Collective Kamloops</b> City wide meal delivery 9am-5:30pm</p> <p><b>Meal Train</b> (city wide meal delivery) <b>The Loop</b> (food and supplies) 405A Tranquille 10am-2pm</p>	<p><b>The Mustard Seed-</b> 181 West Victoria Street Lunch and dinner 9:00am – 7:00pm</p> <p><b>Stone Soup Collective Kamloops</b> City wide meal delivery 9am-5:30pm</p> <p><b>Meal Train</b> (city wide meal delivery) <b>The Loop</b> (food and supplies) 405A Tranquille 10am-2pm</p> <p><b>Lighthouse Project</b> Meal delivery 6:30pm Northshore and Downtown</p>	<p><b>Salvation Army Food Truck-</b> Light House <i>1605 E Trans-Canada Hwy Frtg</i> <u>11:15-11:35</u> Motel 6 <u>11:40- 11:55pm</u> Tournament Inn <u>12:05- 12:30pm</u> Storage Center- across City Hall <u>12:50-1:15pm</u></p> <p><b>The Mustard Seed-</b> 181 West Victoria Street Lunch and dinner 9:00am – 7:00pm</p> <p><b>Stone Soup Collective Kamloops</b> City wide meal delivery 9am-5:30pm</p> <p><b>Meal Train</b> (city wide meal delivery) <b>The Loop</b> (food and supplies) 405A Tranquille 10am-2pm</p>	<p><b>Mount Paul Community Food Centre</b> 140 Laburnum St Dine in meal 12:00-1:00pm</p> <p><b>The Mustard Seed-</b> 181 West Victoria Street Lunch and dinner 9:00am - 7:00pm</p> <p><b>Stone Soup Collective Kamloops</b> City wide meal delivery 9am-5:30pm</p> <p><b>Meal Train</b> (city wide meal delivery) <b>The Loop</b> (food and supplies) 405A Tranquille 10am-2pm</p> <p><b>Lighthouse Project</b> Meal delivery 6:30pm Northshore and Downtown</p>	<p><b>The Mustard Seed-</b> 181 West Victoria Street Lunch and dinner 9:00am-7:00pm</p> <p><b>Stone Soup Collective Kamloops</b> City wide meal delivery 9am-5:30pm</p> <p><b>Meal Train</b> (city wide meal delivery) <b>The Loop</b> (food and supplies) 405A Tranquille 10am-2pm</p>	<p><b>The Mustard Seed-</b> 181 West Victoria Street Lunch and dinner 9:00am-7:00pm</p> <p><b>Stone Soup Collective Kamloops</b> City wide meal delivery 9am-5:30pm</p> <p><b>Meal Train</b> (city wide meal delivery) <b>The Loop</b> (food and supplies) 405A Tranquille 10am-2pm</p>

**Kamloops Community Meals and Meal Delivery- Fall 2022**  
**Free Resources for YOUTH**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>ICS Youth Street Outreach</b>  Meals to go (ages 13-24)  408 Seymour  8:30am-4:30pm</p> <p><b>BGC Kamloops</b>  Hot Meal (ages 11-18)  3pm-6pm  &amp;  Hot Meal (ages 15-24)  6pm-8pm  &amp;  The Necessity Nook – hamper (ages 11-24)  3pm-8pm</p>	<p><b>ICS Youth Street Outreach</b>  Meals to go (ages 13-24)  408 Seymour  8:30am-4:30pm</p> <p><b>BGC Kamloops</b>  Hot Meal (ages 11-18)  3pm-6pm  &amp;  The Necessity Nook hamper (ages 11-24)  3pm-6pm</p>	<p><b>ICS Youth Street Outreach</b>  Meals to go (ages 13-24)  408 Seymour  8:30am-4:30pm</p> <p><b>BGC Kamloops</b>  Hot Meal (ages 11-18)  3pm-6pm  &amp;  Hot Meal (ages 15-24)  6pm-8pm  &amp;  The Necessity Nook – hamper (ages 11-24)  3pm-8pm</p>	<p><b>ICS Youth Street Outreach</b>  Meals to go (ages 13-24)  408 Seymour  8:30am-4:30pm</p> <p><b>BGC Kamloops</b>  Hot Meal (ages 11-18)  3pm-6pm  &amp;  The Necessity Nook hamper (ages 11-24)  3pm-6pm</p>	<p><b>ICS Youth Street Outreach</b>  Meals to go (ages 13-24)  408 Seymour  8:30am-4:30pm</p> <p><b>BGC Kamloops</b>  Hot Meal (ages 11-18)  3pm-6pm  &amp;  The Necessity Nook hamper (ages 11-24)  3pm-12pm</p> <p><b>BGC Kamloops</b>  Friday Nights Alive (ages 13-21)  8:30pm-12pm</p> <p><b>BGC Kamloops</b>  Friday Family Nights Dinner alternating dine in and grab n’ go must pre-register  BGC Kamloops Facebook Page</p>	