



# Kamloops Community Free Food Resources

Note: Please email [info@kamloopsfoodpolicycouncil.com](mailto:info@kamloopsfoodpolicycouncil.com) if you have information to add or change. Current as of Fall 2022. Visit [www.kamloopsfoodpolicycouncil.com/foodsecurity/](http://www.kamloopsfoodpolicycouncil.com/foodsecurity/) to view this document and the community meals calendar anytime.

## BC211

**Website:** [www.bc211.ca](http://www.bc211.ca)

*Safe Seniors, Strong Communities.* By simply dialing 2-1-1 or filling in an online form at [www.bc211.ca](http://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 – Friday 3-6pm Youth Room Door, John Tod Centre
- *Hot Meal* (ages 15-24) Monday & Wednesday 6pm – 8pm Youth Room Door, John Tod Centre
- *Friday Nights Alive* (ages 13-21) Friday 8:30 – 12pm Youth Room Door, John Tod Centre
- *The Necessity Nook* – hamper – hygiene, dried food (ages 11-24) Monday – Friday 3-6pm/M & W 6-8pm/Friday 8:30-12pm Youth Room Door, John Tod Centre (or by appointment outside of those hours) call or text 250-851-6179 or email [youth@bgckamloops.com](mailto:youth@bgckamloops.com)
- *Friday Family Night* – Friday alternating dine in & grab n' go. Must sign up for dine in to be eligible for following grab n' go. 5:30pm John Tod Centre. Must register on the Facebook Page.

## Four Paws Food Bank Foundation

**Website:** <https://www.facebook.com/fourpawsfoodbank>

**Address:** 109 Tranquille parking lot (watch Facebook page for changes in location)

- Tuesdays 6-7pm- pet food bank

## 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](mailto: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](http://www.kamloopsreach.com)

- *Outreach food support*- once a week when supplies and volunteers are available (see website for more details)

## 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 11-2pm 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
- Services: advocacy and connection with community nurses to provide meal support for seniors and other individuals in need

## The Salvation Army Kamloops

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

**Address:** 344 Poplar St

- *Food Truck*- Wednesday
  - Light House (1605 E Trans-Canada Hwy Frtg) 11:15am- 11:35am
  - Motel 6 11:40am- 11:55pm
  - Tournament Inn 12:05pm- 12:30pm
  - Storage Center (across from City Hall) 12:50pm-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.
- Free public food market Saturday 1-2 pm outside The Stir -185 royal ave (last market October 29th)

## 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-4:30pm

## 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 3-6pm/M & W 6-8pm/Friday 8:30-12pm Youth Room Door, John Tod Centre (or by appointment outside of those hours) call or text 250-851-6179 or email [youth@bgckamloops.com](mailto: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 8:00am - 1:00pm

- Singles and Couples
  - Tuesday 8:00am - 2:30pm
  - Thursday 8:00am - 2:30pm
  - Friday 8:30am - 2:30pm
  - Saturday 8:00am - 1:00pm
- Additional Senior Access (60+)
  - Monday 7:30 - 8:30am
  - Friday 7:30 - 8:30am

## Kamloops Reach

**Website:** [www.kamloopsreach.com](http://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 Mondays, Tuesdays, Thursdays, and Fridays 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 on Wednesday.

## Thompson Rivers University Students Union

- Food Closet available, please call in advance at 250 828-5289, email [office@trusu.ca](mailto:office@trusu.ca) or visit members services desk
- Monday to Friday and 8am–10pm & Saturday/Sunday 10am-10pm

## 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](#)