



Kamloops Community Free Food Resources

Note: Please email info@kamloopsfoodpolicycouncil.com if you have information to add or change. Current as of Winter 2023. 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 11-24) Monday – Thursday 12-3pm Youth Room Door, John Tod Centre
- *Hot Meal* (ages 11-18) Monday – Thursday 3-6pm Youth Room Door, John Tod Centre
- *Hot Meal* (ages 13-21) Fridays 4 – 10pm Youth Room Door, John Tod Centre
- The Necessity Nook – hamper – hygiene, dried food (ages 11-24) Monday – Friday 12-6pm youth room door, John Tod Centre (or by appt. 250-851-6179)
- Family Social (families with children under 8) – meal and place to socialize – Fridays 430-630. Registration required. More information on the website and facebook page

Four Paws Food Bank Foundation

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

Address: 430 Tranquille parking lot (watch Facebook page for changes in location and dates)

- Tuesdays 6-7pm- pet food bank (sometimes every 2 weeks)

Hills of Peace Lutheran Church

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

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

- *Sunday Night Supper Dine* in 3rd Sunday of each month 6:00pm

Kamloops 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

Lighthouse Project

Phone: 778-538-4118

- Meal delivery Tuesday 6:30pm and Thursday 5:00pm 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 10-2pm every Tuesday and Thursday
- Food Hamper deliveries once a month
- Meals on Wheels delivered on Tuesdays and Thursdays
- Community Pantry – frozen soups and smoothies available (no cost)
- 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
 - Georgian Court (Fortune Dr) 1:00pm- 1:30pm

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
- During emergency cold weather (-10c or 5 cm snow) open 7am-10pm
- 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-7pm

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 12 - 6pm
Youth Room Door, John Tod Centre (or by appointment outside of those hours) 250-851-6179

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

- 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. 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 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 Meal Train

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

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](#)