



Kamloops Community Free Food Resources

Fall 2023 | Free Resources

BC211

Website: www.bc211.ca

Phone: 211

Call or fill out the online search form at www.bc211.ca for information and referrals to food and basic goods programs and services in Kamloops.

BGC Kamloops

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

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

- *Hot Meal* (ages 11-24) Monday – Thursday 12-3 p.m. Youth Room Door, John Tod Centre.
- *Hot Meal* (ages 11-18) Monday – Thursday 3-6 p.m. Youth Room Door, John Tod Centre.
- *Hot Meal* (ages 13-21) Friday 4-10 p.m. Youth Room Door, John Tod Centre.
- *Food Hamper* (ages 11-24) Monday-Thursday 12-6 p.m., Friday 9 a.m. - 10 p.m. Youth Room Door, John Tod Centre (or by appt. **250-851-6179**). “The Necessity Nook” provides access to hygiene products and non-perishable foods.
- *Family Social Dinner* (families with children under 8 y/o) – Friday 4:30-6:30 p.m. Provides a meal and place to socialize. Registration required - contact fsupport@bgckamloops.com. More information on their website.

Four Paws Food Bank Foundation

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

Address: 185 Royal Ave

- *Pet Food Bank* – Tuesdays 6-7 p.m.
Note: watch their Facebook page for changes in location and dates.

Hills of Peace Lutheran Church

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

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

- *Sunday Night Supper* (age 18–39ish y/o) – third Sunday of each month, 6:30-8 p.m.

Kamloops Meal Train

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

- *Meal Train* – 7 days a week. Volunteers provide daily mobile meal delivery and supplies to street locations on the North Shore, Downtown, Valleyview, and Sahali. Watch their [Facebook page](#) for updates.
- *Supplies available* – harm reduction, clothing, personal hygiene.

Lighthouse Project

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

Phone: 778-538-4118

- *Meal delivery* – Thursdays 7 p.m. on the 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* – Mondays and Thursdays 12-1 p.m. (not open on stats).
- *Produce boxes* – Tuesdays after 12 p.m. Registration required.
- *Youth Meals* – Monday to Friday 1-3 p.m. Delivered to 408 Seymour Street (ICS Youth Street Outreach).
- *The Market* – Tuesdays and Thursdays 10 a.m. - 2 p.m. Affordable produce market.
- *Food Hamper* – Deliveries once a month. Registration required.
- *Community Pantry* – Monday-Friday 8:30 a.m. - 4 p.m. Frozen soups and smoothies available (no cost).
- *Emergency Food Hampers* - call to access.
- *Senior's Food Hamper Delivery* - monthly Food Bank hamper delivery, call to access.

Mustard Seed

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

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

- *Lunch and dinner* – 7 days a week, served at the Outreach Centre (181 Victoria Street West):
 - Lunch - 12 p.m.
 - Dinner - 5 p.m.*
- *Dayroom* – 7 days a week, 9 a.m. - 7 p.m.
- *Supplies available* – clothing and personal hygiene products.
- *Food Hampers* – provided monthly. Call to access.

PIT Stop – Kamloops United Church

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

Address: 421 St Paul Street (back door)

- *Hot meal* – Sundays 3:30-4:30 p.m.

Stone Soup Collective Kamloops

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

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

- *Meal delivery* – 7 days a week, 9 a.m. - 5:30 p.m. Mobile meal service on the North Shore, Downtown, Valleyview, and 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

- *Emergency Food Bank* – Mondays and Thursdays 9-11:45 a.m., Tuesdays 5-7 p.m.
- *Food Truck* – Wednesdays:

- Georgian Court, 406 Fortune Dr – 11:15-11:35 a.m.
 - Lighthouse, 1605 E Trans Canada Hwy Frtg Rd – 11:50 a.m. - 12:10 p.m.
 - Motel 6, 1763 E Trans Canada Hwy – 12:15-12:35 p.m.
 - Tournament Inn, 1893 E Trans Canada Hwy – 12:45-1:15 pm
- *Note: All stops in Valleyview are eligible for the mobile food bank, which operates out of the food truck. To access the mobile food bank, you must call 250-554-1693 ext 200 to order a food hamper by 12 p.m. on Tuesdays (the day before mobile food bank service).

The Loop (Community Resources Centre)

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

Address: 405a Tranquille

- *Breakfast and Lunch* – 7 days a week, 10 a.m. - 2 p.m.
- *Warming Centre* – may be offered in cold weather – check Facebook for updates.
- *Information* – on medical, shelter, and legal services, and 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 y/o – Monday to Friday 8:30 a.m. - 7p.m.
 - To go meals, water, hygiene items and healthy snacks
 - Shower and laundry services for homeless youth
 - Harm reduction services

Food Hampers

BGC Kamloops

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

Address: 150 Wood St | **Phone:** 250-851-6179

- *Food and Hygiene Hamper* (ages 11-24) – Monday to Thursday 12-6 p.m., Friday 9 a.m. - 10 p.m. Youth Room Door, John Tod Centre (or by appointment outside of those hours). “The Necessity Nook” offers hygiene products and non-perishable foods.

Kamloops Food Bank

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

Address: 171 Wilson St | **Phone:** 250-376-2252

- Clients may access bread, produce, dairy and meat once per week, and a non-perishable hamper once per month.

Note: service pauses from 12-12:30 p.m. everyday for a lunch break. Procedures may change at any time. Please see their website for the most up to date information.

- Families & Single Parents
 - Monday 8:30 a.m. - 2:30 p.m.
 - Wednesday 8 a.m. - 2:30 p.m.
 - Friday 8:30 a.m. - 2:30 p.m.
 - Saturday 8 a.m. - 2 p.m.

- Singles and Couples
 - Tuesday 8 a.m. - 2:30 p.m.
 - Thursday 8 a.m. - 2:30 p.m.
 - Friday 8:30 a.m. - 2:30 p.m.
 - Saturday 8 a.m. - 2 p.m.

Additional Senior Access (60+)

- Monday 7:30 - 8:30 a.m.
- Friday 7:30 - 8:30 a.m.

Kamloops Reach

Website: www.kamloopsreach.com

Phone: 778-257-2299

- Please use the "help" button on their website, or call, to get in touch and request supplies.

The Salvation Army Kamloops

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

Address: 344 Poplar St

- *Food Hamper* – Mondays and Thursdays 9-11:45 a.m., and Tuesdays 5-7 p.m. Clients are required to bring ID each time they visit and proof of income on their initial visit and anytime their circumstances change. Eligible households are able to receive a food hamper every 90 days.
- *Food Hamper* – Valleyview – Clients can call 250-554-1611 ext.200 by 12 p.m. on Tuesdays to register for a food hamper to be delivered to Valleyview on Wednesdays.
- *Free bread* – Mondays, Tuesdays, Thursdays, and Fridays 9 a.m. - 4 p.m. while quantities last. Sign posted on front door when available (unavailable when sign is not up). The bread door is closed on Wednesdays.

Mustard Seed

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

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

- *Monthly Food Hampers* – available upon request. Call to access.

Thompson Rivers University Student's Union

- *Emergency Food Security Program* – students can apply for a grocery gift card [here](#). You will receive a response within 48 hours and can pick up your gift card at the Member's Service Desk in the Student's Union Building. For assistance, you can call 250 828-5289, email office@trusu.ca or visit the Member's Services Desk.

TRUSU Service Desk Hours

- Monday-Friday 8 a.m. - 10 p.m.
- Saturday-Sunday 10 a.m. - 10 p.m.