



# Kamloops Community Free Food Resources

## Summer 2024 | Free Resources

### BC211

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

**Phone:** 211

Call or fill out the online search form at [www.bc211.ca](http://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](mailto: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* – First three Tuesdays of every month, 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/>  
<https://form.jotform.com/241135560036043>

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

- *Sahali Hills of Peace Pantry (SHoPP)* – Monthly grocery box worth \$40 for \$10. Limited to 40 participants a month. Registration required monthly [here](#).
- *Sunday Night Supper* – everyone welcome, third Sunday of each month, 6-8 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 and shelter 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 5 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).
- *Youth Meals (18-24 y/o)* – Wednesday 4-6 p.m. provided by Youth Street Outreach
  - 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.
- *Community Pantry* – Monday-Friday 8:30 a.m. - 4 p.m. Frozen soups and smoothies available (no cost).
- *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 | **Email address:** InfoKamloops@theseed.ca

- *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.

*Note: Text or call the number provided before accessing services.*

## The Salvation Army Kamloops

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

**Address:** 344 Poplar St

- *Emergency Food Bank* – Mondays 10 a.m. - 12 p.m. and 4 p.m. - 6 p.m., and Thursdays 9-11:45 a.m.
- *Food Truck* – Tuesdays:
  - Georgian Court, 406 Fortune Dr – 11:15-11:35 a.m.

Visit [www.kamloopsfoodpolicycouncil.com/foodsecurity/](http://www.kamloopsfoodpolicycouncil.com/foodsecurity/) to view Kamloops Community Meal Calendar

- 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).*
- \* Beginning May 28, The Salvation Army and the Kamloops Aboriginal Friendship Society will serve a mobile lunch near the KAFS and the old Dynasty Gardens - check back for updates about delivery time
- Wednesday mornings hot breakfast drop-in program for Seniors and Caregivers with Tots
  - Mon-Friday 10 a.m. - 12 p.m. (or until bread runs out) bread door. Two loaves and one sweet per household.

## The Loop (Community Resources Centre)

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

**Address:** 405a Tranquille

- *Breakfast, Lunch and Dinner* – 7 days a week, 10 a.m. - 2 p.m. and 4-6 p.m.
- *Free Market* – Saturdays 1:30-2:30 p.m. *Note\* Anyone in need of food can contact The Loop to free shop at any time.*
- *Information* – on medical, shelter, and legal services, and access to fresh produce and community resources.
- *Shower and Laundry Services* – 7 days a week, while open.

## 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-Friday 8:30 a.m. - 7p.m., Saturday 8:30 a.m. - 4:30 p.m.
  - To go meals, water, hygiene items and healthy snacks
  - Shower and laundry services for homeless youth
  - Harm reduction services and supplies
- *Health Clinic* – Wednesday 1-3 p.m.

## 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

Visit [www.kamloopsfoodpolicycouncil.com/foodsecurity/](http://www.kamloopsfoodpolicycouncil.com/foodsecurity/) to view Kamloops Community Meal Calendar

**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. -2:30 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. - 2:30 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](http://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 10 a.m. - 12 p.m. and 4 p.m. - 6 p.m., and Thursdays 9-11:45 a.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 Mondays to register for a food hamper to be delivered to Valleyview on Tuesdays.
- *Free bread* – Monday-Friday, 10 a.m. - 12 p.m. while quantities last. Sign posted on front door when available (unavailable when sign is not up). Two loaves and one sweet per household.

## Mount Paul Community Food Centre

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

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

- *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 | **Email address:** InfoKamloops@theseed.ca

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

## Thompson Rivers University Student's Union

**Website:** <https://trusu.ca/services/food-bank/>

**Address:** 1055 University Dr | **Phone:** 250 828-5289 | **Email address:** [office@trusu.ca](mailto:office@trusu.ca)

- *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, email 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.