

Kamloops Community Meals and Meal Delivery - Summer 2024

Free Resources



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Stone Soup Collective Kamloops <i>City wide meal delivery</i> 9 a.m. - 5:30 p.m.</p> <hr/> <p>PIT Stop 421 St Paul St (Kamloops United Church back door) <i>Dine in meal</i> 3:30-4:30 p.m.</p> <hr/> <p>Kamloops Meal Train <i>City wide meal delivery</i> to street and shelter locations in North Shore, Downtown, Valleyview, and Sahali</p> <hr/> <p>Hills of Peace Lutheran Church 695 Robson Dr <i>Dinner on the third Sunday of every month</i> 6 p.m.</p>	<p>Stone Soup Collective Kamloops <i>City wide meal delivery</i> 9 a.m. - 5:30 p.m.</p> <hr/> <p>Mount Paul Community Food Centre 140 Laburnum St <i>Dine in meal</i> 12-1 p.m. (closed on stat holidays)</p> <hr/> <p>Kamloops Meal Train <i>City wide meal delivery</i> to street and shelter locations in North Shore, Downtown, Valleyview, and Sahali</p> <hr/> <p>Ask Wellness 433 Tranquille (At the back) 10 a.m. - 12 p.m. <i>until October</i></p>	<p>Stone Soup Collective Kamloops <i>City wide meal delivery</i> 9 a.m. - 5:30 p.m.</p> <hr/> <p>Kamloops Meal Train <i>City wide meal delivery</i> to street and shelter locations in North Shore, Downtown, Valleyview, and Sahali</p> <hr/> <p>Salvation Army Food Truck <u>227 Tranquille Road</u> (former Dynasty gardens) 11:15-11:35 a.m.</p> <hr/> <p><u>Georgian Court</u> 406 Fortune Dr 11:15-11:35 a.m.</p> <hr/> <p><u>Lighthouse</u> 1605 E Trans-Canada Hwy Frtg 11:50 a.m. - 12:10 p.m.</p> <hr/> <p><u>Motel 6</u> 1763 e trans Canada hwy 12:15-12:35 p.m.</p> <hr/> <p><u>Tournament Inn</u> 1893 e trans Canada hwy 12:45-1:15 p.m.</p> <p><i>*All stops in Valleyview are eligible for the mobile food bank operating out of the food truck. Must call 250-554-1693 ext 200 to order a food hamper by 12 p.m. on Monday (day before delivery).</i></p> <hr/> <p>Ask Wellness 433 Tranquille (At the back) 10 a.m. - 12 p.m. <i>until October</i></p>	<p>Stone Soup Collective Kamloops <i>City wide meal delivery</i> 9 a.m. - 5:30 p.m.</p> <hr/> <p>Salvation Army 344 Poplar St <i>Mornings - hot breakfast drop-in for seniors and caregivers of toddlers</i></p> <hr/> <p>Kamloops Meal Train <i>City wide meal delivery</i> to street and shelter locations in North Shore, Downtown, Valleyview, and Sahali</p> <hr/> <p>Ask Wellness 433 Tranquille (At the back) 10 a.m. - 12 p.m. <i>until October</i></p>	<p>Stone Soup Collective Kamloops <i>City wide meal delivery</i> 9 a.m. - 5:30 p.m.</p> <hr/> <p>Mount Paul Community Food Centre 140 Laburnum St <i>Dine in meal</i> 12-1 p.m.</p> <hr/> <p>Lighthouse Project <i>Meal delivery</i> North Shore and Downtown 5 p.m.</p> <hr/> <p>Kamloops Meal Train <i>City wide meal delivery</i> to street and shelter locations in North Shore, Downtown, Valleyview, and Sahali</p> <hr/> <p>Ask Wellness 433 Tranquille (At the back) 10 a.m. - 12 p.m. <i>until October</i></p>	<p>Stone Soup Collective Kamloops <i>City wide meal delivery</i> 9 a.m. - 5:30 p.m.</p> <hr/> <p>Kamloops Meal Train <i>City wide meal delivery</i> to street and shelter locations in North Shore, Downtown, Valleyview, and Sahali</p> <hr/> <p>Ask Wellness 433 Tranquille (At the back) 10 a.m. - 12 p.m. <i>until October</i></p>	<p>Stone Soup Collective Kamloops <i>City wide meal delivery</i> 9 a.m. - 5:30 p.m.</p> <hr/> <p>Kamloops Meal Train <i>City wide meal delivery</i> to street and shelter locations in North Shore, Downtown, Valleyview, and Sahali</p>

Visit www.kamloopsfoodpolicycouncil.com/foodsecurity/ to view the Kamloops Community Food Resources document.

Kamloops Community Meals and Meal Delivery - Summer 2024

Free Resources for YOUTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>ICS Youth Street Outreach 408 Seymour St</p> <p><i>Meals to go</i> (ages 13-25) 8:30 a.m. - 7 p.m.</p> <hr/> <p>BGC Kamloops 150 Wood St</p> <p><i>Hot Meal</i> (ages 11-24) 12 p.m. - 3 p.m.</p> <p><i>Hot Meal</i> (ages 11-18) 3 p.m. - 6 p.m.</p> <p>The Necessity Nook – <i>hamper</i> (ages 11-24) 12 p.m. - 6 p.m.</p>	<p>ICS Youth Street Outreach 408 Seymour St</p> <p><i>Meals to go</i> (ages 13-25) 8:30 a.m. - 7 p.m.</p> <hr/> <p>BGC Kamloops 150 Wood St</p> <p><i>Hot Meal</i> (ages 11-24) 12 p.m. - 3 p.m.</p> <p><i>Hot Meal</i> (ages 11-18) 3 p.m. - 6 p.m.</p> <p>The Necessity Nook – <i>hamper</i> (ages 11-24) 12 p.m. - 6 p.m.</p>	<p>ICS Youth Street Outreach 408 Seymour St</p> <p><i>Meals to go</i> (ages 13-25) 8:30 a.m. - 7 p.m.</p> <hr/> <p>BGC Kamloops 150 Wood St</p> <p><i>Hot Meal</i> (ages 11-24) 12 p.m. - 3 p.m.</p> <p><i>Hot Meal</i> (ages 11-18) 3 p.m. - 6 p.m.</p> <p>The Necessity Nook – <i>hamper</i> (ages 11-24) 12 p.m. - 6 p.m.</p> <p>The Necessity Nook – <i>hamper</i> (ages 11-24) 12 p.m. - 6 p.m.</p> <hr/> <p>Mount Paul Community Food Centre 140 Laburnum St</p> <p><i>Dine in meal</i> 4-6 p.m.</p>	<p>ICS Youth Street Outreach 408 Seymour St</p> <p><i>Meals to go</i> (ages 13-25) 8:30 a.m. - 7 p.m.</p> <hr/> <p>BGC Kamloops 150 Wood St</p> <p><i>Hot Meal</i> (ages 11-24) 12 p.m. - 3 p.m.</p> <p><i>Hot Meal</i> (ages 11-18) 3 p.m. - 6 p.m.</p> <p>The Necessity Nook – <i>hamper</i> (ages 11-24) 12 p.m. - 6 p.m.</p>	<p>ICS Youth Street Outreach 408 Seymour St</p> <p><i>Meals to go</i> (ages 13-25) 8:30 a.m. - 7 p.m.</p> <hr/> <p>BGC Kamloops 150 Wood St</p> <p><i>Hot Meal</i> (ages 11-24) 12 p.m. - 3 p.m.</p> <p><i>Hot Meal</i> (ages 13-21) 4 p.m. - 10 p.m.</p> <p>The Necessity Nook – <i>hamper</i> (ages 11-24) 9 a.m. - 10 p.m.</p> <p><i>Family Social Meal</i> (families with children under 8) 4:30 p.m. - 6:30 p.m. Registration required, contact fsupport@bgc.kamloops.com</p>	<p>ICS Youth Street Outreach 408 Seymour St</p> <p><i>Meals to go</i> (ages 13-25) 8:30 a.m. - 4:30 p.m.</p>