

# Kamloops Community Meals and Meal Delivery - Fall 2024

## Free Resources



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>PIT Stop</b> 421 St Paul St (Kamloops United Church back door) <i>Dine in meal</i> 3:30-4:30 p.m.</p> <hr/> <p><b>Kamloops Meal Train</b> <i>City wide meal delivery</i> to street and shelter locations in North Shore, Downtown, Valleyview, and Sahali</p> <hr/> <p><b>Hills of Peace Lutheran Church</b> 695 Robson Dr <i>Dinner</i> on the third Sunday of every month 6 p.m.</p>	<p><b>Mount Paul Community Food Centre</b> 140 Laburnum St <i>Dine in meal</i> 12-1 p.m. (closed on stat holidays)</p> <hr/> <p><b>Kamloops Meal Train</b> <i>City wide meal delivery</i> to street and shelter locations in North Shore, Downtown, Valleyview, and Sahali</p> <hr/> <p><b>Ask Wellness</b> 433 Tranquille Rd (At the back) <i>Meal</i> 10 a.m. - 12 p.m. <i>until end of October</i></p>	<p><b>Kamloops Meal Train</b> <i>City wide meal delivery</i> to street and shelter locations in North Shore, Downtown, Valleyview, and Sahali</p> <hr/> <p><b>Salvation Army Food Truck</b> <u>Former Dynasty Gardens</u> 227 Tranquille Road 11:15-11:35 a.m.</p> <p><u>Georgian Court</u> 406 Fortune Dr 11:15-11:35 a.m.</p> <p><u>Lighthouse</u> 1605 E Trans-Canada Hwy Frtg 11:50 a.m. - 12:10 p.m.</p> <p><u>Motel 6</u> 1763 e trans Canada hwy 12:15-12:35 p.m.</p> <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><b>Ask Wellness</b> <b>Ask Wellness</b> 433 Tranquille Rd (At the back) <i>Meal</i> 10 a.m. - 12 p.m. <i>until end of October</i></p>	<p><b>Salvation Army</b> 344 Poplar St <i>Hot breakfast</i> drop-in for seniors and caregivers of toddlers 9-10:30 a.m.</p> <hr/> <p><b>Kamloops Meal Train</b> <i>City wide meal delivery</i> to street and shelter locations in North Shore, Downtown, Valleyview, and Sahali</p> <hr/> <p><b>Ask Wellness</b> 433 Tranquille Rd (At the back) <i>Meal</i> 10 a.m. - 12 p.m. <i>until end of October</i></p> <hr/> <p><b>Soup Circle for TRU Students</b> <i>Cplul'kw'ten (The Gathering Place)</i> in House 5 on Sk'lep Trail 11:30 a.m. - 12:30 p.m.</p>	<p><b>Mount Paul Community Food Centre</b> 140 Laburnum St <i>Dine in meal</i> 12-1 p.m.</p> <hr/> <p><b>Lighthouse Project</b> <i>Meal delivery</i> North Shore and Downtown 5 p.m.</p> <hr/> <p><b>Kamloops Meal Train</b> <i>City wide meal delivery</i> to street and shelter locations in North Shore, Downtown, Valleyview, and Sahali</p> <hr/> <p><b>Ask Wellness</b> 433 Tranquille Rd (At the back) <i>Meal</i> 10 a.m. - 12 p.m. <i>until end of October</i></p>	<p><b>Kamloops Meal Train</b> <i>City wide meal delivery</i> to street and shelter locations in North Shore, Downtown, Valleyview, and Sahali</p> <hr/> <p><b>Ask Wellness</b> 433 Tranquille Rd (At the back) <i>Meal</i> 10 a.m. - 12 p.m. <i>until end of October</i></p>	<p><b>Kamloops Meal Train</b> <i>City wide meal delivery</i> to street and shelter locations in North Shore, Downtown, Valleyview, and Sahali</p>

Visit [www.kamloopsfoodpolicycouncil.com/foodsecurity/](http://www.kamloopsfoodpolicycouncil.com/foodsecurity/) to view the Kamloops Community Food Resources document.

## Kamloops Community Meals and Meal Delivery - Fall 2024

### Free Resources for YOUTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>ICS Youth Street Outreach</b> 408 Seymour St</p> <p><i>Meals to go</i> (ages 13-25) 8:30 a.m. - 7 p.m.</p> <hr/> <p><b>BGC Kamloops</b> 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 11-19) 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><b>ICS Youth Street Outreach</b> 408 Seymour St</p> <p><i>Meals to go</i> (ages 13-25) 8:30 a.m. - 7 p.m.</p> <hr/> <p><b>BGC Kamloops</b> 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 11-19) 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><b>ICS Youth Street Outreach</b> 408 Seymour St</p> <p><i>Meals to go</i> (ages 13-25) 8:30 a.m. - 7 p.m.</p> <hr/> <p><b>Soup Circle for TRU Students</b> <i>Cplul'kw'ten (The Gathering Place)</i> in House 5 on <i>Sk'lep Trail</i> 11:30 a.m. - 12:30 p.m.</p> <hr/> <p><b>BGC Kamloops</b> 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 11-19) 3 p.m. - 6 p.m.</p> <p><i>Hot Meal</i> (ages 11-19) 3 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><b>Mount Paul Community Food Centre</b> 140 Laburnum St <i>Dine in meal</i> 4-6 p.m.</p>	<p><b>ICS Youth Street Outreach</b> 408 Seymour St</p> <p><i>Meals to go</i> (ages 13-25) 8:30 a.m. - 7 p.m.</p> <hr/> <p><b>BGC Kamloops</b> 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 11-19) 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><b>ICS Youth Street Outreach</b> 408 Seymour St</p> <p><i>Meals to go</i> (ages 13-25) 8:30 a.m. - 7 p.m.</p> <hr/> <p><b>BGC Kamloops</b> 150 Wood St</p> <p><i>Hot Meal</i> (ages 13-21) 4 p.m. - 10 p.m. or 12 - 6 p.m. (rotating schedule)</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 6 y/o) 4:30 p.m. - 6:00 p.m. Registration required, contact <a href="mailto:fsupport@bgc.kamloops.com">fsupport@bgc.kamloops.com</a></p>	<p><b>ICS Youth Street Outreach</b> 408 Seymour St</p> <p><i>Meals to go</i> (ages 13-25) 8:30 a.m. - 4:30 p.m.</p>