



Kamloops Community Free Food Resources

Spring 2025 | Free Resources

ASK Wellness Society

Website: <https://askwellness.ca/>

Address: 433 Tranquille Road

- *Temporary Meal/Nursing Program* Monday-Friday 10 a.m. - 12 p.m. (until the end of October, 2024). Located at the back of 433 Tranquille Rd.

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 11-19) Monday – Thursday 3-6 p.m. Youth Room Door, John Tod Centre.
- *Hot Meal* (ages 13-21) Fridays, hours rotate every other week from 4-10 p.m. and 12-6 p.m. Youth Room Door, John Tod Centre. (Watch their social media pages to see which Fridays they are open 4-10 p.m. and which Fridays they are open 12-6 p.m.)
- *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 6 and under) – Friday 4:30-6 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* – First three Tuesdays of every month, 6-7 p.m.
Note: watch their Facebook page for changes in location and dates.

The Groove

Phone: 250-214-9704

- Daily city wide meal delivery 10 a.m. - 3 p.m. Call or text for specific needs, including: meals, clothing, food hampers, hygiene items, and advocacy.

Hills of Peace Lutheran Church

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

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.

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)* – 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. Cash or card.
- *Community Pantry* – Tuesdays and Thursdays 10 a.m. - 2 p.m. Access frozen soups and smoothies.
- *Harvest to Home* – Tuesdays - Help sort, process, and take home produce recovered from grocery stores. Volunteer registration required [here](#).

Mustard Seed

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

Address: 181 West Victoria St | **Phone:** 250-434-9898 | **Email address:** InfoKamloops@theseed.ca

- *Supplies available* – clothing and personal hygiene products. Contact wellnesskam@theseed.ca.
- *Food Hampers* – provided monthly. Call or come to the door 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.

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:
 - 227 Tranquille Road (former Dynasty gardens): Partnering with the Aboriginal Friendship Society to serve a free community lunch 11:15-11:35 a.m.
 - 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).
- Wednesday 9-10:30 a.m. 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 Stir's Community Pantry

Website: [Kamloopsfoodpolicycouncil.com](http://kamloopsfoodpolicycouncil.com)

Address: 185 Royal Ave | **Phone:** 250-540-0888 | **Email address:** info@kamloopsfoodpolicycouncil.com

- *Community Pantry* – available 24/7 outside The Stir. Stocked with non-perishables, harm reduction and hygiene supplies, and sometimes pet supplies from 4 Paws Food Bank.
- Donations can be placed inside the pantry at any time.

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

- *Soup Circle* – Wednesdays 11:30-12:30 p.m. at Cplul'kw'ten (The Gathering Place) in House 5 on Sk'lep Trail.
- *TRUSU Chef's Package* – Second Wednesday of each month at 10 a.m. in the TRUSU building, first-come, first served basis. Recipe kit with ingredients and instructions.
- *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.

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.

Visit www.kamloopsfoodpolicycouncil.com/foodsecurity/ to view Kamloops Community Meal Calendar

- 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 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.

The Groove

Phone: 1 (250) 214-9704

- Call or text for hamper delivery.

Kamloops Food Bank

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

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

- TRU students may access the food bank once per month. All other clients may access bread, produce, dairy and meat twice per month, 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.

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.

Mustard Seed

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

Address: 181 West Victoria St | **Phone:** 250-434-9898 | **Email address:** InfoKamloops@theseed.ca

- *Monthly and Emergency Food Hampers* – available upon request. Call or go to the door to access.