



Kamloops Community Free Food Resources

Summer/Fall 2025

ASK Wellness Society

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

Address: 433 Tranquille Road

- *Temporary Meal/Nursing Program Monday-Friday 10 a.m. - 12 p.m. 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 | **Instagram:** bgckamloopsyouth

- *Hot Meal (ages 11-24) Monday – Friday 12-3 p.m. Youth Room Door, John Tod Centre.*
- *Hot Meal (ages 11-19) Monday – Friday 12-6 p.m. Youth Room Door, John Tod Centre.*
- *Food Hamper (ages 11-24) Monday-Friday 12-6 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.*

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.*
- *Open September. 2, 9, 16: 6-7pm*
- *Closed September 23, 30*

The Groove: Lori Lavoie

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. *Extended Hours Available**

Hills of Peace Lutheran Church

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

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

- *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 – Tuesdays & 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).*
- *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.*

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 Thursdays 9-11:45 a.m. (Check Website for Updates)*
- *Food Truck – Tuesdays:*
 - *227 Tranquille Road (former Dynasty gardens): Partnering with the Aboriginal Friendship Society to serve a free community lunch 11:10-11:30 a.m.*

- Georgian Court, 406 Fortune Dr – 11:10-11:25 a.m.
 - Star Lodge, SaHali (775 Columbia St. W) 11:45 a.m. -12:15 p.m.
 - Lighthouse, 1605 E Trans Canada Hwy Frtg Rd – 12:30-12:45 p.m.
 - Outside the Coastline in Valleyview (1763 Trans-Canada Hwy) 12:50-1:15
- *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 Mondays (the day before mobile food bank service).*
- Bread Door – Mon-Friday 10 a.m.-12 p.m. (or until bread runs out) Two loaves and one sweet per household.
 - (Beginning September 18th) Thursday 9 a.m. hot breakfast drop-in program for Seniors and Caregivers with Tots

Thompson Rivers University Student's Union

Website: trusu.ca

Address: 1055 University Dr | **Phone:** 250 828-5289 | **Email address:** info@trusu.ca

- 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.
- Community Meal – Students can attend a biweekly meal held every second Thursday TRUSU Building 12-5p.m.
- TRUSU Service Desk Hours
 - Monday-Friday 8 a.m. - 10 p.m.
 - Saturday-Sunday 10 a.m. - 10 p.m.

ICS 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 13-26 y/o Tuesday-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.

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.