



MEAL CALENDAR

Summer/Fall 2025

SUNDAY

PIT Stop Hot meal (Kamloops United Church 421 St. Paul Street Back door) 3:30-4:30pm
Hills of Peace Lutheran Church Sunday Night Supper (695 Robson Dr.) Third Sunday of the month 6-8pm

MONDAY

Kamloops Food Bank Additional Senior Access (60+) (171 Wilson St.) 7:30-8:30am
Kamloops Food Bank Families & Single Parents (171 Wilson St.) 8:30am-2:30pm
ASK Wellness Temporary Meal/Nursing Program (Back of 433 Tranquille Rd.) 10am-12pm
BGC Kamloops Hot Meal for ages 11-24 (Youth Room Door, John Tod Centre 150 Wood St.) 12pm-3pm
BGC Kamloops Hot Meal for ages 11-19 (Youth Room Door, John Tod Centre 150 Wood St.) 12pm-6pm
BGC Kamloops Food Hamper & "Necessity Nook" for ages 11-24 (Youth Room Door, John Tod Centre 150 Wood St.) 12pm-6pm
Salvation Army Emergency Food Bank (244 Poplar St.) 10am-12pm
Mount Paul CFC Dine in Community Meal (140 Laburnum St.) 12-1pm
Salvation Army Bread Door (344 Poplar St.) 10am-2pm or while supplies last

TUESDAY

Kamloops Food Bank Singles & Couples (171 Wilson St.) 8am-2:30pm
ASK Wellness Temporary Meal/Nursing Program (Back of 433 Tranquille Rd.) 10am-12pm
Mount Paul CFC Community Pantry (140 Laburnum St.) 10am-2pm
Salvation Army Bread Door (344 Poplar St.) 10am-2pm or while supplies last
BGC Kamloops Hot Meal for ages 11-24 (Youth Room Door, John Tod Centre 150 Wood St.) 12pm-3pm
BGC Kamloops Hot Meal for ages 11-19 (Youth Room Door, John Tod Centre 150 Wood St.) 12pm-6pm
BGC Kamloops Food Hamper & "Necessity Nook" for ages 11-24 (Youth Room Door, John Tod Centre 150 Wood St.) 12pm-6pm
Mount Paul CFC Affordable Produce Market (140 Laburnum St.) 10-2pm
Four Paws Food Bank Pet Food Bank (185 Royal Ave.) First three Tuesdays of the month 6-7pm
Salvation Army Food Truck (Various Locations and times, refer to last slide)
ICS Youth Street Outreach To go meals ages 13-26 (408 Seymour St.) 8:30am-4:30pm

WEDNESDAY

Kamloops Food Bank Families & Single Parents (171 Wilson St.) 8am-2:30pm
ASK Wellness Temporary Meal/Nursing Program (Back of 433 Tranquille Rd.) 10am-12pm
Salvation Army Bread Door (344 Poplar St.) 10am-2pm or while supplies last
BGC Kamloops Hot Meal for ages 11-24 (Youth Room Door, John Tod Centre 150 Wood St.) 12pm-3pm
BGC Kamloops Hot Meal for ages 11-19 (Youth Room Door, John Tod Centre 150 Wood St.) 12pm-6pm
BGC Kamloops Food Hamper & “Necessity Nook” for ages 11-24 (Youth Room Door, John Tod Centre 150 Wood St.) 12pm-6pm
ICS Youth Street Outreach To go meals ages 13-26 (408 Seymour St.) 8:30am-4:30pm



THURSDAY

Kamloops Food Bank Singles & Couples (171 Wilson St.) 8am-2:30pm
Salvation Army Emergency Food Bank (244 Poplar St.) 9-11:45am
Salvation Army Hot Breakfast drop in for seniors and caregivers with children (344 Poplar St.) 9am
ASK Wellness Temporary Meal/Nursing Program (Back of 433 Tranquille Rd.) 10am-12pm
Mount Paul CFC Community Pantry (140 Laburnum St.) 10am-2pm
Salvation Army Bread Door (344 Poplar St.) 10am-2pm or while supplies last
Mount Paul CFC Dine in Community Meal (140 Laburnum St.) 12-1pm
BGC Kamloops Hot Meal for ages 11-24 (Youth Room Door, John Tod Centre 150 Wood St.) 12pm-3pm
BGC Kamloops Food Hamper & “Necessity Nook” for ages 11-24 (Youth Room Door, John Tod Centre 150 Wood St.) 12pm-6pm
BGC Kamloops Hot Meal for ages 11-19 (Youth Room Door, John Tod Centre 150 Wood St.) 12pm-6pm
Mount Paul CFC Affordable Produce Market (140 Laburnum St.) 10am-2pm
Lighthouse Project Outreach Northshore Downtown (702 Columbia St.) 5pm
TRUSU Student Community Meal TRUSU Building (1055 University Dr.) 12- 5pm
ICS Youth Street Outreach To go meals ages 13-26 (408 Seymour St.) 8:30am-4:30pm

FRIDAY

Kamloops Food Bank Additional Senior Access (60+) (171 Wilson St.) 7:30-8:30am
Kamloops Food Bank Families & Single Parents (171 Wilson St.) 8:30am-2:30pm
Kamloops Food Bank Singles & Couples (171 Wilson St.) 8:30am-2:30pm
Salvation Army Bread Door (344 Poplar St.) 10am-2pm or while supplies last
ASK Wellness Temporary Meal/Nursing Program (Back of 433 Tranquille Rd.) 10am-12pm
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ICS Youth Street Outreach To go meals ages 13-26 (408 Seymour St.) 8:30am-4:30pm

SATURDAY

Kamloops Food Bank Families & Single Parents (171 Wilson St.) 8am-2:30pm
Kamloops Food Bank Singles & Couples (171 Wilson St.) 8am-2:30pm
ICS Youth Street Outreach To go meals ages 13-26 (408 Seymour St.) 8:30am-4:30pm



Salvation Army Food Truck Locations - 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 operating out of the food truck. To access the Food bank

Must call 250-554-1693 ext 200 to order a food hamper by 12 p.m. on Mondays.

Available 7 days a week

The Groove: Call or text Lori Lavoie at 250-214-9704 available 7 days a week on call for food hampers. 10am - 3pm

VISIT OUR
WEBSITE FOR A
COMPLETE FOOD
RESOURCES LIST!

