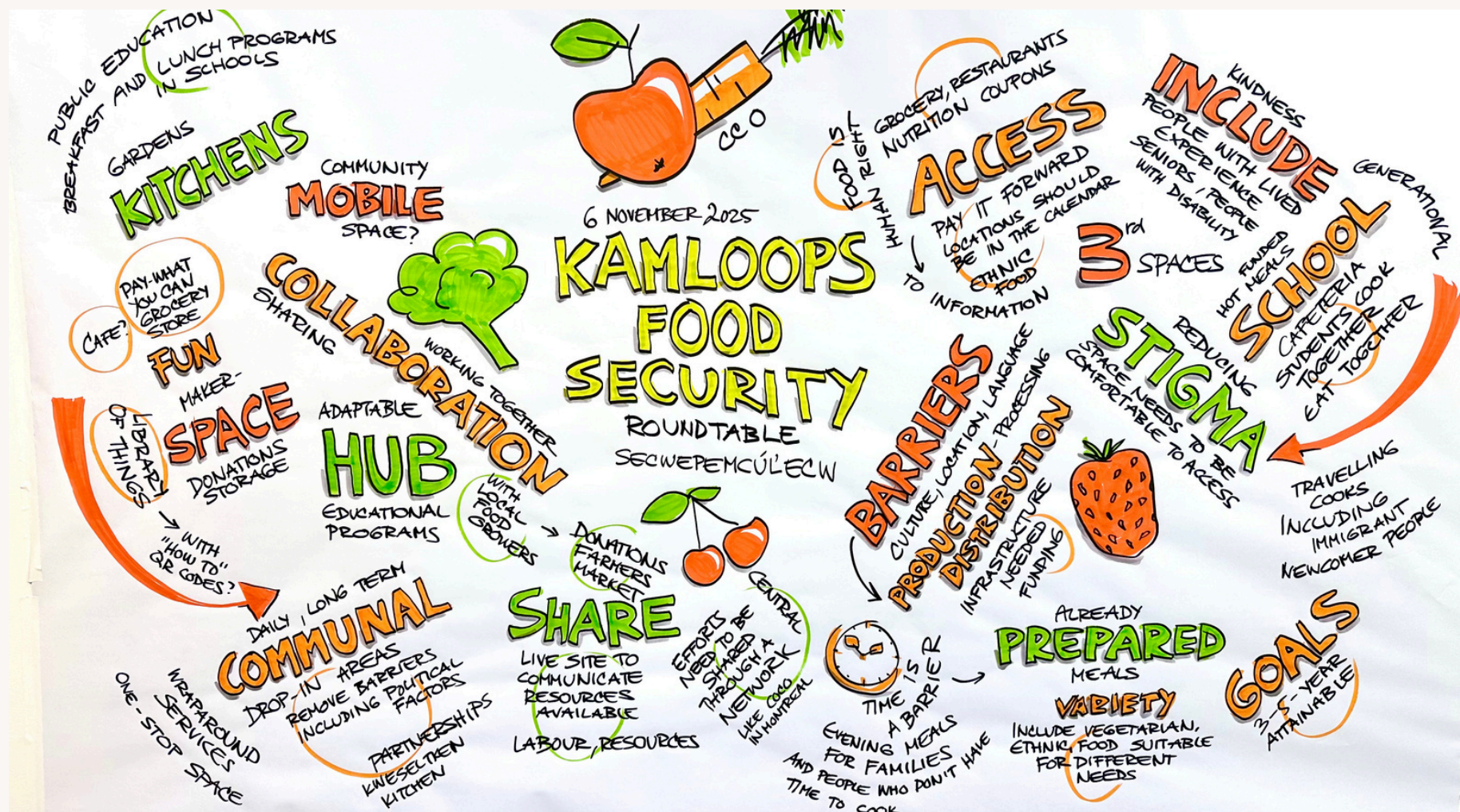


# FREE MEAL PROVISION ROUNDTABLE



February 5, 2026  
10am - 12pm  
The Stir, 185 Royal Ave.

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4  
6  
4

**10:05-10:20am | The "Case for Action"**

- **November 6<sup>th</sup> 2025 roundtable summary discussion**
- **Meal Calendar Printing Explanation**

**10:20-10:35am | Madison Hynes, Food First NL**

- **Rethinking Food Charity: A Community Conversation**

**10:35-10:50am | The "Ask"**

- **Formally presenting our intention to form working group**
- **Discussion on the goals, expectations, and commitments involved**

**10:50-11:05am | Break**

**11:05-11:40am | Facilitated Discussion**

**11:40am-12pm | Next Steps and Commitment: A Clear Call to Action**

**12-12:30pm | Optional Networking**

# THE "CASE TO ACTION"

10 Min.

## What do we mean by free meal provision?

This refers to the direct act of supplying prepared or easily preparable food to those in need.

## Who are meal providers?

Organizations on the Meal Calendar, including the organizations that provide free meals or those who supply ingredients for meal preparation.

## Who are meal recipients?

This includes low-income individuals and families, seniors, unhoused and vulnerably-housed individuals, students, people with disabilities, special health needs, Indigenous groups, ethnic minorities, and newcomers, and more

### Addressing Household Food Insecurity: A Continuum

**EMERGENCY  
FOOD ACCESS**

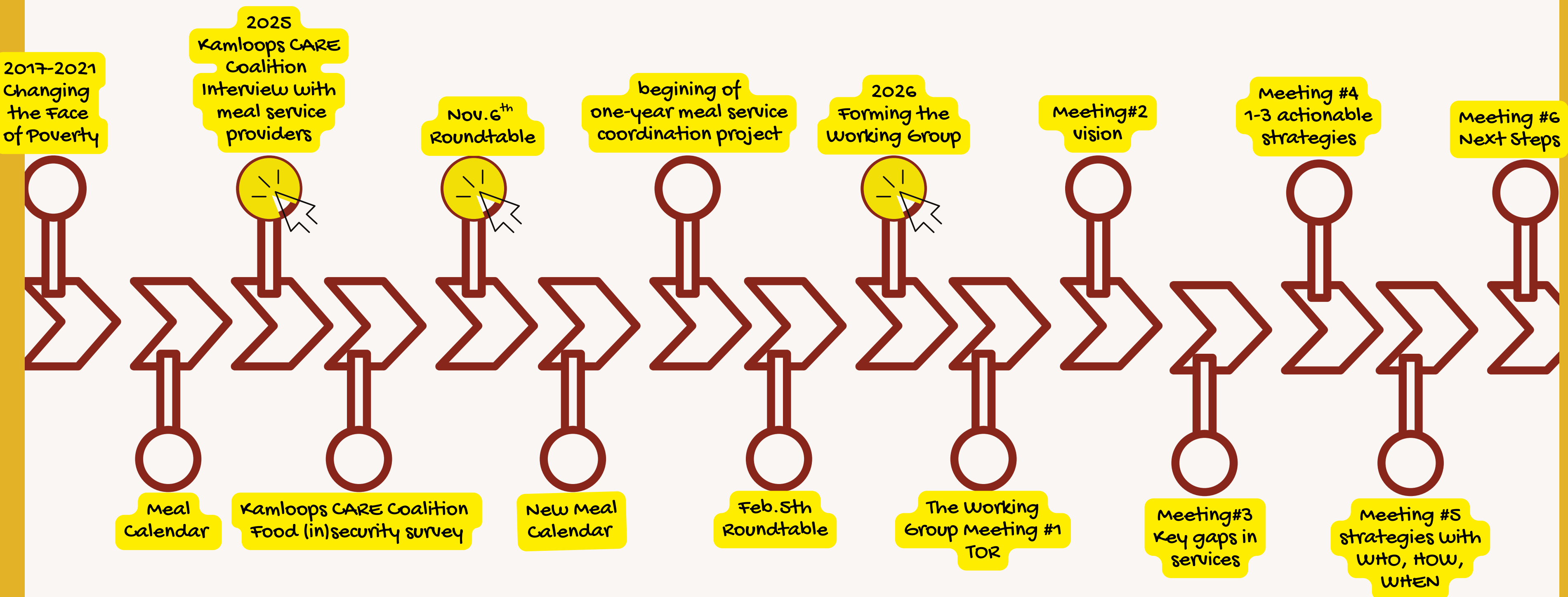
Advocacy  
→

**INCOME-BASED  
SOLUTIONS**

FOOD BANKS  
MEAL PROGRAMS

POLICY CHANGE

# The journey....





6 NOVEMBER 2025

# KAMLOOPS FOOD SECURITY

ROUNDTABLE  
SECWEPENCÚLECW



## SHARE

LIVE SITE TO COMMUNICATE RESOURCES AVAILABLE  
LABOUR, RESOURCES

EFFORTS NEED TO BE SHARED THROUGH A NETWORK LIKE COCO IN MONTREAL



TIME IS A BARRIER  
EVENING MEALS FOR FAMILIES AND PEOPLE WHO DON'T HAVE TIME TO COOK

## BARRIERS

CULTURE, LOCATION, LANGUAGE  
INFRASTRUCTURE NEEDED  
FUNDING



## PREPARED

ALREADY MEALS  
VARIETY  
INCLUDE VEGETARIAN, ETHNIC FOOD SUITABLE FOR DIFFERENT NEEDS

## GOALS

3-5 YEAR ATTAINABLE

## STIGMA

REDUCING STIGMA  
SPACE NEEDS TO BE COMFORTABLE TO ACCESS

TRAVELLING COOKS INCLUDING IMMIGRANT NEWCOMER PEOPLE

## 3<sup>rd</sup> SPACES

HOT FUNDED MEALS

## SCHOOL

KINDNESS  
PEOPLE WITH LIVED EXPERIENCE  
SENIORS / PEOPLE WITH DISABILITY  
GENERATIONAL  
CAFETERIA STUDENTS COOK TOGETHER  
EAT TOGETHER

## ACCESS

FOOD IS HUMAN RIGHT  
GROCERY, RESTAURANTS  
NUTRITION COUPONS  
PAY IT FORWARD  
LOCATIONS SHOULD BE IN THE CALENDAR  
ETHNIC FOOD INFORMATION

## MOBILE SPACE?



## COLLABORATION

COMMUNITY  
SHARING  
WORKING TOGETHER  
ADAPTABLE

## HUB

EDUCATIONAL PROGRAMS

WITH LOCAL FOOD GROWERS

DONATIONS FARMERS MARKET

## KITCHENS

PUBLIC EDUCATION  
BREAKFAST AND LUNCH PROGRAMS IN SCHOOLS  
GARDENS

## SPACE

MAKER-  
DONATIONS STORAGE

## COMMUNAL

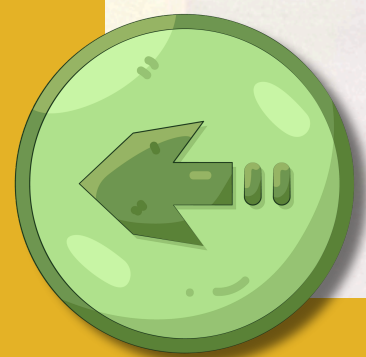
DAILY / LONG TERM  
DROP-IN AREAS  
REMOVE BARRIERS INCLUDING POLITICAL FACTORS  
PARTNERSHIPS  
KWESELTREN KITCHEN  
WRAPAROUND SERVICES  
ONE-STOP SPACE

CAFES? PAY-WHAT YOU CAN GROCEERY STORE

LIBRARIES OF THINGS

"WITH HOW TO" QR CODES?

Artist: Marie Bartlett



# MEAL CALENDAR PRINTING

5 Min.

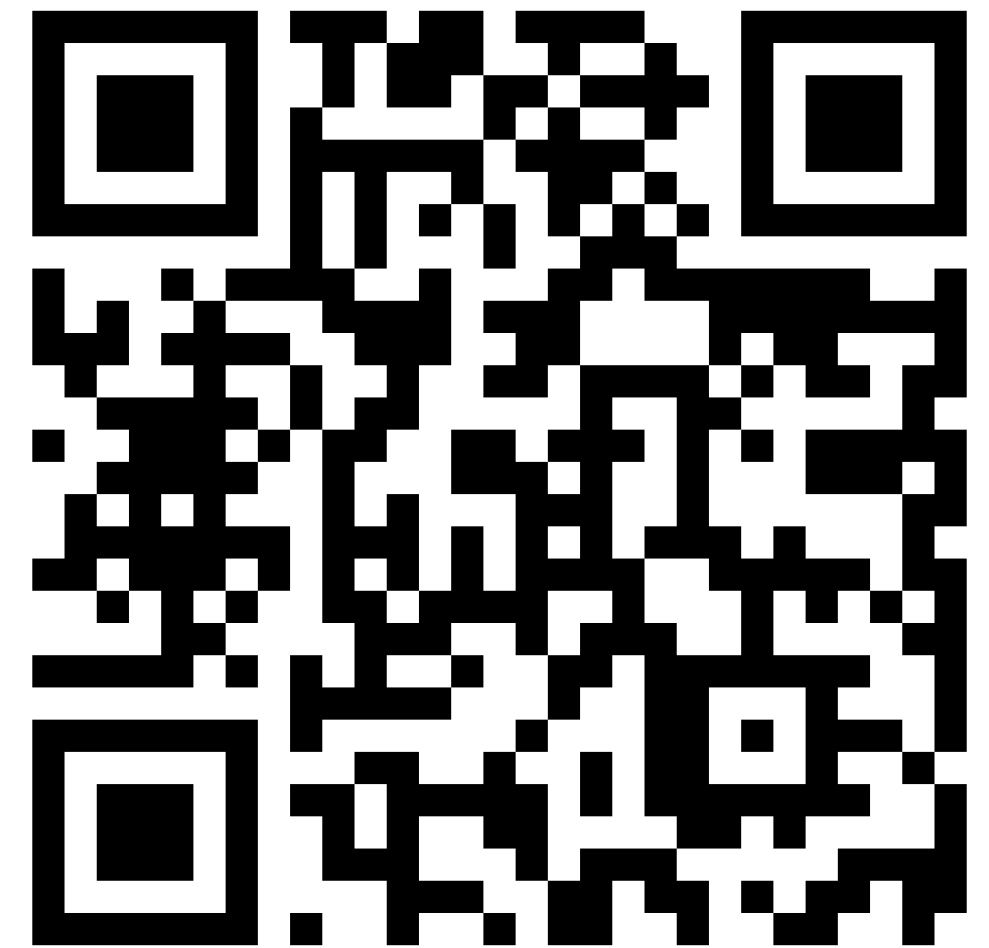
How can we help ensure regular calendar updates?

ORGANIZATION	ADDRESS	PHONE NUMBER	EMAIL / WEBSITE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ASK Wellness Society	433 Tranquille Rd.	2502992282	<a href="http://www.askwellness.ca/contact">http://www.askwellness.ca/contact</a>		Temporary Meal/Nursing Program 10am-12pm	Temporary Meal/Nursing Program 10am-12pm	Temporary Meal/Nursing Program 10am-12pm	Temporary Meal/Nursing Program 10am-12pm	Temporary Meal/Nursing Program 10am-12pm	Temporary Meal/Nursing Program 10am-12pm
SC211 (United Way)	n/a	211	211-info@uwbcc.ca	Call or fill out the online search form at <a href="http://www.bc211.ca">www.bc211.ca</a> for information and referrals to food and basic goods program and services in Kamloops.	Call or fill out the online search form at <a href="http://www.bc211.ca">www.bc211.ca</a> for information and referrals to food and basic goods program and services in Kamloops.	Call or fill out the online search form at <a href="http://www.bc211.ca">www.bc211.ca</a> for information and referrals to food and basic goods program and services in Kamloops.	Call or fill out the online search form at <a href="http://www.bc211.ca">www.bc211.ca</a> for information and referrals to food and basic goods program and services in Kamloops.	Call or fill out the online search form at <a href="http://www.bc211.ca">www.bc211.ca</a> for information and referrals to food and basic goods program and services in Kamloops.	Call or fill out the online search form at <a href="http://www.bc211.ca">www.bc211.ca</a> for information and referrals to food and basic goods program and services in Kamloops.	Call or fill out the online search form at <a href="http://www.bc211.ca">www.bc211.ca</a> for information and referrals to food and basic goods program and services in Kamloops.
SGC Kamloops	150 Wood St.	2505545437	<a href="http://www.sgckamloops.ca">http://www.sgckamloops.ca</a>		- Hot Meal (Ages 11-24) 12-3pm (Youth Room, John Tod Centre) - Hot Meal (Ages 11-19) 12-8pm (Youth Room, John Tod Centre) - Food Hamper (Ages 11-24) 12-8pm (Youth Room, John Tod Centre) - "The Necessity Nook" provides access to hygiene products and non-perishable foods.	- Hot meal (Ages 11-24) 12-3pm (Youth Room, John Tod Centre) - Hot Meal (Ages 11-19) 12-8pm (Youth Room, John Tod Centre) - Food Hamper (Ages 11-24) 12-8pm (Youth Room, John Tod Centre) - "The Necessity Nook" provides access to hygiene products and non-perishable foods.	- Hot meal (Ages 11-24) 12-3pm (Youth Room, John Tod Centre) - Hot Meal (Ages 11-19) 12-8pm (Youth Room, John Tod Centre) - Food Hamper (Ages 11-24) 12-8pm (Youth Room, John Tod Centre) - "The Necessity Nook" provides access to hygiene products and non-perishable foods.	- Hot meal (Ages 11-24) 12-3pm (Youth Room, John Tod Centre) - Hot Meal (Ages 11-19) 12-8pm (Youth Room, John Tod Centre) - Food Hamper (Ages 11-24) 12-8pm (Youth Room, John Tod Centre) - "The Necessity Nook" provides access to hygiene products and non-perishable foods.	- Hot meal (Ages 11-24) 12-3pm (Youth Room, John Tod Centre) - Hot Meal (Ages 11-19) 12-8pm (Youth Room, John Tod Centre) - Food Hamper (Ages 11-24) 12-8pm (Youth Room, John Tod Centre) - "The Necessity Nook" provides access to hygiene products and non-perishable foods.	
The Groves: Lori Lavioie	n/a	2502149104	n/a	Daily city-wide meal delivery 10am-3pm. Call for specific needs including: meals, clothing, food hampers, hygiene items, and advocacy. Extended hours available.	Daily city-wide meal delivery 10am-3pm. Call for specific needs including: meals, clothing, food hampers, hygiene items, and advocacy. Extended hours available.	Daily city-wide meal delivery 10am-3pm. Call for specific needs including: meals, clothing, food hampers, hygiene items, and advocacy. Extended hours available.	Daily city-wide meal delivery 10am-3pm. Call for specific needs including: meals, clothing, food hampers, hygiene items, and advocacy. Extended hours available.	Daily city-wide meal delivery 10am-3pm. Call for specific needs including: meals, clothing, food hampers, hygiene items, and advocacy. Extended hours available.	Daily city-wide meal delivery 10am-3pm. Call for specific needs including: meals, clothing, food hampers, hygiene items, and advocacy. Extended hours available.	Daily city-wide meal delivery 10am-3pm. Call for specific needs including: meals, clothing, food hampers, hygiene items, and advocacy. Extended hours available.
Four Paws Food Bank Foundation	185 Hoyal Ave.		<a href="https://www.facebook.com/fourpawsfoodbank">https://www.facebook.com/fourpawsfoodbank</a> <a href="mailto:fourpawsfoodbank@gmail.com">fourpawsfoodbank@gmail.com</a>			Pat Food Bank (First 3 Tuesdays of each month) 8-7pm Check Facebook for Updates				
Mount Paul Community Food Centre	140 Latsumum st.	2384211011	<a href="http://www.mountpaulcommunityfoodcentre.com/">http://www.mountpaulcommunityfoodcentre.com/</a>		Dine in community meal 12-1pm (not open on saturdays)	- Affordable produce market 10-2pm (cash or card)		Dine in community meal 12-1pm (not open on saturday)		
Hills of Peace Lutheran Church	895 Hobson Dr.	2506289221	<a href="https://www.hillsofpeace.com/young-adult-be-suppers/">https://www.hillsofpeace.com/young-adult-be-suppers/</a>	Sunday Night Supper (Third Sunday of each month) 8-9pm						
Lighthouse Project	n/a	7785384118	<a href="https://www.lighthouseproject.ca/">https://www.lighthouseproject.ca/</a>			Meal Delivery Northshore and Downtown 5pm		Meal Delivery Northshore and Downtown 5pm		
Mustard Seed	181 West Victoria St.	2504348898	<a href="mailto:welmeakam@mustard.ca">welmeakam@mustard.ca</a>	- Supplies available: Clothing and personal hygiene products. - Food Hampers: Provided monthly, call or come to the door to access.	- Supplies available: Clothing and personal hygiene products. - Food Hampers: Provided monthly, call or come to the door to access.	- Supplies available: Clothing and personal hygiene products. - Food Hampers: Provided monthly, call or come to the door to access.	- Supplies available: Clothing and personal hygiene products. - Food Hampers: Provided monthly, call or come to the door to access.	- Supplies available: Clothing and personal hygiene products. - Food Hampers: Provided monthly, call or come to the door to access.	- Supplies available: Clothing and personal hygiene products. - Food Hampers: Provided monthly, call or come to the door to access.	- Supplies available: Clothing and personal hygiene products. - Food Hampers: Provided monthly, call or come to the door to access.
MT Stop: Kamloops United Church	421 St. Paul St. (Back door)		<a href="https://www.facebook.com/MT-Stop-Kamloops-882859783889399">https://www.facebook.com/MT-Stop-Kamloops-882859783889399</a>	Hot Meal 3:30-4:30pm						
The Salvation Army Kamloops	344 Poplar St.		<a href="https://www.salvationarmy.ca/">https://www.salvationarmy.ca/</a>		- Emergency Food Bank 10am-12pm - Bread Door 10am-12pm or while supplies last	- Bread Door 10am-12pm or while supplies last - Food Truck: 227 Tranquille Road 11:10-11:30am 408 Fortuna Dr. 11:10-11:25am 775 Columbia St. W 11:45am-12:15pm 1805 E. Trans Canada Hwy Frig Rd 12:30-12:45pm 1783 Trans Canada Hwy 12:50-1:15pm	Bread Door 10am-12pm or while supplies last	- Hot Breakfast Drop in for Caregivers with Totals 9am - Emergency Food Bank 9-11:45am - Bread Door 10am-12pm or while supplies last	Bread Door 10am-12pm or while supplies last	
Thompson Rivers University Student's Union	1055 University Dr.	2506285289	<a href="mailto:info@tru.ca">info@tru.ca</a> <a href="http://tru.ca">tru.ca</a>				TRUSU Chef's Package: Second Wednesday of each month (TRUSU building, first come first serve) 10am	Student Community Meal: Held every second Thursday (TRUSU building) 12-5pm		
ICS Youth Street Outreach	408 Seymour St.	2503747435	<a href="https://www.interiorcommunityservices.bc.ca/programs/youth/youth-street-outreach">https://www.interiorcommunityservices.bc.ca/programs/youth/youth-street-outreach</a>			All Services open to youth 13-28 (to go meals, hygiene items, shower and laundry services, harm reduction) 8:30am-4:30pm - Health Clinic 1-3pm	- All Services open to youth 13-28 (to go meals, hygiene items, shower and laundry services, harm reduction) 8:30am-4:30pm	All Services open to youth 13-28 (to go meals, hygiene items, shower and laundry services, harm reduction) 8:30am-4:30pm	All Services open to youth 13-28 (to go meals, hygiene items, shower and laundry services, harm reduction) 8:30am-4:30pm	All Services open to youth 13-28 (to go meals, hygiene items, shower and laundry services, harm reduction) 8:30am-4:30pm
Kamloops Food Bank	171 Wilson St.	2503782252	<a href="https://www.kamloopsfoodbank.org/clients/">https://www.kamloopsfoodbank.org/clients/</a>		- Families and Single Parents 8:30am-2:30pm - Additional Seniors Access (80+) 7:30-8:30am	Singles and Couples 8am-2:30pm	Families and Single Parents 8am-2:30pm	Singles and Couples 8am-2:30pm	- Additional Seniors Access (80+) 7:30-8:30am - Families and Single Parents 8:30am-2:30pm - Singles and Couples 8:30am-2:30pm	- Families and Single Parents 8am-2:30pm - Singles and Couples 8am-2:30pm

# MEAL CALENDAR PRINTING



Complete List  
of Tutorial Links



Video  
Tutorial



**GUEST SPEAKER**

**15 Min.**

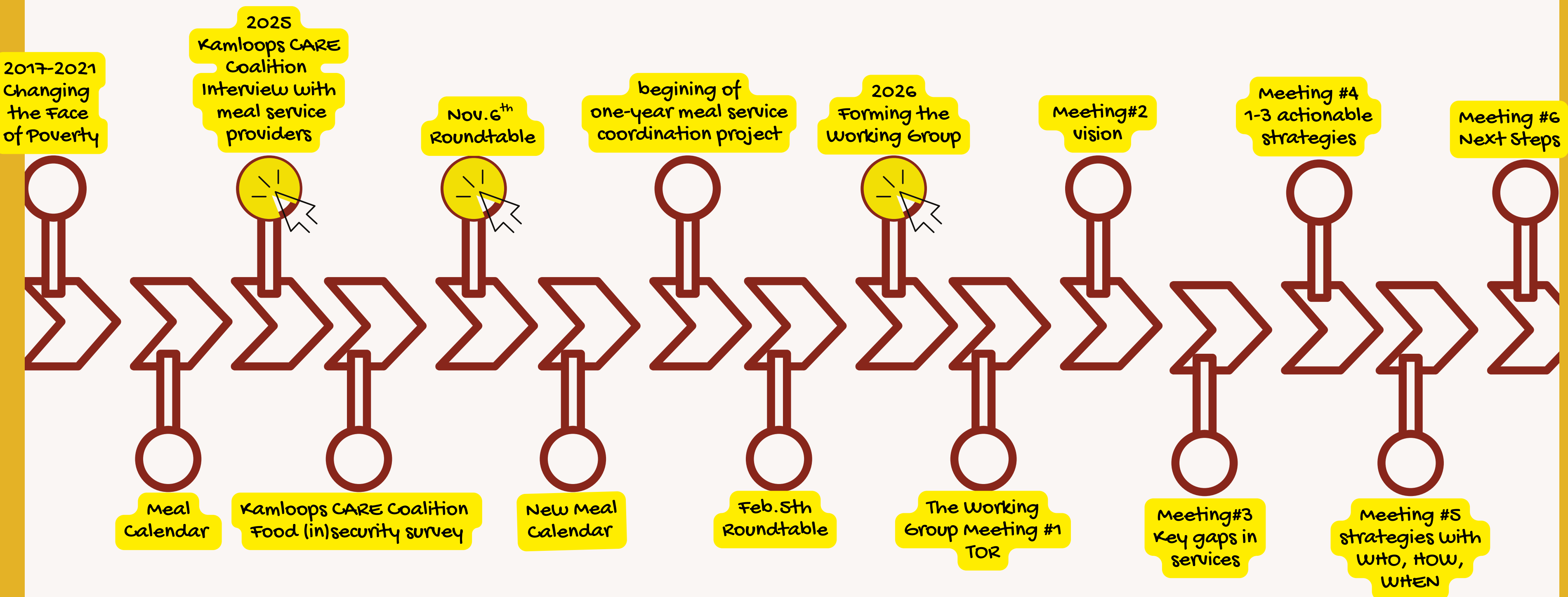
**Madison Hynes**



**Food First<sup>NL</sup>**

**Rethinking Food Charity: A Community Conversation**

# The journey....

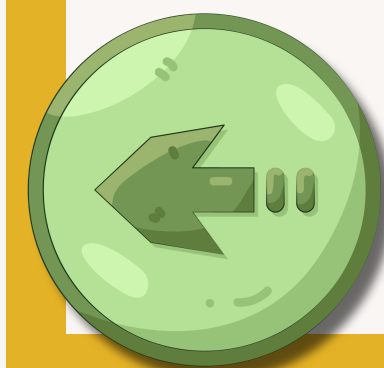
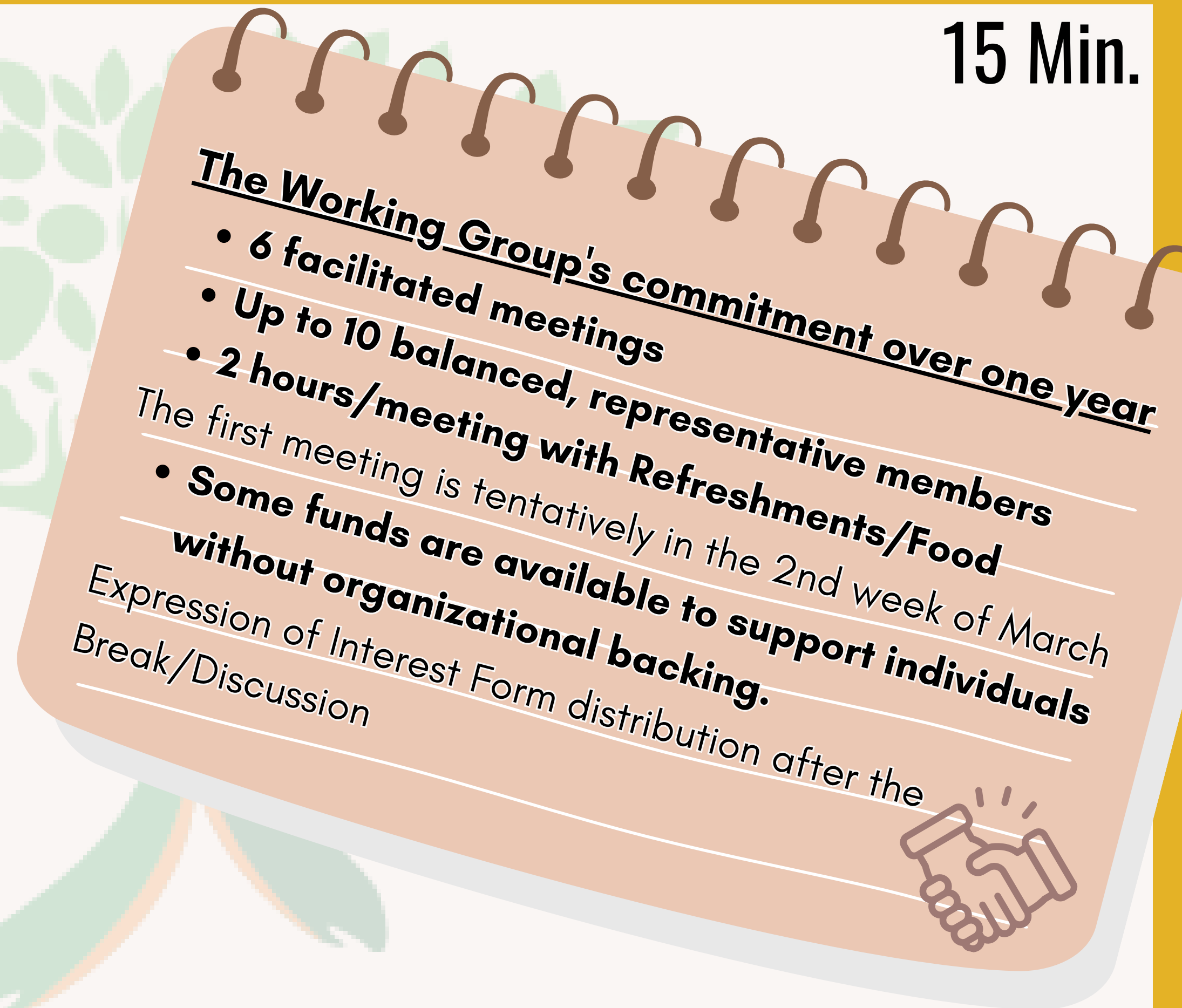


# THE "ASK"

15 Min.

**The project aims to improve the coordination and effectiveness of Kamloops meal service providers by forming a working group.**

The group will be comprised of representatives from local meal service providers and other key stakeholders to come together to identify several key actionable strategies to streamline and improve food access in Kamloops.

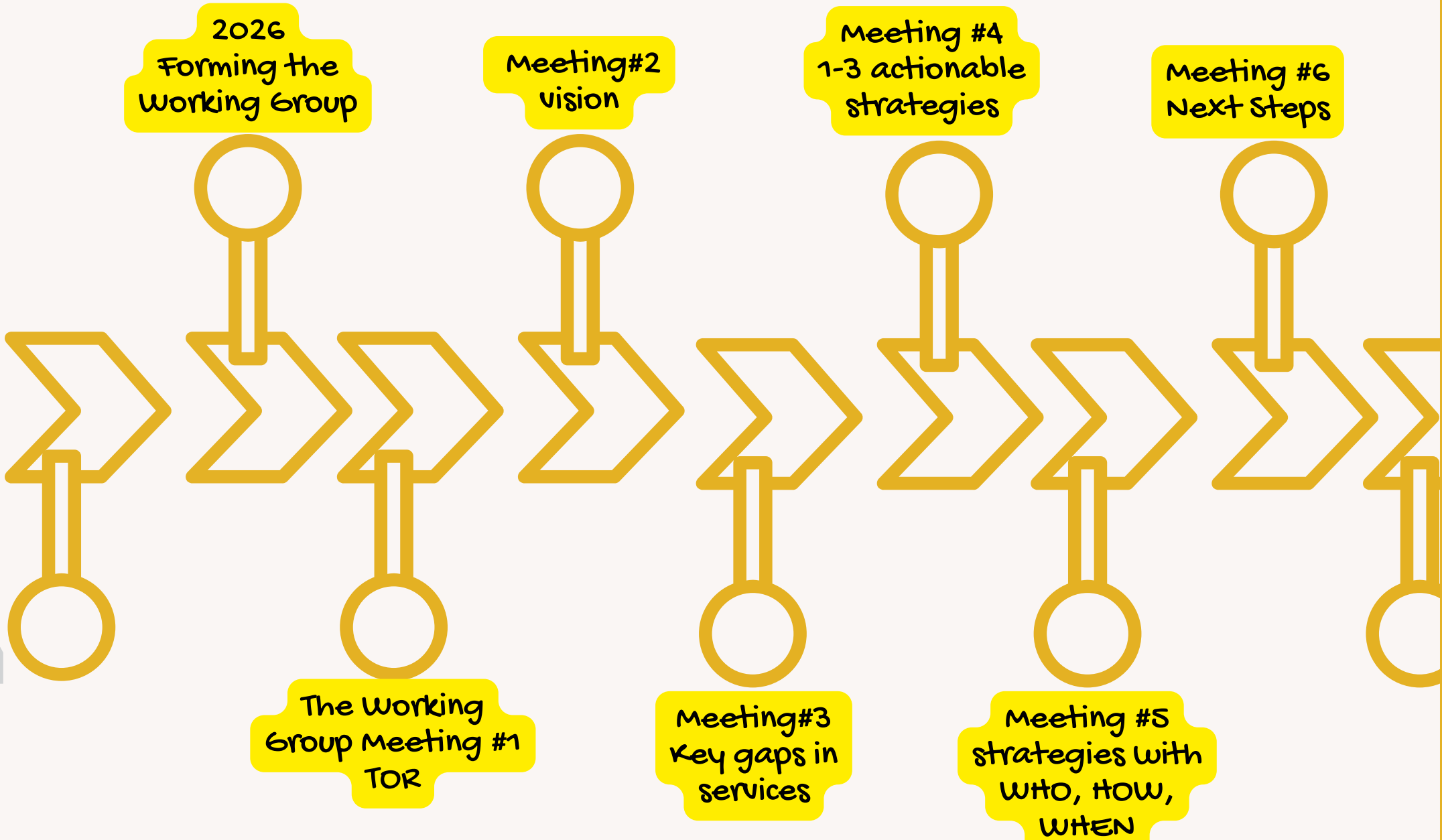


We aren't asking you to join another talk-shop.

We are forming an action-oriented working group.

15 Min.

This working group is an investment in saving you time in the long run by reducing duplication and streamlining how we all work together.



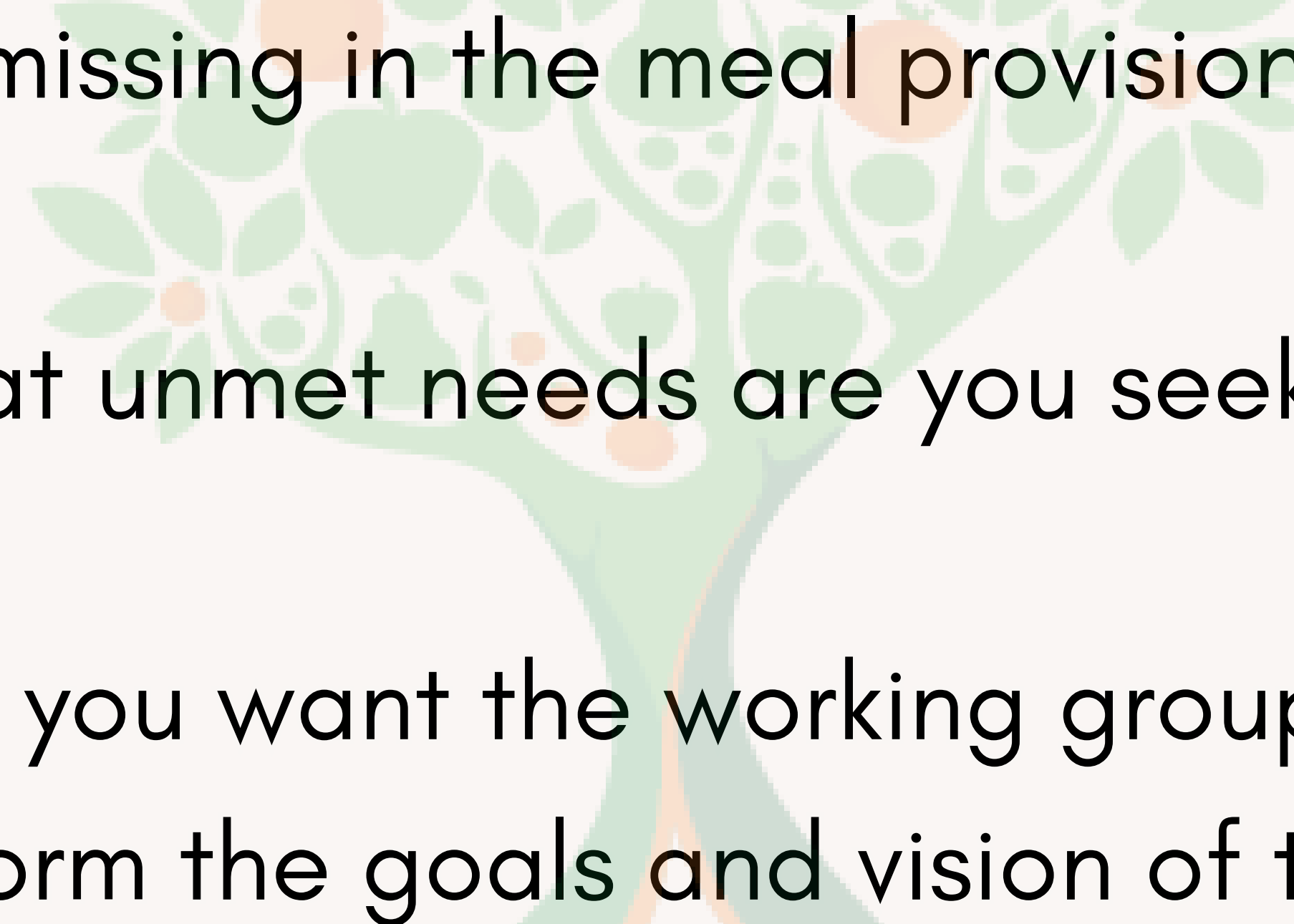


**15 Min.**



# FACILITATED DISCUSSION

35 Min.

- 
- 1) What is missing in the meal provision system?
  - 2) What unmet needs are you seeking?
  - 3) What do you want the working group to know that can inform the goals and vision of the group?

# NEXT STEPS AND COMMITMENT

20 Min.

A clear call to action

Distribution and collection of the Working  
Group Expression of Interest form

Next Step

Together, we aren't just building a plan; we're building a network that won't break when the next crisis hits.

# THANK YOU

for attending the roundtable!



Optional  
Networking  
30 Min.