



# Kamloops Community Free Food Resources

Note: Please email [info@kamloopsfoodpolicycouncil.com](mailto:info@kamloopsfoodpolicycouncil.com) if you have information to add or change. Current as of Summer 2023. Visit [www.kamloopsfoodpolicycouncil.com/foodsecurity/](http://www.kamloopsfoodpolicycouncil.com/foodsecurity/) to view this document and the community meals calendar anytime.

## BC211

**Website:** [www.bc211.ca](http://www.bc211.ca)

*Safe Seniors, Strong Communities.* By simply dialing 2-1-1 or filling in an online form at [www.bc211.ca](http://www.bc211.ca), Seniors 65 and older can request volunteer help with grocery shopping, meal delivery, and prescription pick-up, or they can receive a friendly check-in call. Calls are managed and filled at the Mount Paul Community Food Centre through their Better At Home program.

## 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 11-18) Monday – Thursday 3-6 p.m. Youth Room Door, John Tod Centre.
- *Hot Meal* (ages 13-21) Friday 4-10 p.m. Youth Room Door, John Tod Centre.
- *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* (families with children under 8 y/o) – Friday 4:30-6:30 p.m. Provides a meal and place to socialize. Registration required - contact [fsupport@bgckamloops.com](mailto:fsupport@bgckamloops.com). More information on website.

## Four Paws Food Bank Foundation

**Website:** <https://www.facebook.com/fourpawsfoodbank>

**Address:** 109 Tranquille Rd in parking lot beside the Church, across from Central Animal Hospita\*1

- *Pet Food Bank* – Tuesdays 6-7 p.m. Closed July 25th and August 29th.

*Note:* watch their Facebook page for changes in location and dates.

## Hills of Peace Lutheran Church

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

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

- *Sunday Night Supper* (age 18–39ish y/o) – 3rd Sunday of each month, 6:30-8 p.m.

## Kamloops Meal Train

**Website:** <https://www.facebook.com/groups/2629304904024530/>

- *Meal Train* – 7 days a week. Volunteers provide daily mobile meal delivery and supplies to street locations on the North Shore, Downtown, Valleyview, and Sahali. Watch their [Facebook page](#) for updates.
- *Supplies available* – harm reduction, clothing, personal hygiene.

## Lighthouse Project

**Website:** <http://lighthouse.org/events>

**Phone:** 778-538-4118

- *Meal delivery* – Tuesday 6:30 p.m. 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* – Monday and Thursday 12-1 p.m. (not open on stats).
- *Produce boxes* – Tuesdays after 12 p.m. Registration required.
- *Youth Meals* – Monday to Friday 1-3 p.m. Delivered to 408 Seymour Street (ICS Youth Street Outreach).
- *The Market* – Tuesday and Thursday 10 a.m. - 2 p.m. Affordable produce market.
- *Food Hamper* – Deliveries once a month. Registration required.
- *Community Pantry* – Monday-Friday 8:30 a.m. - 4 p.m. Frozen soups and smoothies available (no cost).
- *Emergency Food Hampers* - call to access.

## Mustard Seed

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

**Address:** 181 West Victoria St | **Phone:** 250-434-9898

- *Lunch and dinner* – 7 days a week, served at the Outreach Centre (181 Victoria Street West):
  - Lunch - 12 p.m.
  - Dinner - 5 p.m.\*
- *Dayroom* – 7 days a week, 9 a.m. - 7 p.m.  
\*Note: the dining room is closed from 7-8 p.m. and 8-9 a.m. for cleaning between day and evening programs. Clothing and personal hygiene products available.

## PIT Stop – Kamloops United Church

**Website:** <https://www.facebook.com/PIT-Stop-Kamloops-862859763869399>

**Address:** 421 St Paul Street (back door)

- *Hot meal* – Sunday 3:30-4:30 p.m.

## Stone Soup Collective Kamloops

**Website:** <https://www.facebook.com/GroovyTeam2021>

**Email address:** stonessoupkamloops@gmail.com | **Phone:** (250) 214-9704

- *Meal delivery* – 7 days a week, 9 a.m. - 5:30/6 p.m. Mobile meal service North Shore, Downtown, Valleyview, Sahali.
- *Supplies available* – clothing, blankets and tarps, candles, and toiletries.
- *Services* – advocacy and connection with community nurses to provide meal support for seniors and other individuals in need.

## The Salvation Army Kamloops

**Website:** <https://www.kamloopssalvationarmy.ca/>

**Address:** 344 Poplar St

- *Emergency Food Bank* – Monday and Thursday 9-11:45 a.m.
  - *Food Truck* – Wednesday
    - Georgian Court, North Shore, 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 mobile food bank from the food truck. Must call 250-554-1693 ext 200 to order a food hamper the day before (Tuesday) by 12 pm.

## The Loop (Community Resources Centre)

**Website:** <https://www.facebook.com/groups/2629304904024530>

**Address:** 405a Tranquille

- *Breakfast and Lunch* – 7 days a week, 10 a.m. - 2 p.m.
- *Cooling Centre* – 10 a.m. - 7 p.m. during high temperatures. Check Facebook for updates.
- *Information* – on medical, shelter, and legal services, and access to fresh produce and community resources.

## 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 to Friday 8:30 a.m. - 7p.m.
  - To go meals, water, hygiene items and healthy snacks
  - Shower and laundry services for homeless youth
  - Harm reduction services

## Food Hampers

### BGC Kamloops

**Website:** <http://www.bgckamloops.com/>

**Address:** 150 Wood St | **Phone:** 250-851-6179

- *Food and Hygiene 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 appointment outside of those hours). “The Necessity Nook” offers hygiene products and non-perishable foods.

## Kamloops Food Bank

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

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

- Clients may access bread, produce, dairy and meat once per week, and a non-perishable hamper once per month.  
*Note:* service paused 12-12:30 p.m. everyday for lunch break. Procedures may change at any time. Please see 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. - 1 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. - 1 p.m.
- Additional Senior Access (60+)
  - Monday 7:30 - 8:30 a.m.
  - Friday 7:30 - 8:30 a.m.

## Kamloops Reach

**Website:** [www.kamloopsreach.com](http://www.kamloopsreach.com)

**Phone:** 778-257-2299

- Please use the "help" button on website, or call, to get in touch and request supplies.

## The Salvation Army Kamloops

**Website:** <https://www.kamloopssalvationarmy.ca/>

**Address:** 344 Poplar St

- *Food Hamper* – Monday and Thursday 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.  
*Note:* Requests for hampers must be made before 11:45am so there is time to prepare them before we close at 12pm.
- *Food Hamper* – Valleyview – Clients can call 250-554-1611 ext.200 to register for a food hamper to be delivered to Valleyview on Wednesdays.
- *Free bread* – Mondays, Tuesdays, Thursdays, and Fridays 9 a.m. - 4 p.m. while quantities last, sign posted on front door when available (unavailable when sign is not up). The bread door will be closed on Wednesdays.

## Thompson Rivers University Students Union

- *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 250 828-5289, email [office@trusu.ca](mailto:office@trusu.ca) 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.

# How to Help

## Volunteers and Non-Financial Donation Requests

### BGC Kamloops

- *Donate* – non-perishable food & fruit for youth hampers, commercial kitchen cooked meals/snacks (muffins, healthy snacks, etc.), and take out packaging.

### Kamloops Meal Train

- *Volunteer* – assist with meal distribution and donations of cooked meals/snacks. Message via [Facebook](#).

### Mustard Seed

- *Donate* – See list of items requested here: <https://theseed.ca/kamloops-urgently-needed-items>.
- *Volunteer* – Contact [KamloopsVolunteers@theseed.ca](mailto:KamloopsVolunteers@theseed.ca).

### The Salvation Army

- *Donate* – Non-perishable food items.

### The Loop

- *Donate* – Perishable and non-perishable food items, clothing.
- *Volunteer* – Message via [Facebook](#).

### Youth Street Outreach

- *Donate* – Non-perishable food, fruit, take out packaging (disposable plates, cups, cutlery), coffee, small denomination gift cards for grocery stores, footwear sizes 7-11 women's and men's, and summer clothes.

### Financial Donations

- [BGC Kamloops](#)
- [Kamloops Food Bank](#)
- [Kamloops Food Policy Council](#)
- [Kamloops Reach](#)
- [Mount Paul Community Food Centre](#)
- [Mustard Seed Kamloops](#)
- [Salvation Army Kamloops](#)