

FOOD SECURITY ROUNDTABLE

November 6, 2025 | 10 am - 12 pm | The Stir, 185 Royal Ave



With Support From:



Canada's Tournament Capital



Interior Health



**THOMPSON
RIVERS
UNIVERSITY**

Agenda

10 - 10:45 am

- Food Security Definitions and Statistics
- The purpose of this meeting
- Kamloops CARE Coalition Project: Findings and Recommendations
- A new model for more frequent updates on the meal calendar

10:45 -11 am BREAK

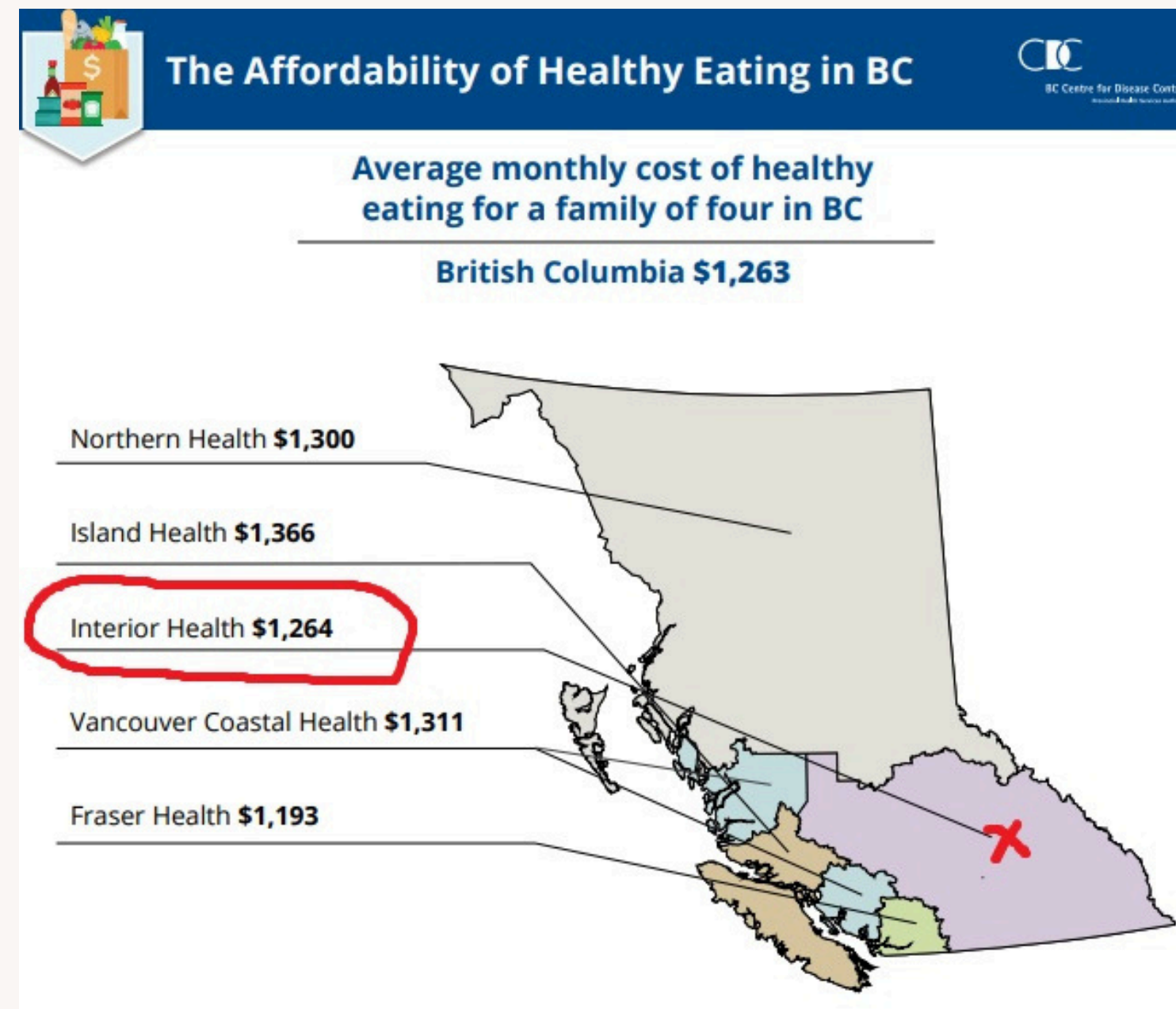
11 am - 12 pm

- Open Discussion

WHAT IS FOOD INSECURITY?

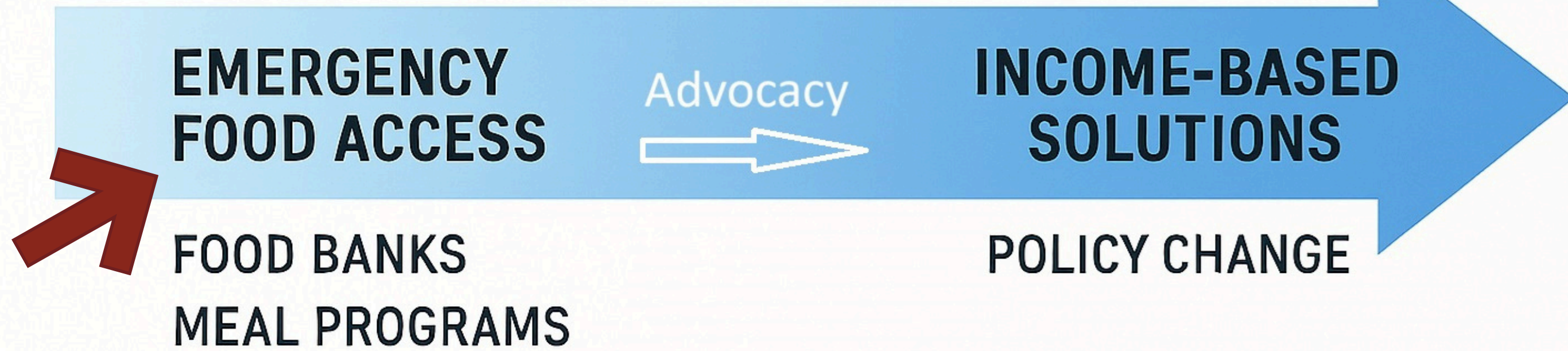
- When factors outside an individual's control negatively impact their access to enough foods that promote health.
- Numerous factors influence food access:
 - Economic
 - Social
 - Geographical
 - Environmental

Household Food Insecurity =
difficulty affording food



TODAYS PURPOSE

Addressing Household Food Insecurity: A Continuum





KAMLOOPS CARE COALITION:

CONNECTING, AID,
RESOURCES, AND EDUCATION
TO SUPPORT VULNERABLE
POPULATIONS

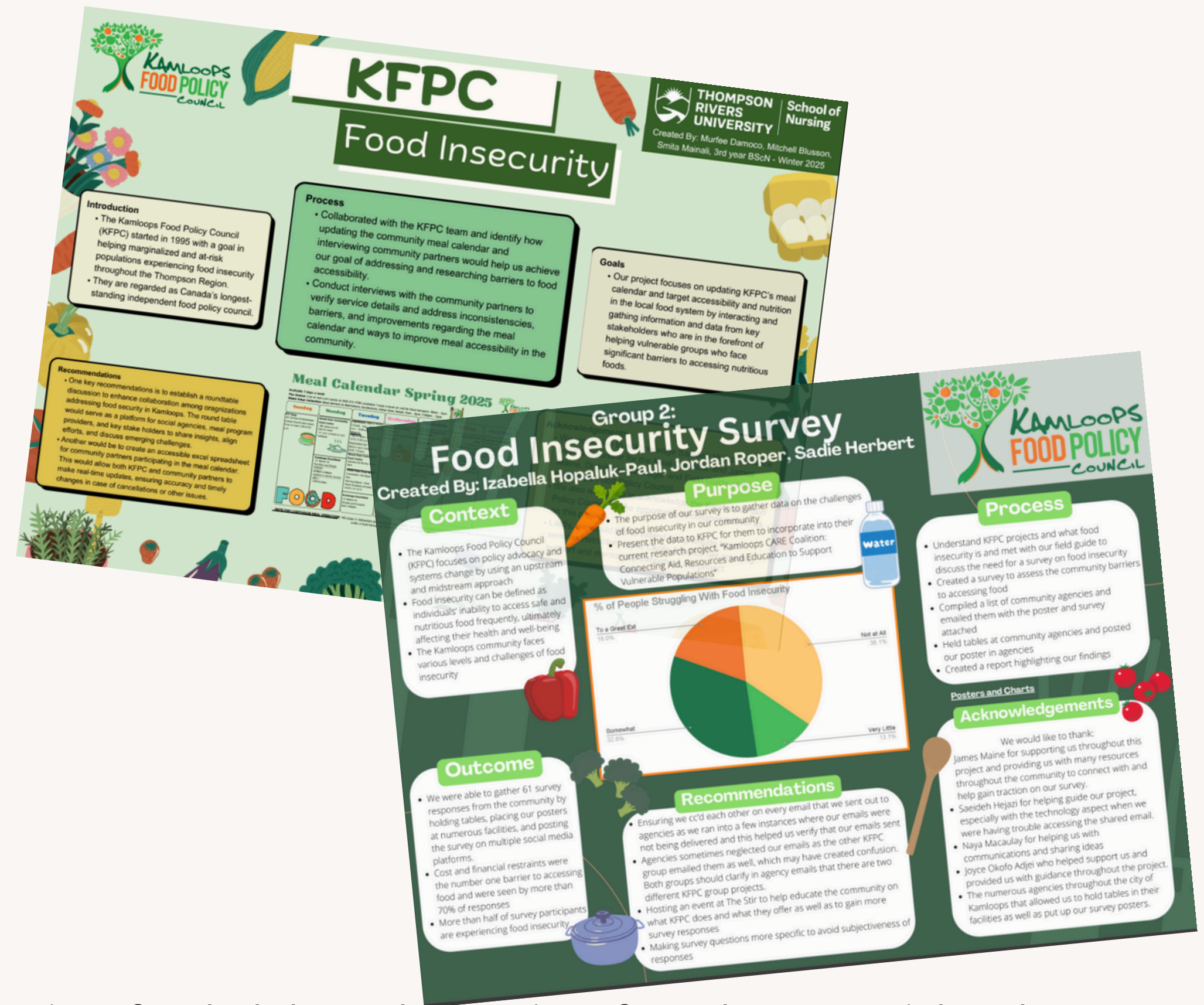
MEAL CALENDAR SPRING 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PIT Stop 421 St Paul St. (Kamloops United Church back door) Dine in meal 3:30-4:30pm	Mount Paul Community Food Centre 140 Laburnum St. Dine in meal 12-1 pm (closed on stat holidays)	Lighthouse 1605 E Trans-Canada Hwy 11:50am - 12:10pm Motel 6 1763 E Trans-Canada Hwy 12:15-12:35pm Tournament Inn 1893 E Trans-Canada Hwy 12:45-1:15pm	Kamloops Food Bank 171 Wilson St Families and Single Parents 8am-2:30pm	Mount Paul Community Food Centre 140 Laburnum St Dine in meal 12-1 p.m. Community Pantry 10am-2pm (Access Frozen Soup and Smoothies)	Kamloops Food Bank 171 Wilson St Families and Single Parents 8:30am-2:30pm Singles and Couples 8:20am-2:30pm Additional Senior Access (60+) 7:30-8:30am	Kamloops Food Bank 171 Wilson St Families and Single Parents 8am-2:30pm Singles and Couples 8am-2:30am
Kamloops Food Bank 171 Wilson St. Families and Single Parents 8:30am-2:30pm Additional Senior Access (60+) 7:30-8:30am		Mount Paul Community Food Centre 140 Laburnum St. Community Pantry 10am-2pm	Kamloops Food Bank 171 Wilson St Singles and Couples 8am-2:30pm	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 Stone Soup Collective: Meal delivery to Northshore, Southshore, Valley View, Sahali. 9am - 4pm, 7:30pm - 11pm		

NOTE FOR LIGHTHOUSE MEAL OPERATION
 All stops in Valleyview are eligible for the mobile food bank operating out of the food truck.
Must call 250-554-1693 ext 200 to order a food hamper by 12 p.m. on Monday (day before delivery).

Kamloops CARE Coalition Project

This research project targets accessibility and nutrition in the local food system by gathering information from representatives and members of vulnerable groups, who face significant barriers to accessing nutritious foods.



The Kamloops CARE Coalition is a research project funded through the City of Kamloops Social and Community Development Grant conducted by the KFPC in partnership with TRU.

Kamloops CARE Coalition Project

Objective

Highlight the most significant gaps or consistent challenges in the system, from a larger level and for individuals.

Provide data and recommendations to direct or reduce barriers for more appropriate foods and nutrition to reach the most vulnerable.



Kamloops CARE Coalition Project

The Project Work plan

INTERVIEW



1. Updated the meal calendar and food resources
2. Contacted 13 meal service providers
3. Conducted 6 interviews to get insights into the barriers people face in accessing meal services



Kamloops CARE Coalition Project

Interview Findings and Recommendations

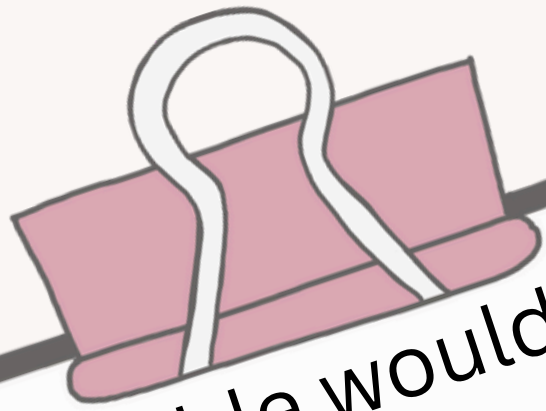
collaborative efforts and communication services should be prioritized to reduce program/service redundancy and expand access to a wider reach.

To establish a roundtable discussion



THE GROOVE





The roundtable would serve as a platform for social agencies, meal program providers, and key stakeholders to share insights, align efforts, and discuss emerging challenges. These round tables would be held regularly and will allow strengthening of communication and resource-sharing between services.



Improved collaboration could enhance the visibility of programs and ensure that food resources are efficiently distributed.



MEAL CALENDAR SPRING 2025

WEDNESDAY THURSDAY FRIDAY SATURDAY

Kamloops Food Bank
171 Wilson St
Families and Single Parents
8am-2:30pm

Mount Paul
Community Food
Centre
140 Laburnum St
Dine in meal
12-1 p.m.
Community Pantry
10am-2pm

Kamloops Food Bank
171 Wilson St
Families and Single
Parents
8:30am-2:30pm
Singles and Couples
8:20am-2:30pm
Additional Senior Access

Kamloops Food Bank
171 Wilson St
Families and Single Parents
8am-2:30pm
Singles and Couples
8am-2:30am

Implementing a physical pamphlet to have in each partner location to better accommodate the population without access to the KFPC website.

A live meal calendare where both KFPC and community partners make real-time updates, ensuring accuracy and timely changes in case of cancellations or other issues

NOTE
All stops in... for the mobile food... operating out of the food truck.
Must call 250-554-1693 ext 200 to order a food hamper by 12 p.m. on Monday (day before delivery).

Kamloops Food Bank
171 Wilson St
Singles and Couples
8am-2:30pm

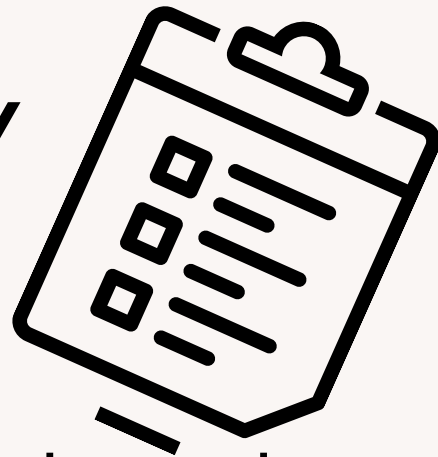
FOUR Paws Food Bank
185 Royal Ave.
Pet Food Bank - First three
Tuesdays of every month
6-7pm

Stone Soup Collective: Meal delivery to Northshore, Southshore, Valley View, Sahali. 9am - 4pm, 7:30pm - 11pm

Kamloops CARE Coalition Project

The Project Work plan

SURVEY



- Developed a survey with 26 questions

Target group: all Kamloops residents with the focus on vulnerable populations or who live in underserved low-income areas

- Promoted the survey through KFPC social media or in the events from February 7- March 18, 2025
- Received 61 responses
The survey is still open.



Kamloops CARE Coalition Project

Survey Challenges and limitations:

- The online survey (technology restraints)
- Connecting with vulnerable populations directly
- Time constraints
- lack of honesty due to the stigma and shame around food insecurity
- The subjective aspect of some responses. Not easy to measuring some responses.

Kamloops Food Policy Council



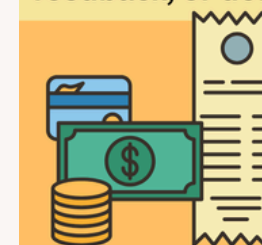
Are you struggling with having limited or uncertain access to nutritious food to meet basic needs? Here is your opportunity to voice your concerns and spread awareness by taking this survey.

Use your camera to scan the QR code



<https://forms.gle/NeJSmxEDw6Ze735J6>

Your participation in this survey along with supportive funding of this project will see up to \$1 worth of goods purchased for the community pantry at The Stir. We welcome any inquiries, feedback, or donations. info@kamloopsfoodpolicycouncil.com

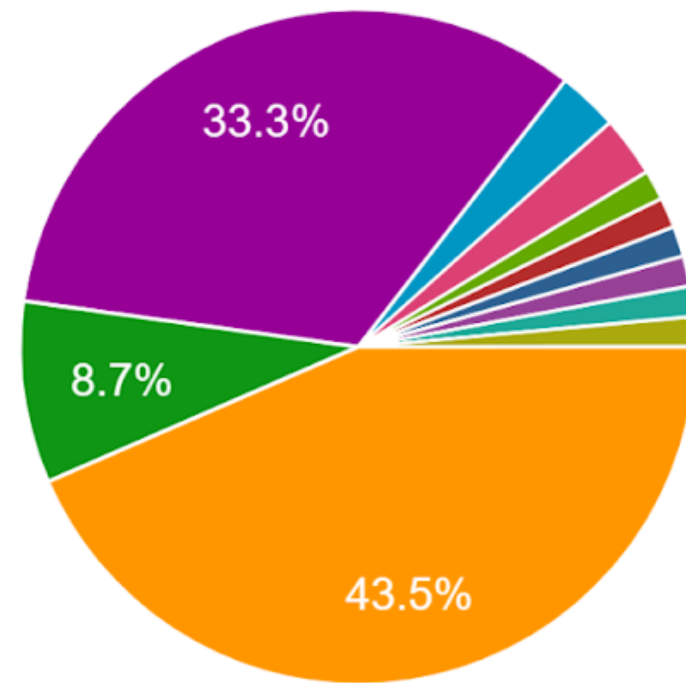


KAMLOOPS FOOD POLICY COUNCIL
Sadie Herbert
Izabella Hopaluk-Paul
Jordan Roper
TRU BScN 3rd Year
February, 2025



What best describes your housing situation today?

69 responses

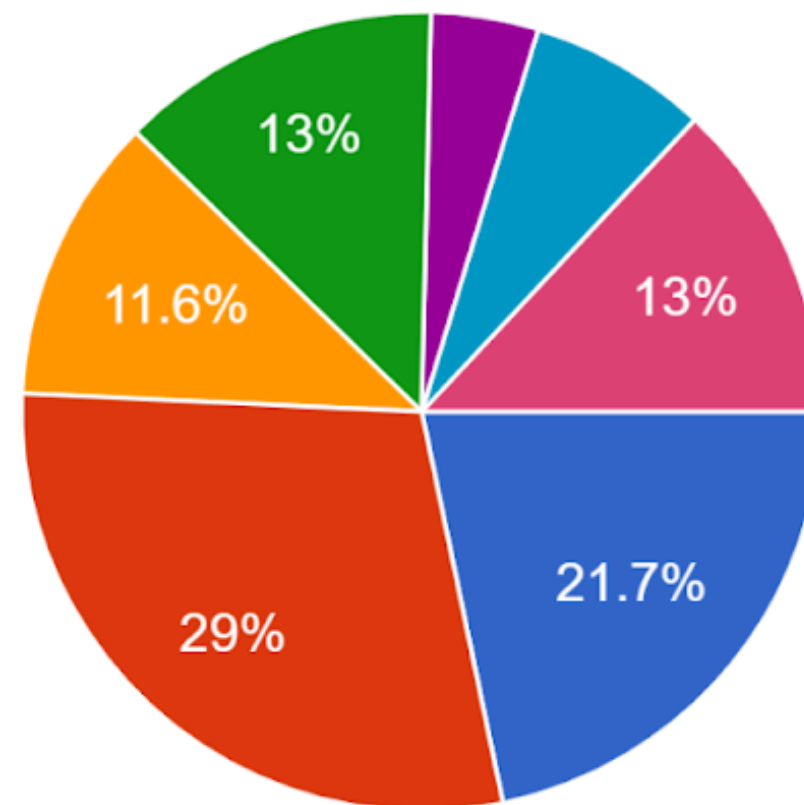


- Unhoused
- Living in a Temporary Shelter
- Renting/Leasing
- Rooming House or Dorm
- Homeowner
- Supportive/Group Living Facility
- Prefer Not to Say
- Living with family, who are homeowners

▲ 1/2 ▼

What is your total household income?

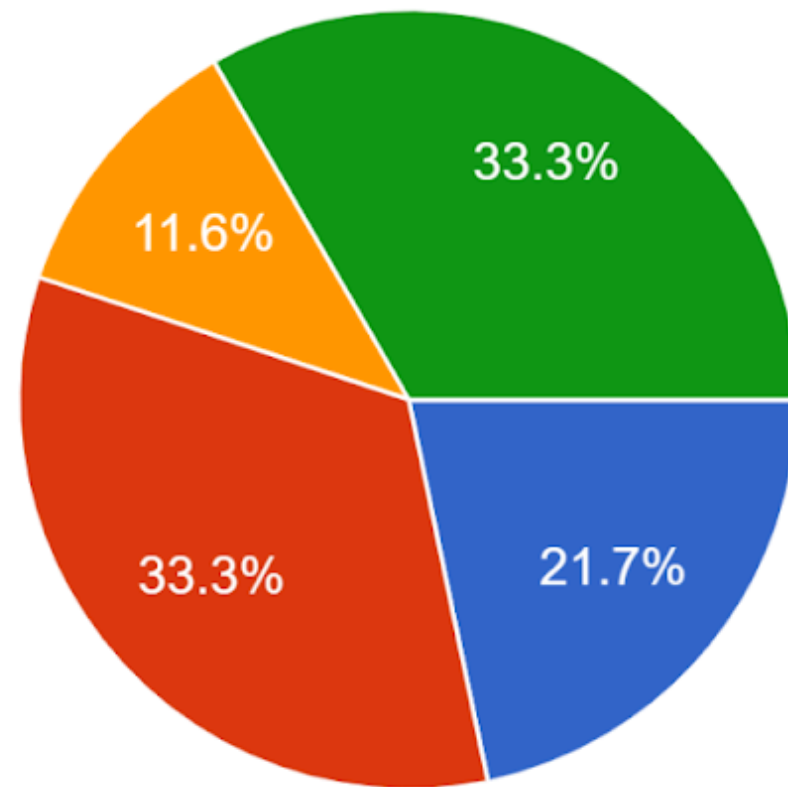
69 responses



- \$0-\$19,999
- \$20,000-\$49,999
- \$50,000-\$89,999
- \$90,000-\$129,999
- \$130,000-\$149,000
- \$150,000+
- Prefer Not to Say

Would you say you are struggling with food insecurity (having limited or uncertain access to nutritious food to meet basic needs)?

69 responses

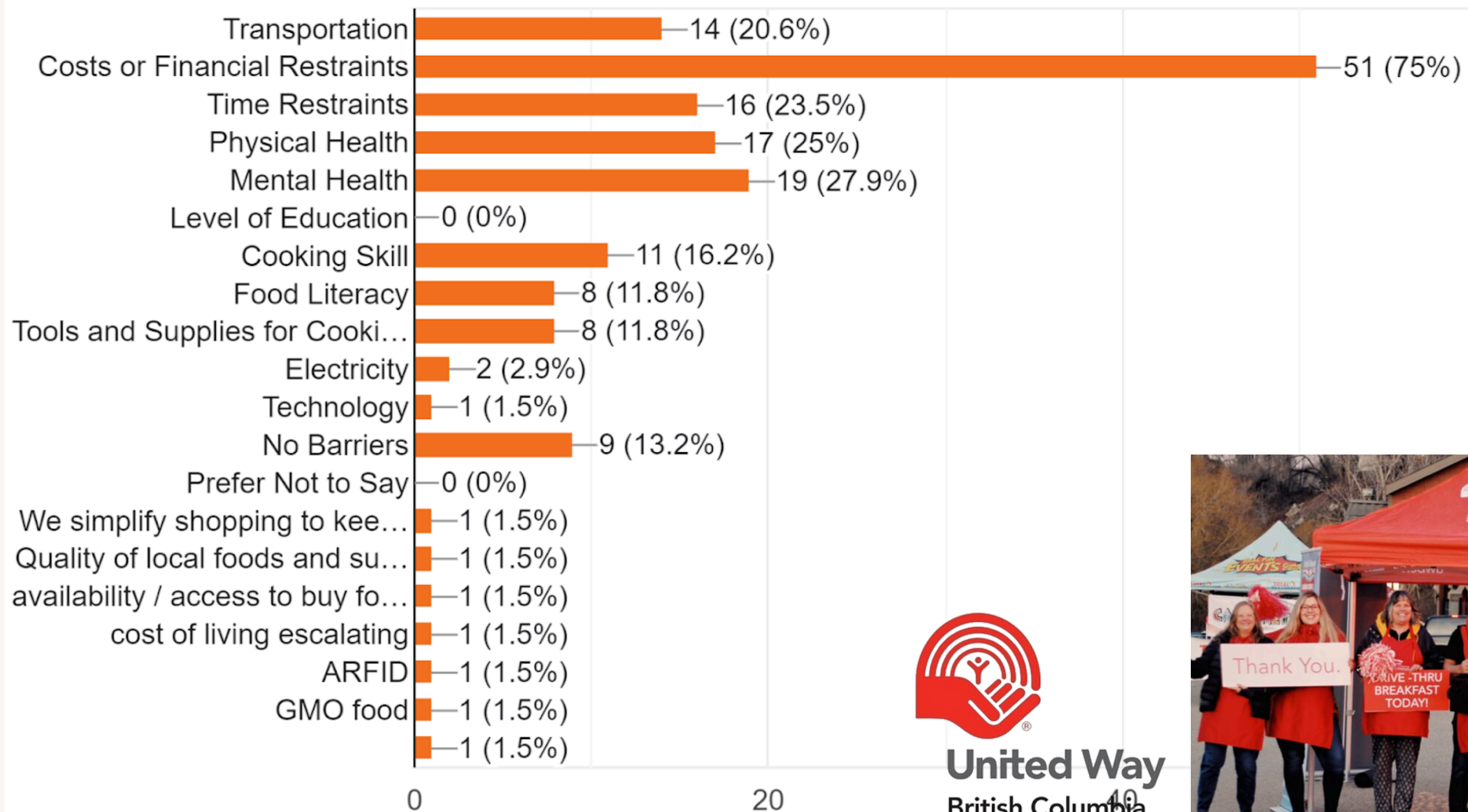


- To a Great Extent
- Somewhat
- Very Little
- Not at All
- Prefer Not to Say



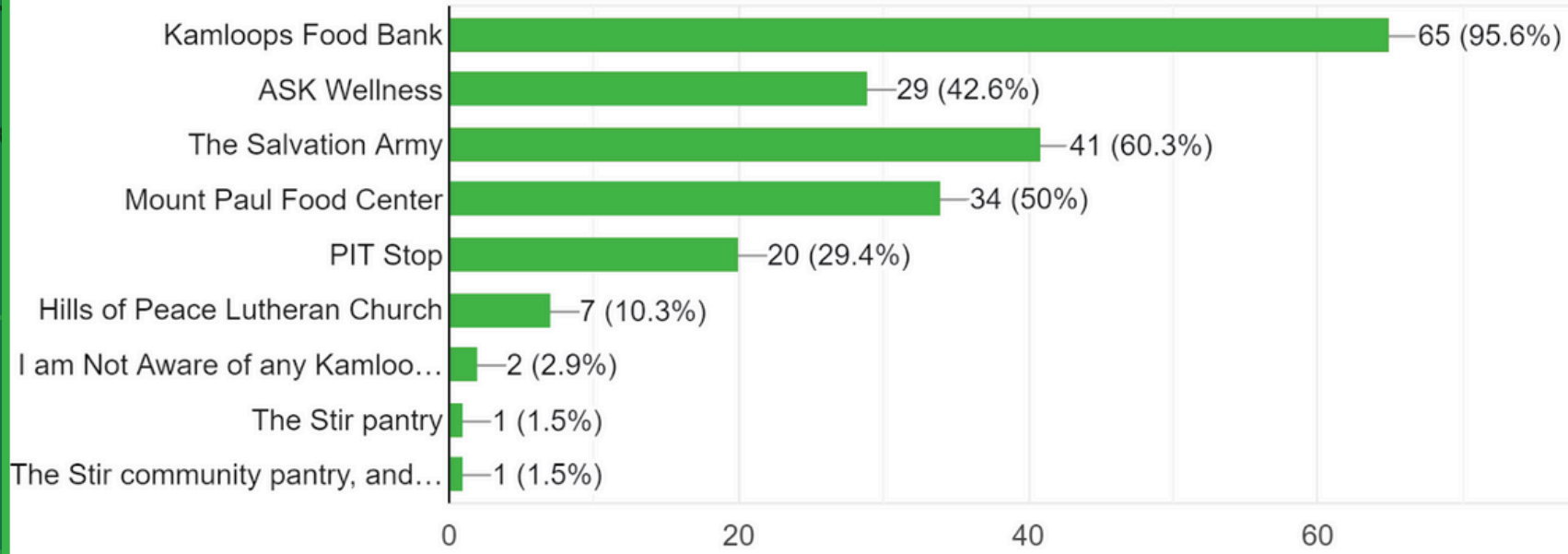
Would you consider any of the following as a barrier to accessing nutritious food? (Select all that apply)

68 responses



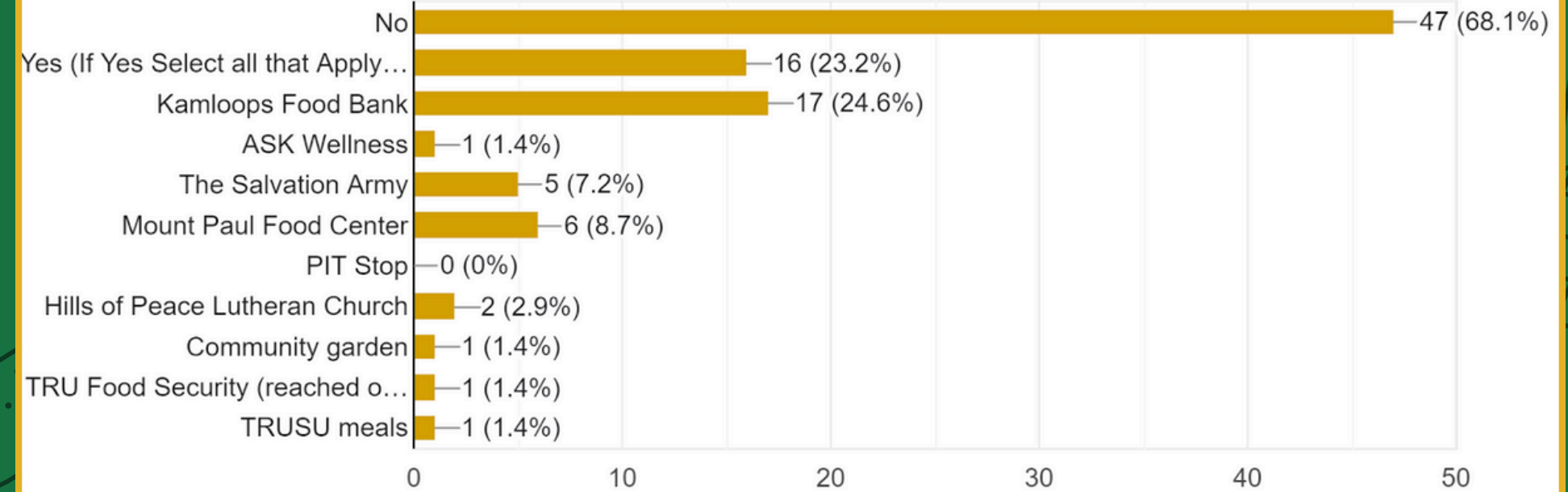
Select the following Kamloops food programs you are aware of (Select all that apply)

68 responses



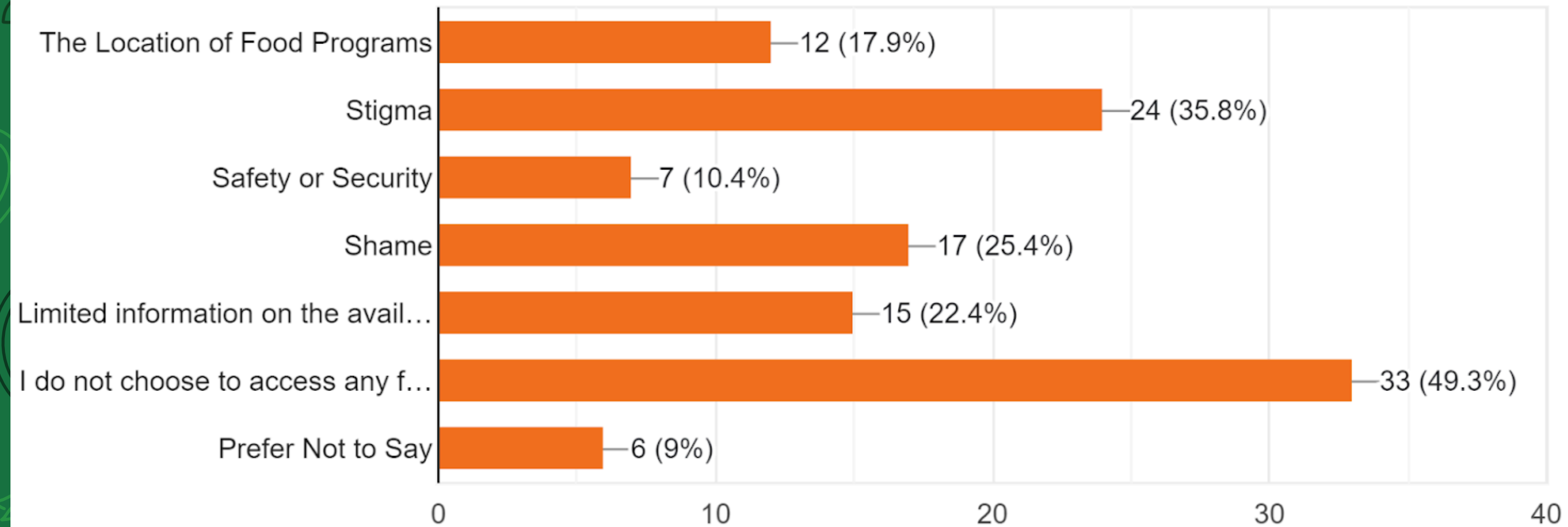
Have you accessed any Kamloops food programs in the last 12 months?

69 responses



Do any of the following hinder you from accessing Kamloops food programs? (Select all that apply)

67 responses



food programs that run in the evenings i.e. for those who are at work and school all day.

seniors access

transportation

I don't know how shame/stigma (food services aren't just for homeless people) could be reduced but that is a big barrier to many that could use the programs but do not.

better information/access if meals are available for those who have dietary restrictions, food intolerances, diabetes, celiac

more community gardens and community kitchens - grow more food locally and facilitate preserving food

safety

extended hours at free meal facilities

making sure people like me don't fall through the cracks. Everyone is giving to the street people and forget about housed disabled people.

Improved nutrition in the provided meals

CHANGES TO THE COMMUNITY MEAL CALENDAR (10 MINS)

- The Community Meal Calendar has been restructured as a **live document**.
- Participating Organizations have **editing access** to this document and can change their info as needed.
- You will be sent a tutorial video following this meeting with instructions.
- Participating organizations will still receive quarterly email reminders.

Please share your feedback with
info@kamloopsfoodpolicycouncil@gmail.com

*Does this live document format work for you?
Is there anyone missing who should be included?*



BREAK 15 MINUTES
10:45 - 11 AM

OPEN DISCUSSION

11 AM - 12 PM

**What is your vision for food-secure Kamloops?
If there were no barriers, what would your ideal meal provider system
look like in Kamloops?**