

Free Meal List “Plus”

Access Kamloops
Updated February 2, 2009

For more “low or no cost” opportunities in food and nutrition, please see the Access Kamloops category 'Food & Nutrition'.

With any updates to this schedule, please go to www.accesskamloops.org and complete the online 'update' form.

MONDAYS

Breakfast

Youth (13 until 19th birthday). 8am-10am. Youth Safe House. Contact: 250-314-0771.

Men over 19. 8am, beginning two weeks after welfare cheque day. Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Everyone. 8-9am. St Vincent de Paul Society. 168 Briar Ave. Contact: 250-554-0098.

Lunch

Everyone. 12-1pm. New Life Mission. 181 W Victoria St. Contact: 250-434-9898.

Men over 19. 12 noon, beginning two weeks after welfare cheque day. Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Supper

Men over 19. 5pm, beginning two weeks after welfare cheque day. Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

TUESDAYS

Breakfast

Youth (13 until 19th birthday). 8am-10am. Youth Safe House. Contact: 250-314-0771.

Men over 19. 8am, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Everyone. Open 8am-10am; breakfast served at 9am. Church of The Nazarene. 702 Columbia St. Contact: 250-372-0633.

Lunch

Everyone. 12-1pm. New Life Mission. 181 W Victoria St. Contact: 250-434-9898.

Men over 19. 12 noon, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Supper

Men over 19. 5pm, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Everyone. The Salvation Army Mobile Kitchen. 6-7pm. 4th Ave. & St. Paul St. Contact: 250-554-1611.

WEDNESDAYS

Breakfast

Youth (13 until 19th birthday). 8am-10am. Youth Safe House. Contact: 250-314-0771.

Men over 19. 8am, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Everyone. 8-9am. St Vincent de Paul Society. 168 Briar Ave. Contact: 250-554-0098.

Lunch

Everyone. 12-1pm. New Life Mission. 181 W Victoria St. Contact: 250-434-9898.

Everyone. 11am-noon. Takeaway bread and frozen soup. St Paul's Anglican. 360 Nicola St. Contact: 250-372-3912.

Men over 19. 12 noon, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Supper

Everyone. 5pm. The Salvation Army. 344 Poplar Street. Contact: 250-554-1611.

Everyone. 6pm. Church of The Nazarene. 702 Columbia St. Contact: 250-372-0633.

Men over 19. 5pm, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

THURSDAYS

Breakfast

Youth (13 until 19th birthday). 8am-10am. Youth Safe House. Contact: 250-314-0771.

Men over 19. 8am, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Everyone. Open 8am-10am; breakfast served at 9am. Church of The Nazarene. 702 Columbia St. Contact: 250-372-0633.

Lunch

Everyone. 11am-1pm. Wondercafe Soup Kitchen offers a meal and fellowship to all who may need or want these. Mt Paul United Church. 140 Laburnum St. Contact: 250-376-2261.

Everyone. 11am-noon. Take-away bread and frozen soup. St Paul's Anglican. 360 Nicola St. Contact: 250-372-3912.

Everyone. Lunch. 12-1pm. New Life Mission. 181 W Victoria St. Contact: 250-434-9898.

Men over 19. 12noon daily, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Supper

Everyone. 6-7pm. The Salvation Army Mobile Kitchen. 4th Ave. & St.Paul St. Contact: 250-554-1611.

Everyone. 7pm at Total Pet Parking on North Shore. River of Life Church. Contact: 250-376-0174.

Men over 19. 5pm, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

FRIDAYS

Breakfast

Youth (13 until 19th birthday). 8am-10am. Youth Safe House. Contact: 250-314-0771.

Men over 19. 8am, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Everyone. 8-9am. St Vincent de Paul Society. 168 Briar Ave. Contact: 250-554-0098.

Everyone. Breakfast (and education and awareness workshops). 8am-11am. White Buffalo Aboriginal Health Society. #211-750 Cottonwood Ave. Contact: 250-554-1176.

Lunch

Everyone. 11am-noon. Takeaway bread and frozen soup. St Paul's Anglican. 360 Nicola St. Contact: 250-372-3912.

Everyone. 12-1pm. Interior Indian Friendship Society. 125 Palm St. Contact 250-376-1296.

Everyone. 12-1pm. New Life Mission. 181 W Victoria St. Contact: 250-434-9898.

Men over 19. 12 noon, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Supper

Men over 19. 5pm, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

SATURDAYS

Breakfast

Youth (13 until 19th birthday). 8am-10am. Youth Safe House. Contact: 250-314-0771.

Men over 19. 8am, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Women and children. 9am-1030am. St Vincent de Paul Society. 168 Briar Ave. Contact: 250-554-0098.

Lunch

Everyone. 12-1pm. New Life Mission. 181 W Victoria St. Contact: 250-434-9898.

Men over 19. 12 noon, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Supper

Men over 19. 5pm, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

SUNDAYS

Breakfast

Youth (13 until 19th birthday). 8am-10am. Youth Safe House. Contact: 250-314-0771.

Men over 19. 8am, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Everyone. When there are five Sundays between welfare cheques, St Vincent de Paul hosts a "Fifth Sunday Brunch". Time changes depending on which group is organizing the meal. 168 Briar Ave. Contact: 250-554-0098.

Lunch

Everyone. 1230pm. River of Life Church. 202-750 Cottonwood Ave. Contact: 250-376-0174.

Men over 19. 12 noon, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Supper

Everyone. 330pm. PIT Stop. Kamloops United Church. Contact: 250-372-3020.

Everyone. Hot dogs. 6-7pm. Served by Pentecostal Church. Interior Savings Centre parking lot.

Men over 19. 5pm, beginning two weeks after welfare cheque day at Men's Christian Hostel.
207 West Victoria St. Contact: 250-372-3031.

Access Kamloops – Food & Nutrition Category February 2, 2009

Food, Nutrition

Baby Food - For programs regarding breastfeeding, formula, and other baby food, see this directory's category 'Parenting'.

Community Gardens - An opportunity for community members to grow fresh produce in an individualized plot, which they maintain, and to socialize with the other gardeners, if they choose to do so. Details at: www.interiorcommunityservices.bc.ca Contact Interior Community Services: 250-554-3134.

Community Kitchens - Encourages, teaches and supports individuals and families to make healthy, nutritious and inexpensive meals in a group setting. Freezing and canning classes also available. Details at: www.interiorcommunityservices.bc.ca Contact Interior Community Services: 250-554-3134.

Dial-A-Dietitian - Specializes in easy-to-use nutrition information for self-care, based on current scientific sources, on wide range of topics for people of all ages. Details at: www.dialadietitian.org Contact: 1-800-667-DIET (3438).

EarthCare Kamloops - Promotes a plant-based diet; supports sustainable, local farming practices; strives to create a more connected and healthier community by discussing environmental and health issues at its monthly potluck. Contact: earthcarekamloops@yahoo.ca

Dinners At Home - Frozen meals delivered. Fees apply. Contact Ponderosa Lodge: 250-374-5671 ext. 210.

Farmers Markets - Spring through fall, three markets per week offering fresh produce, bedding plants, health and beauty products, arts and crafts, more. Details at: tinyurl.com/5rnvtd Contact: 250-679-8421.

Free Public Meals - Various groups provide free hot meals to those in need. For the daily schedule, see the Access Kamloops category 'Food : Free Meals'. Also available in extra-printable format on Access Kamloops' 'Quick Guides' page. Details at: www.accesskamloops.org Contact: 250-372-9933.

Gardengate Training Centre - Offers workshops in gardening, canning, cooking, etc, to adults falling within certain criteria. A brochure regarding current program criteria and opportunities is available. Contact: 250-554-9453.

Healthy Eating Cheap and Easy Booklet - The provincial government has produced a free booklet about eating well without spending a lot of money or time. Details at:
www.health.gov.bc.ca/cpa/publications/HealthyEatingdoc.pdf

Heartland Foods and Farm Tours Cooperative - Connecting residents and businesses with options for obtaining locally produced food through direct purchase, delivery and/or catering services. Details at:
www.heartlandfoods.ca Contact: 250-374-6693.

Kamloops Farm Fresh - An online, interactive guide to regional farms offering fresh fruits, vegetables, meat and preserves. Viewers are notified of which farm sells what and where, its environmental standards, and more. Details at:
http://tourismkamloops.com/home_showSection_ID_153.html Contact: 250-372-8000.

Kamloops Food Bank - Free food for those in need. Variety of diets supported. Details at: www.kamloopsfoodbank.org Contact: 250-376-2252 (North Shore) or 250-372-3020 (downtown).

Kamloops Food Policy Council - Organizing Kamloops' resources to ensure that, one day, all persons at all times will have enough food for well-being. Monthly meeting for coordination of food security initiatives in the region. Contact: 250-851-7424.

Kamloops Organics - A small group of local people who, out of concern for the environment, order organic food & products on a monthly basis. Contact: Megan kamloopsorganics@telus.net or 250-819-6936.

Meals on Wheels - Meal delivery for any person who may require nutritional support or whose circumstances makes it difficult to prepare their own meals. Available to all persons, regardless of age or income. Fees apply. Contact Interior Community Services: 250-554-3134.

Meat Bags - Salvation Army makes available two sizes of meat bags containing a variety of beef, chicken and/or pork, passing warehouse savings onto you. Items vary depending on supply. Contact: 250-554-1611 or commserv@ocis.net

Ministry of Housing and Social Development - For those meeting all criteria, offers crisis food supplement, diet allowance, short or long term monthly nutritional supplement. Contact: 1-866-866-0800.

Royal Inland Hospital Nutritionist - Free consultations. Physician referral required. Contact: Your physician.

Specific Carbohydrate Diet Support Group - An online group sharing tips for practicing the Specific Carbohydrate Diet (for digestive, bowel or autism spectrum disorders) in Kamloops. Details at: www.breakingtheviciouscycle.info Email: oldcabbageroad@gmail.com

St Vincent de Paul Help Office - Food hampers to people in need. Contact: 250-554-0050.

Seniors Outreach Services - Seniors needing free grocery delivery may call for a list of shops which provide this service, or request this directly of the agency on Thursday mornings. \$25 minimum order. Details at: www3.telus.net/kamloopsdroutrreach Contact: 250-828-0600.

The Salvation Army Community and Family Services - Free bread and pastries available daily. When available, free produce offered at 1pm. Emergency food hampers available once every six months to those in need, with families with children having priority. Appointments preferred. Contact Salvation Army: 250-554-1611 or commserv@ocis.net

Thompson Rivers University Student Food Bank - Free food available to students in need. Contact: 250-828-5289.

Weston A. Price Foundation - Dedicated to restoring nutrient-dense foods to the human diet through education, research and activism. Details at www.westonaprice.org Contact Caroline Cooper: 250-374-4646 or carolinecooper@telus.net

World Wide Opportunities on Organic Farms - Local and distant farms provide lodging and organic food in exchange for an average of five hours per day of work. Details at: www.woof.ca Contact: 1-250-354-4417.