

# Free Meal List “Plus” • Access Kamloops Updated January 22, 2010

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[www.accesskamloops.org](http://www.accesskamloops.org)

## **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**

Women, children and seniors (55+) every day; single men welcome the first two weeks after welfare cheques are released (the period during which the men's hostel next door does not provide meals). 12-1230pm. 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**

Women, children and seniors (55+) every day; single men welcome the first two weeks after welfare cheques are released (the period during which the men's hostel next door does not provide meals). 12-1230pm. 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**

Women, children and seniors (55+) every day; single men welcome the first two weeks after welfare cheques are released (the period during which the men's hostel next door does not provide meals). 12-1230pm. 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.

Women, children and seniors (55+) every day; single men welcome the first two weeks after welfare cheques are released (the period during which the men's hostel next door does not provide meals). 12-1230pm. 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: 250-377-0174.

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.

### **Lunch**

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

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

Women, children and seniors (55+) every day; single men welcome the first two weeks after welfare cheques are released (the period during which the men's hostel next door does not provide meals). 12-1230pm. 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**

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. 629 Battle Street. Contact: 250-377-0174.

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

## January 22, 2010

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[www.accesskamloops.org](http://www.accesskamloops.org)

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

**Christmas Amalgamated** - Provides gifts for children and Christmas dinner hampers for people with low-income. Contact: 250-376-0777.

**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](http://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](http://www.interiorcommunityservices.bc.ca) Contact Interior Community Services: 250-554-3134.

**Dietitian Servics at HealthLink BC** - 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.dialdietitian.org](http://www.dialdietitian.org) Contact: 811.

**Dinners At Home** - Frozen meals delivered. Fees apply. Contact Ponderosa Lodge: 250-374-5671 ext.200.

**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](mailto:earthcarekamloops@yahoo.ca)

**Eat Kamloops** - An online resource for discovering local food sources, learning about traditional foods and preparation, encouraging the cultivation of heirloom seeds and heritage breeds, becoming aware of regional and national food security issues, and lobbying for freedom in food preparation and commerce. Details at: [www.eatkamloops.org](http://www.eatkamloops.org) Contact: 250-374-4646.

**Farmers Markets** - Spring through fall, two markets per week offering fresh produce, bedding plants, health and beauty products, arts and crafts, more. Details at: [www.kamloopsfarmersmarket.com](http://www.kamloopsfarmersmarket.com) Contact: Stephanie Sundquist (Saturday Manager) at 250-682-7975 or Bobbi Mitchell (Wednesday Manager) at 250-554-5074.

**Free Public Meals** - Various groups provide free hot meals to those in need. For the daily schedule, see the category 'Food : Free Meals'. Also available in extra-printable format on Access Kamloops' 'Quick Guides' page. Details at: [www.accesskamloops.org](http://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 offers 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](http://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](http://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: [www.tourismkamloops.com/home\\_showSection\\_ID\\_153.html](http://www.tourismkamloops.com/home_showSection_ID_153.html) Contact: 250-372-8000.

**Kamloops Food Bank** - Free food for those in need. Variety of diets supported. Pick up available on North Shore and downtown. Details at: [www.kamloopsfoodbank.org](http://www.kamloopsfoodbank.org) Contact: 250-376-2252.

**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](mailto: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](mailto: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.

**Raw Food Friends of Kamloops** - A group of people interested in a plant-based, raw diet. Sharing food, ideas, recipes and moral support. Monthly potlucks. Contact: Esther at 250-376-0887; Lloydene at 250-461-6511; Mira at 250-828-6207.

**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 or Gut and Psychology Syndrome Program (for digestive, bowel or autism spectrum disorders), including in Kamloops. Details at: [www.gapsguide.com](http://www.gapsguide.com) Contact: [mbadenoo@yahoo.com](mailto:mbadenoo@yahoo.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](http://www3.telus.net/kamloopsdroutrreach) Contact: 250-828-0600.

**The Salvation Army Community Services** - Free bread and pastries available to all, Monday to Friday 10am-1pm. Contact: 250-554-1611 or [commserv@ocis.net](mailto:commserv@ocis.net)

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

**Weston A. Price Foundation, Kamloops Chapter** - Dedicated to restoring nutrient-dense foods to the human diet through education, research and activism. Monthly potluck. Details at [www.eatkamloops.org](http://www.eatkamloops.org) Contact: 250-374-4646.

**World Wide Opportunities on Organic Farms** - Local and distant farms provide lodging and organic food in exchange for four to six hours work per day. Details at: [www.woof.ca](http://www.woof.ca) Contact: [woofcan@shaw.ca](mailto:woofcan@shaw.ca)