

FRIDAY

ST. PAUL'S CATHEDRAL

11am - 12 noon

NEW LIFE MISSION

Lunch 12noon - 1pm

KAMLOOPS ABORIGINAL FRIENDSHIP SOCIETY

Lunch 12noon-1pm



SATURDAY

St. Vincent De Paul

Women & children's breakfast and
crafts

NEW LIFE MISSION

Lunch 12noon - 1pm

JUMP Program

Held at St. Vincent de Paul
Dinner 3:30 until finished

OTHER FOOD SERVICES

Community Kitchens Program 554-3134

Small cooking group sessions of 3-5 people. Each one takes home 4 meals. Cost \$6.00 /person. Sign up required. (Numbers of people and cost flexible)

GARDENGATE PROGRAM 554-9453

Behind the MCFD Building on Southill St
Gardening program for individuals with mental health issues
Opportunity to volunteer in exchange for fresh veggies in season
Please call to sign up and for further information

FARMER'S MARKET

Sat. 8:00 am - noon – 200 Block St. Paul Street
Wed. 8:00 am - 2 pm – 400 Block of Victoria St.
Seasonal—April-October

SALVATION ARMY COMMUNITY SERVICES

Birthday club, Meat Bags for sale, Good Food Boxes for sale, as well as individual items (ie sugar, coffee) to stretch your money.

KAMLOOPS FOOD BANK 376-2252

Prenatal, diabetic, high protein hampers
School snacks
Personal hygiene items (when available)
Community gardens

YOUTH SAFE HOUSE 314-0771

Can provide small food hampers
If in need of evening meal, please call
On 7 DAYS/ WEEK but is for occasional drop-ins, not for youth to go daily

KAMLOOPS MEN'S EMERALD HOSTEL

207 West Victoria Street 372-3031
Open for guests only

ADDRESS & PHONE LIST

KAMLOOPS MEN'S EMERALD HOSTEL

207 West Victoria Street 372-3031

NEW LIFE MISSION

181 West Victoria Street 434-9898

KAMLOOPS FOOD BANK /ACTION CENTRE

171 Wilson Street 376-2252

SALVATION ARMY COMMUNITY SERVICES

344 Poplar Street 554-1611

RIVER OF LIFE CHURCH

629 Battle Street 377-0174

KAMLOOPS UNITED CHURCH

421 St. Paul Street 372-3020

LIGHTHOUSE CHRISTIAN FELLOWSHIP

702 Columbia 372-0633

ST. PAUL'S CATHEDRAL

360 Nicola Street 372-3912

KAMLOOPS ABORIGINAL FRIENDSHIP SOCIETY

125 Palm St. 376-1296

NATIVE YOUTH CENTRE

2355 Parkcrest 376-1617

BOYS & GIRLS CLUB OF KAMLOOPS

McArthur Island Youth Centre 554-5437

MT. PAUL UNITED CHURCH

140 Laburnum 376-2261

ST. VINCENT de PAUL

168 Briar Ave. 554-0098

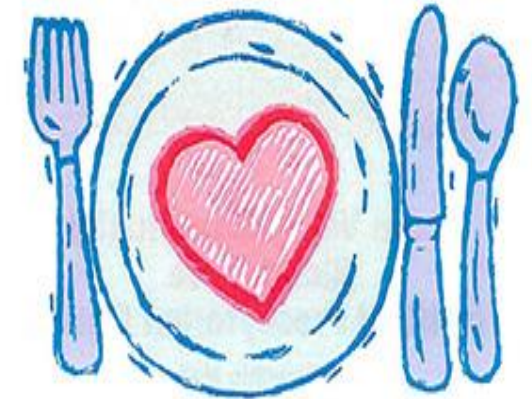
EMERALD HOUSE

Call for information. 828-1121

JUMP

Jubilee Urban Movement & Partners
371-7964

KAMLOOPS COMMUNITY MEAL LIST



Updated: Feb.2017

Please call **The Salvation Army** Community Services at 554-1611 to update any information on this brochure.



SUNDAY

NEW LIFE MISSION

Lunch 12noon - 1pm

RIVER OF LIFE CHURCH

12:30 pm – lunch

KAMLOOPS UNITED CHURCH (PIT Stop)

Hot meal 3:30pm

MONDAY

St. VINCENT

8-9am

NEW LIFE MISSION

Lunch from 12noon - 1pm

Dinner 5pm

MOUNT PAUL UNITED CHURCH

11am- 1pm Sensational Soups Hot lunch (Does NOT run for the months of July and August)

TUESDAY

LIGHTHOUSE CHRISTIAN FELLOWSHIP

9:00 am—Breakfast

NEW LIFE MISSION

Lunch 12noon- 1pm for everyone

SALVATION ARMY COMMUNITY SERVICES

6pm-7pm – ‘CRU’ (Mobile Kitchen)
(Located at 4th and St. Paul)

JUMP AT ST.VINCENT DE PAUL

Breakfast @ 9am



WEDNESDAY

St. VINCENT DE PAUL

8-9am

ST. PAUL'S CATHEDRAL

11 am -12 noon

NEW LIFE MISSION

Lunch from 12 noon-1pm for everyone

SALVATION ARMY COMMUNITY SERVICES

Hot meal Doors open 5:00 pm



THURSDAY

MOUNT PAUL UNITED CHURCH

11am- 1pm Sensational Soups Hot lunch (Does NOT run for the months of July and August)

ST. PAUL'S CATHEDRAL

11am -12 noon

NEW LIFE MISSION

Lunch from 12-1pm for everyone

SALVATION ARMY COMMUNITY SERVICES

6pm-7pm –‘CRU’ (Mobile Kitchen)
(Located at 4th and St. Paul)

JUMP AT ST.VINCENT DE PAUL

Breakfast @ 9am

