

FRIDAY

JUMP

10-4

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

Woman and children's breakfast 9am

NEW LIFE MISSION

Lunch 12noon - 1pm

JUMP Program

Dinner 3:30 until finished

10-4

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
879-0465 320-4335

Updated: May 2017
Please call **The Salvation Army** Community Services at 554-1611 to update any information on this brochure.



KAMLOOPS COMMUNITY MEAL LIST



SUNDAY

NEW LIFE MISSION

Lunch 12noon - 1pm

RIVER OF LIFE CHURCH

12:30 pm – lunch

KAMLOOPS UNITED CHURCH (PIT Stop)

Hot meal 3:30 pm-4:15 pm

MONDAY

St. Vincent DE PAUL

8-9am

JUMP

10-4

NEW LIFE MISSION

Lunch from 12noon - 1pm

Pizza Dinner from 5-5:30pm

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

JUMP

9am – Breakfast

10-4

NEW LIFE MISSION

Lunch 12noon- 1pm for everyone

SALVATION ARMY COMMUNITY SERVICES

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



WEDNESDAY

St. VINCENT DE PAUL

8-9am

JUMP

10-4

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

JUMP

9am – Breakfast

10-4

MOUNT PAUL UNITED CHURCH

11am- 1pm Sensational Soups Hot lunch except July and Aug

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)

