

FRIDAY

St. VINCENT DE PAUL
Breakfast 7-9am

ST. PAUL'S CATHEDRAL
11am - 12 noon

MUSTARD SEED NEW LIFE
COMMUNITY

Lunch 12noon - 1pm

Dinner 6:00pm – sponsored by a
community church

KAMLOOPS ABORIGINAL
FRIENDSHIP SOCIETY

Lunch 12noon-1pm

SATURDAY

MUSTARD SEED NEW
LIFE COMMUNITY

Lunch 12noon - 1pm



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; individual items for sale (i.e. 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

MUSTARD SEED NEW LIFE COMMUNITY
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

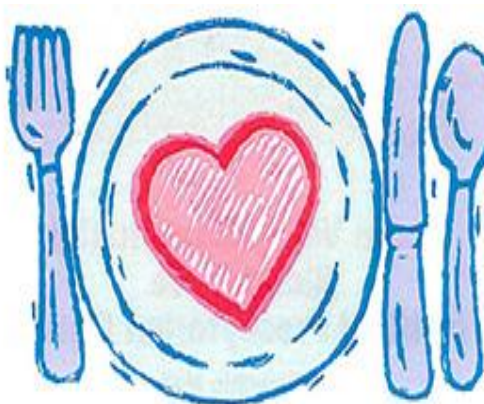
BOYS & GIRLS CLUB OF KAMLOOPS
McArthur Island Youth Centre 554-5437

MT. PAUL UNITED CHURCH
140 Laburnum 376-2261

ST. VINCENT de PAUL
168 Briar Ave. 554-0098

EMERALD HOUSE
Call for information. 828-1121

CHRIST COMMUNITY CHURCH
1132 8th Street 250-376-9367



KAMLOOPS COMMUNITY MEAL LIST

Updated: October 2018

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



SUNDAY

**MUSTARD SEED NEW
LIFE COMMUNITY**

Lunch 12noon - 1pm

RIVER OF LIFE CHURCH

12:30 pm – lunch

**KAMLOOPS UNITED
CHURCH (PIT Stop)**

Hot meal 3:30pm

MONDAY

St. VINCENT DE PAUL

Breakfast 7-9am

**MUSTARD SEED NEW LIFE
COMMUNITY**

Lunch 12noon - 1pm

Dinner 5pm – sponsored by Domino's

**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

Closed for July & August

**MUSTARD SEED NEW LIFE
COMMUNITY**

Lunch 12noon - 1pm

**SALVATION ARMY
COMMUNITY SERVICES**

9:30am- 10am - Morning Glory Breakfast

5:30pm-6:30pm – 'CRU' (Mobile
Kitchen)

Located at 48 West Victoria Street
beside the new Locker Program



WEDNESDAY

St. VINCENT DE PAUL

Breakfast 7-9am

ST. PAUL'S CATHEDRAL

11 am -12 noon

**MUSTARD SEED NEW LIFE
COMMUNITY**

Lunch 12noon - 1pm

**SALVATION ARMY
COMMUNITY SERVICES**

Sit Down meal - Doors open 4:45 pm,
Message of Hope at 5:00pm, Meal
served at 5:10, Doors close at 5:20pm

**CHRIST COMMUNITY
CHURCH**

6-7pm



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

**MUSTARD SEED NEW LIFE
COMMUNITY**

Lunch 12noon - 1pm

**SALVATION ARMY
COMMUNITY SERVICES**

5:30pm-6:30pm –'CRU' (Mobile
Kitchen)

Located at 48 West Victoria Street
beside the new Locker Program

