

## FRIDAY

**ST. VINCENT DE PAUL**  
Breakfast 7-9am

**MUSTARD SEED NEW  
LIFE COMMUNITY**

Lunch 12noon - 1pm  
Dinner 6:00pm – sponsored by a  
community church



## 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

**THE STOREHOUSE FOOD BANK –SALVATION ARMY** 250-554-1611  
Open Tuesday – Friday 10:00am-1:00pm

**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

Updated: April 25, 2019  
Please call **The Salvation Army Community Services** at 554-1611 to update any information on this brochure.

## 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 8<sup>th</sup> Street 250-376-9367

# KAMLOOPS COMMUNITY MEAL LIST



## 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-4:15

## 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

ST. PAUL'S CATHEDRAL

11 am -12 noon-**frozen soup to go**

MUSTARD SEED NEW LIFE  
COMMUNITY

Lunch 12noon - 1pm

MY PLACE WELLNESS

12:00-3:00pm

500 Macdonald Ave & King Street

SALVATION ARMY  
MORNING GLORY BREAKFAST

9:30am- 10am

SALVATION ARMY FOOD  
TRUCK (COMMUNITY  
RESPONSE UNIT)

5:30pm-6:30pm

Located at 517 Tranquille Road beside  
The Salvation Army Thrift Store



## WEDNESDAY

St. VINCENT DE PAUL

Breakfast 7-9am

ST. PAUL'S CATHEDRAL

11 am -12 noon-**frozen soup to go**

MUSTARD SEED NEW LIFE  
COMMUNITY

Lunch 12noon - 1pm

CHRIST COMMUNITY  
CHURCH

6-7pm

SALVATION ARMY  
COMMUNITY DINNER

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



## 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- **frozen soup to go**

MUSTARD SEED NEW LIFE  
COMMUNITY

Lunch 12noon - 1pm

SALVATION ARMY FOOD  
TRUCK (COMMUNITY  
RESPONSE UNIT)

5:30pm-6:30pm

Located at 517 Tranquille Road beside  
The Salvation Army Thrift Store

MY PLACE WELLNESS

12:00-3:00pm

500 Macdonald Ave & King Street

