

FRIDAY

ST. VINCENT DE PAUL
Breakfast 6:30-8:30am

**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 372-3031
207 West Victoria Street
Open for guests only

Updated: October 18, 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 372-3031
207 West Victoria Street

MUSTARD SEED NEW LIFE COMMUNITY 434-9898
181 West Victoria Street

KAMLOOPS FOOD BANK /ACTION CENTRE 376-2252
171 Wilson Street

SALVATION ARMY COMMUNITY SERVICES 554-1611
344 Poplar Street

RIVER OF LIFE CHURCH 377-0174
629 Battle Street

KAMLOOPS UNITED CHURCH 372-3020
421 St. Paul Street

LIGHTHOUSE CHRISTIAN FELLOWSHIP 372-0633
702 Columbia

ST. PAUL'S CATHEDRAL 372-3912
360 Nicola Street

KAMLOOPS ABORIGINAL FRIENDSHIP SOCIETY 376-1296
125 Palm St.

NATIVE YOUTH CENTRE 376-1617
2355 Parkcrest

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

MT. PAUL UNITED CHURCH 376-2261
140 Laburnum

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

EMERALD HOUSE 828-1121
Call for information.

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

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 6:30-8:30am

MUSTARD SEED NEW LIFE COMMUNITY

Lunch 12noon - 1pm

MOUNT PAUL UNITED CHURCH

11am- 1pm Sensational Soups Hot lunch (Closed July and August)

TUESDAY

THE SALVATION ARMY MORNING GLORY BREAKFAST

(North Shore)

9:30am- 10am



ST. PAUL'S CATHEDRAL

11 am -12 noon-frozen soup to go

MUSTARD SEED NEW LIFE COMMUNITY

Lunch 12noon - 1pm

MY PLACE WELLNESS

New Location TBA

WEDNESDAY

St. VINCENT DE PAUL

Breakfast 6:30-8:30am

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 (Closed July and August)

ST. PAUL'S CATHEDRAL

11am -12 noon- frozen soup to go

MUSTARD SEED NEW LIFE COMMUNITY

Lunch 12noon - 1pm

MY PLACE WELLNESS

New Location TBA

