

# Free Meal List • Access Kamloops

Updated October 27, 2008

For more “low or no cost” opportunities in food and nutrition, please see the Access Kamloops category 'Food & Nutrition'.

With any updates to this schedule, please go to [www.accesskamloops.org](http://www.accesskamloops.org) and complete the online 'update' form.

## **Mondays**

### **Breakfast**

Youth (13 until 19th birthday). 8am-10am. Youth Safe House. Contact: 250-314-0771.

Men over 19. 8am, beginning two weeks after welfare cheque day. Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Everyone. 8-9am. St Vincent de Paul Society. 168 Briar Ave. Contact: 250-554-0098.

### **Lunch**

Everyone. 12-1pm. New Life Mission. 181 W Victoria St. Contact: 250-434-9898.

Men over 19. 12 noon, beginning two weeks after welfare cheque day. Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

### **Supper**

Men over 19. 5pm, beginning two weeks after welfare cheque day. Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

## **Tuesdays**

### **Breakfast**

Youth (13 until 19th birthday). 8am-10am. Youth Safe House. Contact: 250-314-0771.

Men over 19. 8am, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Everyone. Open 8am-10am; breakfast served at 9am. Church of The Nazarene. 702 Columbia St. Contact: 250-372-0633.

### **Lunch**

Everyone. 12-1pm. New Life Mission. 181 W Victoria St. Contact: 250-434-9898.

Men over 19. 12 noon, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

## **Supper**

Men over 19. 5pm, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Everyone. The Salvation Army Mobile Kitchen. 6-7pm. 4th Ave. & St.Paul St. Contact: 250-554-1611.

## **Wednesdays**

### **Breakfast**

Youth (13 until 19th birthday). 8am-10am. Youth Safe House. Contact: 250-314-0771.

Men over 19. 8am, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Everyone. 8-9am. St Vincent de Paul Society. 168 Briar Ave. Contact: 250-554-0098.

### **Lunch**

Everyone. 12-1pm. New Life Mission. 181 W Victoria St. Contact: 250-434-9898.

Everyone. 11am-noon. Takeaway bread and frozen soup. St Paul's Anglican. 360 Nicola St. Contact: 250-372-3912.

Men over 19. 12 noon, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

### **Supper**

Everyone. 5pm. The Salvation Army. 344 Poplar Street. Contact: 250-554-1611.

Everyone. 6pm. Church of The Nazarene. 702 Columbia St. Contact: 250-372-0633.

Men over 19. 5pm, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

## **Thursdays**

### **Breakfast**

Youth (13 until 19th birthday). 8am-10am. Youth Safe House. Contact: 250-314-0771.

Men over 19. 8am, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Everyone. Open 8am-10am; breakfast served at 9am. Church of The Nazarene. 702 Columbia St. Contact: 250-372-0633.

## **Lunch**

Everyone. 11am-1pm. Wondercafe Soup Kitchen offers a meal and fellowship to all who may need or want these. Mt Paul United Church. 140 Laburnum St. Contact: 250-376-2261.

Everyone. 11am-noon. Take-away bread and frozen soup. St Paul's Anglican. 360 Nicola St. Contact: 250-372-3912.

Everyone. Lunch. 12-1pm. New Life Mission. 181 W Victoria St. Contact: 250-434-9898.

Men over 19. 12noon daily, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

## **Supper**

Everyone. 6-7pm. The Salvation Army Mobile Kitchen. 4th Ave. & St.Paul St. Contact: 250-554-1611.

Everyone. 7pm at Total Pet Parking on North Shore. River of Life Church. Contact: 250-376-0174.

Men over 19. 5pm, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

## **Fridays**

### **Breakfast**

Youth (13 until 19th birthday). 8am-10am. Youth Safe House. Contact: 250-314-0771.

Men over 19. 8am, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Everyone. 8-9am. St Vincent de Paul Society. 168 Briar Ave. Contact: 250-554-0098.

Everyone. Breakfast (and education and awareness workshops). 8am-11am. White Buffalo Aboriginal Health Society. #211-750 Cottonwood Ave. Contact: 250-554-1176.

### **Lunch**

Everyone. 11am-noon. Takeaway bread and frozen soup. St Paul's Anglican. 360 Nicola St. Confirm at Contact: 250-372-3912.

Everyone. 12-1pm. New Life Mission. 181 W Victoria St. Contact: 250-434-9898.

Men over 19. 12 noon, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

### **Supper**

Men over 19. 5pm, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

## Saturdays

### Breakfast

Youth (13 until 19th birthday). 8am-10am. Youth Safe House. Contact: 250-314-0771.

Men over 19. 8am, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

Women and children. 9am-1030am. St Vincent de Paul Society. 168 Briar Ave. Contact: 250-554-0098.

### Lunch

Everyone. 12-1pm. New Life Mission. 181 W Victoria St. Contact: 250-434-9898.

Men over 19. 12 noon, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

### Supper

Men over 19. 5pm, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

## Sundays

### Breakfast

Youth (13 until 19th birthday). 8am-10am. Youth Safe House. Contact: 250-314-0771.

Men over 19. 8am, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

### Lunch

Everyone. 1230pm. River of Life Church. 202-750 Cottonwood Ave. Contact: 250-376-0174.

Men over 19. 12 noon, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.

### Supper

Everyone. 330pm. PIT Stop. Kamloops United Church. Contact: 250-372-3020.

Everyone. Hot dogs. 6-7pm. Served by Pentecostal Church. Interior Savings Centre parking lot.

Men over 19. 5pm, beginning two weeks after welfare cheque day at Men's Christian Hostel. 207 West Victoria St. Contact: 250-372-3031.