



A quick guide to food resources on the Kamloops campus and in the community.

## WHAT IS FOOD SECURITY?

“a situation that exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.”

(Food and Agriculture Association of the United Nations [FOA] et al., 2021, p.190)

## TRU FOOD SECURITY INITIATIVE

- In partnership with cross-campus and community stakeholders, our mission is to help cultivate student food security at TRU through inclusive, equitable, and sustainable outreach and programming.
- Our aim is to offer a research-based, anti-colonial, anti-oppressive, and institutional approach to food security on campus.
- Aligned with principles of reconciliation and relationship-building, our project aims to pave a path toward an inclusive food secure campus on the lands of the Tk'emlúps te Secwépemc (Kamloops) and the T'exelc (Williams Lake) within Secwépemc'ulucw, the traditional and unceded territory of the Secwépemc.  
(The region TRU serves also extends into the territories of the St'át'imc, Nlaka'pamux, Tšilhqot'in, Nuxalk, and Dakelh, and Métis communities within these territories.)

### DID YOU KNOW?

"42 percent of undergraduate students may experience food insecurity, with higher rates amongst women, international students, and [people of colour]"

(Botteroff et al., 2020)

# ON-CAMPUS SUPPORT

## STUDENT CASE MANAGERS

- Help students navigate struggles with food access and connect students to available on-campus and community supports.
- If you require assistance with food access, please book an appointment with a Student Case Manager by calling 250-828-5023.

The following list of on-campus resources provide assistance with emergency food funding.

## TRU EMERGENCY FUNDING

- Emergency funding is available to eligible currently enrolled students experiencing a financial hardship.
- To apply, please visit [tru.ca/awards/emergency](http://tru.ca/awards/emergency)

## TRU EMERGENCY GROCERY CARDS

- This program is available to on-campus students and eligibility is assessed on a case-by-case basis.
- Please visit [tru.ca/foodsecurity](http://tru.ca/foodsecurity) for details. To book an appointment, email [foodsecurity@tru.ca](mailto:foodsecurity@tru.ca)

## TRUSU EMERGENCY FOOD SECURITY PROGRAM

- The TRUSU Emergency Food Security Program supports eligible students who are experiencing food insecurity and are in crisis by providing grocery store gift cards.
- To apply, please visit [www.trusu.ca/services](http://www.trusu.ca/services)



# FREE FOOD ON CAMPUS

## CHEF'S PACKAGES

- TRUSU provides students with monthly Chef's Packages at the TRUSU building starting at 10am until the packages run out.
- For details, please visit [trusu.ca](http://trusu.ca) and refer to the event calendar.

### ◦ Upcoming Dates:

- **Monday, Feb. 27, 2023**
  - Tuna & Salmon Pasta Salads
- **Monday, Mar. 27, 2023**
  - Snack Items

## A CUP OF TEA

The TRU Wellness Centre offers students a free cup of tea in OM 1479.



## SOUP AT CPLUL'KW'TEN (THE GATHERING PLACE)

- **Every Wednesday** (11:00am-12:30 pm)
- Cplul'kw'ten (The Gathering Place) welcomes ALL students to join their **weekly soup circle** to enjoy a bowl of soup and connect with their team.
- Cplul'kw'ten is located at **House 5** on Sk'lep Trail.

## FREE DIETICIAN SERVICES IN 160 LANGUAGES

- Chat with a dietician for free to ask questions about food, nutrients, supplements & food safety.
- Access individualized nutrition care plans to help with health conditions such as diabetes, heart disease, kidney disease, cancer, gastrointestinal conditions and food allergies.

**AVAILABLE MONDAY-FRIDAY (9AM-5PM)  
CALL 8-1-1 (OR 7-1-1 FOR HEARING IMPAIRED)**

\* If unable to dial 8-1-1 or 7-1-1, please call 604-215-8110



# FREE COMMUNITY MEALS

## FREE LANGAR

Based on principles of selfless service (seva) and equality, langar is a free communal vegetarian meal at a Sikh place of worship, called a Gurdwara.

Any person who visits a Gurdwara is invited to eat langar regardless of who that person may be, where they come from, or of anything else that separates people.

### KAMLOOPS GURUDWARA SAHIB

Lunch every Sunday 10:30am-1pm

Address: 1345 Ord Road

Phone: (250) 554-3871

### KAMLOOPS SIKH CULTURAL SOCIETY

Lunch every Sunday 12-2pm

Address: 700 Cambridge Cres.

Phone: (250) 376-1454

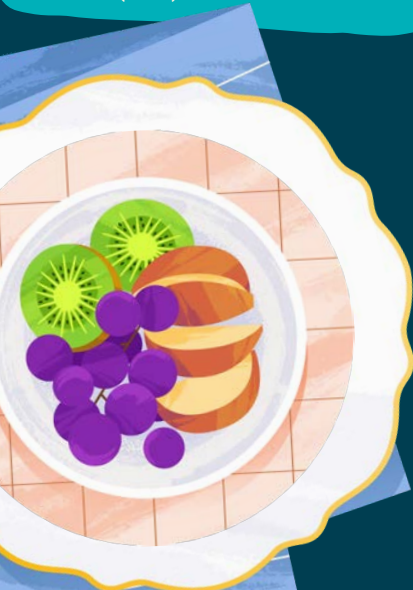
The following places of worship in Kamloops provide free meals and everyone is welcome.

### KAMLOOPS UNITED CHURCH

- Free Ukrainian Welcome Dinner
  - 3rd Fri. of each month at 6pm
  - To reserve a seat, please email [centre@kamloopsunited.ca](mailto:centre@kamloopsunited.ca)
- Address: 421 St Paul St.
- Phone: (250) 372-3020
- <https://kamloopsunited.ca/>

### HILLS OF PEACE LUTHERAN CHURCH

- Free Sunday Night Supper
- 3rd Sun. of each month at 6pm
- Address: 695 Robson Drive
- Phone: 250-828-2221
- [www.hillsofpeace.com/young-adults/suppers/](http://www.hillsofpeace.com/young-adults/suppers/)



# COMMUNITY RESOURCES

The following list of community organizations provide free food to individuals facing challenges with access to food.

## MOUNT PAUL COMMUNITY FOOD CENTER

- **Dine in Community Meal**
  - Every Mon. and Thurs. (12-1pm) (not open on stat holidays)
- **The Market**
  - Affordable (not free) produce market
  - Every Tues. and Thurs. (10am-2pm)
- **Food Hamper** delivery once a month
- **Meals on Wheels**
  - Delivered on Tues. and Thurs.
- **Community Pantry** (frozen soups, smoothies & more)
- **Emergency Food Hampers**
- **Second Helping** (ages 13-24)
  - Drop-in meals
  - Every Wednesday (4pm-6pm)

**Address:** 140 Laburnum St.  
**Phone Number:** 236-421-1011  
[www.mountpaulcommunityfoodcentre.com](http://www.mountpaulcommunityfoodcentre.com)

## KAMLOOPS SALVATION ARMY

- **Emergency Food Hampers** (available every 90 days)
  - Mon. and Thurs. (9:00am-11:45am)
  - Must bring ID and proof of income (bank statement or student loan)
- **Free Bread**
  - Every Mon./Tues./Thurs./Fri. from 9:00am-3:30pm or until bread runs out

**Address:** 344 Poplar St.  
[www.kamloopssalvationarmy.ca](http://www.kamloopssalvationarmy.ca)





# BUDGET-FRIENDLY EATS ON CAMPUS



## ESTR'S MARKET

Open every Wed. and Thurs. from 10am-2pm, ESTR's Market offers budget-friendly and healthy meals.

\*Only available during the fall and winter semesters

**Location:** 2nd Floor, Old Main (OM 2425)

## THE DEN

Step into The Den for delicious pub-style fare

**Location:** 2nd Floor, Campus Activity Centre

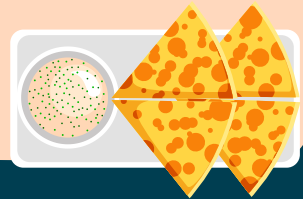
### BUDGET-FRIENDLY OPTIONS

**Wednesday Half Price All Appies (4-8pm)**

- Veggie Quesadilla - \$5.50

**Wing Thursday (4-8pm)**

- 1LB Jumbo Chicken Wings - \$8.00



## SCRATCH CAFE

Open Wednesday to Friday, the Scratch Café and Market serve the fresh creations of Culinary Arts students, including soups, entrees, desserts.

**Location:** Top floor, Culinary Arts Building

### BUDGET-FRIENDLY OPTIONS

**Breakfast (8:00am-9:30am)**

- House-made GF Granola - \$4.50
- Breakfast Sandwich - \$4.75

**Lunch (11:30am-1:00pm)**

- Fresh Soup - \$6.00 with a bun
- Salad Bar - \$2 per 100 grams

# COST SAVING TIPS



## SIGN UP FOR LOYALTY CARDS

Loyalty programs are free to sign up for and offer exclusive deals on groceries.

## DOLLAR STORES

Dollar stores usually have a section for non-perishable foods. You can stock up on essentials like pasta, rice, condiments, and canned foods for a much lower price than grocery stores.

## CHECK OUT IMPERFECT PRODUCE


Many stores have an imperfect produce section. This produce is usually heavily discounted.

## FLIPP APP

The Flipp app helps you find all the coupons and flyers for stores in your area. You can make a shopping list in the app and get notifications every time your essentials are on sale.

## LOOK FOR GENERIC BRANDS

Many stores have their own in-house brands that offer the same products for less. Look for brands like "No Name", "Western Family", or "Compliments"



# MENTAL HEALTH SUPPORT

## TRU WELLNESS CENTRE

- The TRU Wellness Centre is a safe space located at OM 1479, that offers free tea, peer mentoring, and information and referral to campus and community resources.

## TRU COUNSELLING SERVICES

- TRU Counselling can help with stress, anxiety, depression, grief and other personal issues in a safe and respectful atmosphere.
- Book your appointment by:
  - Visiting the Student Services Office at OM 1631 from Mon. to Fri. from 8am-4pm
  - Sending an email to [studentservices@tru.ca](mailto:studentservices@tru.ca)
  - Calling 250-828-5023

## KEEP.MESAFE

- keep.meSAFE is a real-time and appointment-based confidential 24/7 counselling service. Download the My SSP app to chat with a counsellor directly or call 1-844-451-9700.

“Hungry people cannot make the world a more sustainable, just place. If we are to teach, learn and create sustainable options, we must start by ensuring our own community of learning is a community where all can find security and something healthy to eat.”

(Booth and Anderson, 2017, p.197)

**WE WELCOME ANY QUESTIONS OR CONCERNS YOU MAY HAVE REGARDING FOOD ACCESS AS WELL AS FEEDBACK REGARDING THIS GUIDE.**

## TRU Food Security Initiative



[foodsecurity@tru.ca](mailto:foodsecurity@tru.ca)



[tru.ca/foodsecurity](http://tru.ca/foodsecurity)



**THOMPSON RIVERS UNIVERSITY**

Faculty of Student Development

