

## Free and Low Cost Meals and Food in Revelstoke

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www.community-connections.ca

Day	Time	Program	Location	Details
<b>Mon</b>	11:30-12:30	<b>Soup &amp; Smile</b>	United Church - 314 Mackenzie Ave.	Runs from October to May. Free or by donation.
<b>Wed</b>	12:00-1:00	<b>Food Connect</b>	Community Connections - 314 2nd Street E	Pick-up of free recovered food for Families and Seniors. Please bring reusable shopping bags. Options vary weekly.
<b>Thu</b>	9:30-11am	<b>Coffee Drop-In</b>	Seniors Centre, 603 Connaught Ave.	Check <a href="http://www.revelstokeseniors.ca">www.revelstokeseniors.ca</a> for more events.
	5:30-7:30	<b>Family Night Out</b>	Room 129 (1001 Mackenzie Ave) at the Early Learning, Literacy and Health Centre	Family activities, games, and a light meal. For more information, please call 250-805-2305. Free.
<b>Fri</b>	6:00-8:00pm	<b>Pasta Feed</b>	Check the Baptist Church Facebook Page	Free dinner from January to March.
	8:30-11:00	<b>Food Bank</b>	Royal Canadian Legion - 600 First St. W - Garden Ave. entrance	Need to provide government-issued identification, proof of residency (3 months), proof of income. Farmers Market Nutrition Coupons available to qualifying clients.
<b>Other Options:</b>	<b>Revelstoke Community Christmas Dinner</b>		Find details on Facebook.	Delivery available.
	<b>Meals on Wheels</b>		Home delivery Mon, Wed, Fri	Interior Health program for Seniors. Contact 250-837-3147 for referrals.
	<b>Dinners At Home</b>		Queen Victoria Hospital, 1200 Newlands Road	Order and prepay for frozen meals (\$6) and soups (\$3). Call 250-814-2267 for information.
	<b>School Breakfast Programs</b>		All elementary and secondary schools.	Free breakfast available to students each school day.
	<b>Farmers' Market Nutrition Coupon Program</b>		Can be used at any approved farmers' market in BC to purchase vegetables, fruits, nuts, eggs, dairy, cut herbs, meat and fish.	Available through Community Connections to qualifying applicants.
	<b>Gleaning Program</b>		Sign up to be a volunteer gleaner on Revelstoke Bear Aware's website <a href="http://www.revelstokebearaware.org">www.revelstokebearaware.org</a>	