

Free and Low Cost Meals and Food in Revelstoke

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www.community-connections.ca

Day	Time	Program	Location	Details
Mon	11:30-12:30	Soup & Smile	United Church - 314 Mackenzie Ave.	Runs from October to May. Free or by donation.
Wed	12:00-1:00	Food Connect	Community Connections - 314 2nd Street E	Pick-up of free recovered food for Families and Seniors. Please bring reusable shopping bags. Options vary weekly.
Thu	9:30-11am	Coffee Drop-In	Seniors Centre, 603 Connaught Ave.	Check www.revelstokeseniors.ca for more events.
	5:30-7:30	Family Night Out	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.
Fri	6:00-8:00pm	Pasta Feed	Check the Baptist Church Facebook Page	Free dinner from January to March.
	8:30-11:00	Food Bank	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.
Other Options:	Revelstoke Community Christmas Dinner		Find details on Facebook.	Delivery available.
	Meals on Wheels		Home delivery Mon, Wed, Fri	Interior Health program for Seniors. Contact 250-837-3147 for referrals.
	Dinners At Home		Queen Victoria Hospital, 1200 Newlands Road	Order and prepay for frozen meals (\$6) and soups (\$3). Call 250-814-2267 for information. Apply at Hospital.
	School Breakfast Programs		All elementary and secondary schools.	Free breakfast available to students each school day.
	Farmers' Market Nutrition Coupon Program		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.
Gleaning Program		Sign up to be a volunteer gleaner on Revelstoke Bear Aware's website www.revelstokebearaware.org		