

Free and Low Cost Meals and Food in Revelstoke

Published October 2019 by Community Connections (Revelstoke) Society

www.community-connections.ca

Day	Time	Program	Location	Details
Mon	11:30-12:30	Soup & Smile	United Church - 314 Mackenzie Ave.	Runs year-round except holidays. Free or by donation. Soups, breads and pastries.
Wed	12:00-1:00	Food Connect	Community Connections - 314 2nd Street E	Pick-up of free recovered food. Please bring reusable shopping bags. Options vary weekly.
Thu	9:30-11am	Coffee Drop-In	Seniors Centre, 603 Connaught Ave.	For member's only (\$10/year membership fee).
	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 "Pasta Feed Revelstoke" Facebook Page.	Free community dinner in February & March.
	8:30-11:00	Food Bank	Royal Canadian Legion - 600 First St. W - Garden Ave. entrance	A variety of fresh and non-perishable foods. Additional resources and services available. Apply on-site.
Other Options:	Revelstoke Community Christmas Dinner		Check the "Revelstoke Community Christmas Dinner" Facebook Page.	Christmas Day, 1-3pm. Delivery available.
	Meals on Wheels		Home delivery Mon, Wed, Fri	Interior Health program for Seniors. Contact 250-814-2267 for referrals.
	Dinners At Home		Queen Victoria Hospital, 1200 Newlands Road	Order and prepay for frozen meals (\$6) and soups (\$3). Call 250-837-2131 x50280 for information.
	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 farmer's market in BC to purchase vegetables, fruits, nuts, eggs, dairy, cut herbs, meat and fish.	Available through Community Connections to qualifying applicants.
	Gleaning Program		Help pick fruit and take some home. Sign up at www.revelstokebearaware.org	