

TRU FOOD ACCESS GUIDE



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

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.

**DID YOU
KNOW?**

42%



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



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

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](tel:250-828-5023).

TRU Emergency Funding

Emergency funding is available to eligible currently enrolled students experiencing a financial hardship.

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.

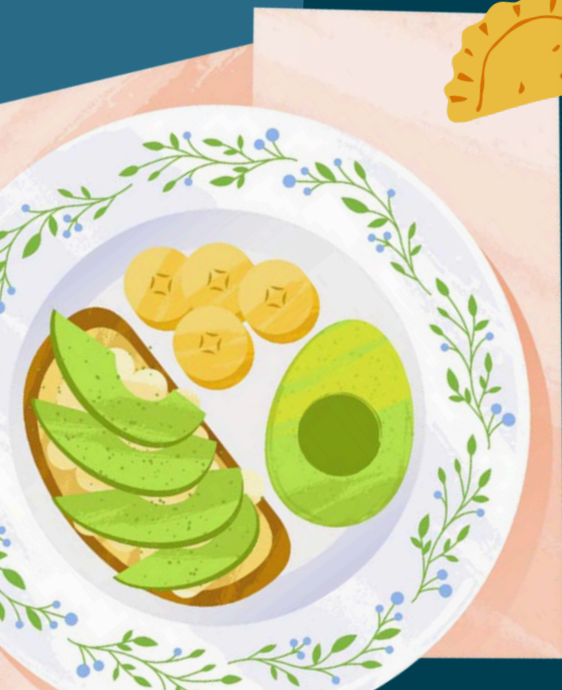
tru.ca/foodsecurity

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.

trusu.ca/services



FREE FOOD ON CAMPUS



A Cup of Tea



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

TRUSU Chef's Packages

TRUSU provides students with monthly Chef's Packages at the TRUSU building starting at 10 a.m. until the packages run out.

trusu.ca/events

TRUSU Community Meals

Enjoy free, healthy meals every 2 weeks at TRUSU Community Meals Program in the TRU Students' Union Building.

trusu.ca/events



The reception desk at OM 1631 has some free snacks!

Soup at Cplul'kw'ten (The Gathering Place)

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.

🕒 Every Wednesday at 11:30 a.m.



Keep an eye out for **pop-up tables** around campus! Stop by for a chance to snag some free snacks.



FREE Dietician Services in 160 languages

🕒 Monday to Friday
9 a.m. – 5 p.m.

📞 811 (or 711 for hearing impaired)
604-215-8110

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.

COMMUNITY MEALS & RESOURCES

Mount Paul Community Food Centre

📍 140 Laburnum St.

☎ (236) 421-1011

🌐 mountpaulcommunityfoodcentre.com

Dine in Community Meal

🕒 Mondays and Thursdays
12–1 p.m.

The Market

🕒 Tuesdays and Thursdays
10 a.m. – 2 p.m.

🔪 Affordable produce market

Food Hamper

🔪 Delivery once a month

Community Pantry

🔪 Frozen soups, smoothies, and more



PIT Stop Meals

📍 421 St Paul St.

☎ (250) 372-3020

🌐 kamloopsunited.ca/pit-stop/

This hot meal program serves a nutritious dinner at Kamloops United Church every Sunday afternoon year round and is mainly a volunteer driven program.

Kamloops Salvation Army

📍 344 Poplar St.

☎ (250) 554-1611

🌐 kamloopssalvationarmy.ca

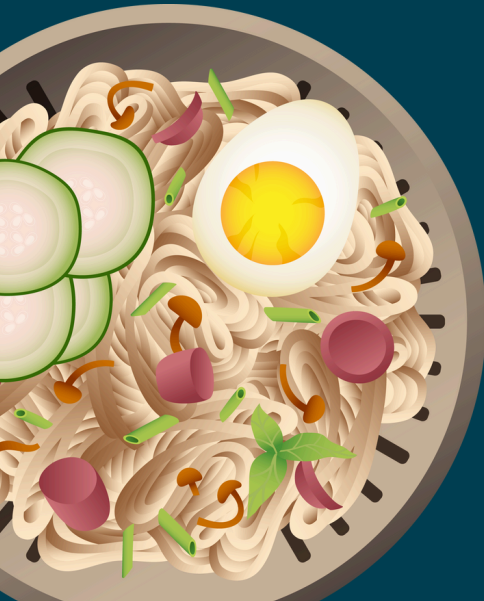
Emergency Food Hampers

🕒 Every 90 days, Mondays and Thursdays
9–11:45 a.m.

📄 Must bring ID and proof of income
(bank statement or student loan)

Free Bread

🕒 Every Mon, Tues, Thurs, and Fri
9 a.m. – 3:30 p.m. or until bread runs out



BUDGET-FRIENDLY EATS ON CAMPUS

ESTR's Market

ESTR's Market offers budget-friendly and healthy meals.

📍 OM 2425

🕒 Wednesdays and Thursdays
(Fall & Winter)
10 a.m. – 2 p.m.

\$6 Happy Hour at The Den

Step into The Den for delicious pub-style food.

📍 Campus Activity Centre
2nd floor

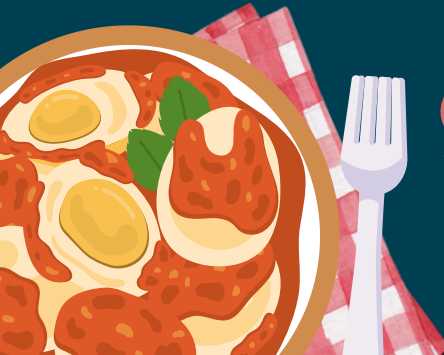
🕒 Monday to Friday
3–5 p.m.

Scratch Café

The Scratch Café and Market serve the fresh creations of Culinary Arts students, including soups, entrees, desserts.

📍 Top floor, Culinary Arts Building

🕒 Breakfasts (8–9:30 a.m.)
Lunch (11:30 a.m. – 1 p.m.)



COST-SAVING TIPS

Sign up for loyalty cards

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

Check out imperfect produce

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



Shop at 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.

Download Flipp

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 that offers free tea, peer mentoring, and information and referral to campus and community resources.

📍 OM 1479

☎ (250) 828-5010

🔗 tru.ca/wellness

TRU Counselling Services

TRU Counselling can help with stress, anxiety, depression, grief and other personal issues in a safe and respectful atmosphere.

📍 OM 1631

☎ (250) 828-5023

🔗 tru.ca/counselling

GuardMe

Confidential, free, culturally sensitive, and gender-inclusive mental health support for students. Available in over 140 languages.

☎ 1-844-451-9700

🔗 gmssp.org

*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)





 foodsecurity@tru.ca

 tru.ca/foodsecurity