

## Spaces to freely access groceries, prepared meals, and discounted produce throughout the West Kootenays

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### **Nakusp**

Nakusp Food Bank @ 205 6th Avenue NW: Fridays, 10:00am - 12:00pm. Barrier-free access to a prepared meal.

### **Slocan**

Slocan Valley Food Cupboard @ 1001 Harold Street: 1st and 3rd Thursdays of each month. Arrive at 10:00 when tea and coffee are served, and receive a number to wait in line for groceries that are distributed at 11:00, and a prepared meal is served as well. Individuals are requested to first register with the Cupboard, which requires a proof of address.

### **Castlegar**

Kootenay Family Place @ 767 11<sup>th</sup> Avenue: On 2nd and 4th Wednesdays, 4:00 - 7:00pm, a dinner is held for Indigenous families with children ages 0-6. This is a barrier-free event.

Castlegar Community Harvest Food Bank @ 614 Christina Place: Mondays, Wednesdays, and Fridays, 10:30-1:30. Barrier-free access to a prepared meal.

### **Trail**

Kate's Kitchen @ 730 Rossland Avenue: Mondays, Tuesdays, Wednesdays, and Fridays, 11:45am to 1:45pm, and Thursdays, 4:30pm to 5:45pm. There are no barriers to receiving a meal, though a nominal fee of \$2.00 is requested.

Trail United Church Food Bank @ 1300 Pine Avenue: Tuesdays (except 2nd Tuesday of each month), 10:00am-11:30am. Barrier-free access to a prepared meal.

BC Farmer's Market Coupon Program @ Trail Farmer's Market, 1300 block of Cedar Avenue: Saturdays, 10:00-2:00 from May to October. Apply at the market coordinator booth; each household that is enrolled is eligible to receive a minimum of \$21/week in coupons.

### **Grand Forks**

BC Farmer's Market Coupon Program @ Grand Forks Farmer's Market, 7370 5th Street: Tuesdays and Fridays, 8:00am-1:00pm from May to October. Apply at the market coordinator booth; each household that is enrolled is eligible to receive a minimum of \$21/week in coupons.

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### Nelson

Kootenay Kids Society @ 312 Silica Street: On Saturdays from 10:00am – 12:00pm a pancake breakfast is held for a “Daddy & Me” group (children of ages 0-6 years), and on Mondays 9:30-11:00am a pancake breakfast is held for all families with children ages 0-6 years old. On 1st and 3rd Wednesdays from 4:00 - 7:00pm a dinner is held for Indigenous families with children ages 0-6. All events are barrier-free.

Nelson Community Food Center @ 602 Silica Street: Mondays, 9:00 am – 1:00 pm, and Wednesdays, 1:00 – 5:00 pm, or by appointment. Barrier-free access to one- or two-days worth of groceries at a time.

Our Daily Bread @ 520 Falls Street: Hot meals served Monday - Friday, 11:00am - 1:00pm. There are no barriers to receiving a meal, however there is a request for a small donation (22 meals for \$20), or an exchange of volunteerism.

Saint Saviour’s Food Pantry @ 701 Ward Street: Fridays, 9:00-11:00am. Barrier-free access to groceries.

Salvation Army Meal Program @ 601 Vernon Street: Monday - Thursday, 10:00am - 12:00pm. Barrier-free access to a prepared meal.

Nelson & District Women's Center @ 420 Mill Street: Self-identified women may drop-in Tuesdays, Wednesdays, and Thursdays from 12:00-4:00pm. For individuals who identify as trans/two-spirit/gender non-conforming, there are safe-space drop-in hours on Fridays from 12:00-4:00pm. Barrier-free access to coffee, tea, snacks, and small amounts of groceries.

BC Farmer's Market Coupon Program @ Cottonwood Falls Market, 199 Carbonate St: Sundays, 9:00-3:00 from May to October, and @ Nelson Downtown Market, 400 block of Baker Street: Wednesdays, 9:00-3:00 from June to September. Apply at the market coordinator booth; each household that is enrolled is eligible to receive a minimum of \$21/week in coupons.

### Kaslo

Kaslo Food Hub: @ 500 4th Street: Tuesdays 10:00am-1:00pm, and Thursday evenings from 5:00pm to 7:00pm, or by appointment. Barrier-free access to groceries.

BC Farmer's Market Coupon Program @ Kaslo Market, 450 Front St: Saturdays, 10:00-2:00 from June to September. Apply at the market coordinator booth; each household that is enrolled is eligible to receive a minimum of \$21/week in coupons.