



COMMUNITY SERVICES  
DIRECTORY  
CENTRAL OKANAGAN

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**KCR**

COMMUNITY RESOURCES

Enhancing Lives - Connecting Communities



# KCR

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# COMMUNITY SERVICES

DIRECTORY

## CENTRAL OKANAGAN

This publication is produced from KCR's Online Directory of Community Resources [www.kcr.ca](http://www.kcr.ca) / Services, Programs & Organizations, which is sponsored by:



**United Way**  
Central & South  
Okanagan Similkameen  
*Together, we are possibility.*

# 2017 Edition

620 Leon Avenue  
Kelowna, BC V1Y 9T2  
P: 250.763.8008 | F: 250.763.7608 | W: [www.kcr.ca](http://www.kcr.ca)



# KCR

COMMUNITY RESOURCES

Enhancing Lives - Connecting Communities

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## Our Vision

A community where individuals and families are supported in leading healthy, productive and fulfilling lives.

## Our Mission

KCR is a not for profit agency fostering diversity, collaboration and resourcefulness by tailoring services to meet community, family and individual needs.

We do this by:

1. Providing access to resources, services and products
  2. Providing support programs that encourage client involvement, self-reliance and independence
  3. Bringing individuals and organizations together to work collaboratively for the Benefit of the community
  4. Recognizing individuality by tailoring services to meet unique needs
  5. Fostering diversity.
-



Enhancing Lives - Connecting Communities

## Directory User's Guide

**OUR USERS CAN HELP US BY LETTING US KNOW ABOUT CHANGES IN SERVICES, AND ABOUT ADDITIONAL SERVICES THAT SHOULD BE LISTED.**

**Table of Contents** – a list of major topical divisions and subheadings of the Directory, arranged in alphabetical order. The description of each service includes the telephone number, the address, and a summary of its function. Where a particular service can be categorized in several ways, a full description is repeated in several places in the Directory.

**Organization Index** – the index provides reference to page location in the Directory. It is an alphabetical list of all the organizations in the Directory by their official names and in some instances, other commonly used names.

**COMMUNITY INFORMATION and VOLUNTEER CENTRE**  
**Call 250.763.8008 or visit our office at 620 Leon Avenue**  
**Monday – Friday, 8:30am - 4:30pm**  
**(Closed from 12pm - 1pm)**

The principal condition for inclusion of an agency is that it be either an ongoing non-profit operation providing a direct service to the public, or a proprietary agency providing a unique service.

We encourage and give serious consideration to all suggestions for new inclusions, changes, and deletions. We have taken care to achieve accuracy and to include all relevant agencies, however community services change so rapidly, some omissions are inevitable. We retain responsibility for the final form of each description.

The listing of an organization in this Directory does not indicate endorsement and the exclusion of an agency from this Directory does not imply any disapproval by Kelowna Community Resources.

We are grateful to the listed agencies who have provided us with information. Their help individually, makes this directory possible, and collectively, makes it useful.

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**KCR**  
COMMUNITY RESOURCES

Enhancing Lives - Connecting Communities

## WALK-IN MEDICAL CLINICS

### CENTRAL CITY

Lakeland Medical Clinic	778.478.0277	1715 Ellis St
Medi-Kel Family Practice & Walk-in Clinic (located inside Superstore)	250.862.4996	2280 Baron Rd
Orchard Medical Centre	250.861.3235	104-1990 Cooper Rd
Spall Medical Centre & Walk-In	250.860.9909	150-1940 Harvey Ave

### MISSION

Lakeshore Medical Centre & Walk-in	250.764.8878	3970 Lakeshore Rd
Mission Medical Centre	250.868.8222	102-3320 Richter St

### WESTSIDE

Highroads Medical Clinic	250.768.7656	2145 Louie Dr
MD Medical Centre Walk-in & Family Practice (located inside Superstore)	250.768.9959	3020 Louie Dr
Towne Centre Medical Clinic	250.768.8315	18-2475 Dobbin Rd
West Kelowna Medical Centre	250.768.6985	105-2231 Louie Dr

### LAKE COUNTRY

Winfield-Lake Country Family Practice	250.766.3938	1-9966 Pollard Rd
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### PEACHLAND

Beach Avenue Medical Clinic	250.767.3432	5848-D Beach Ave
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**Services:** Walk-in clinics offer primary medical care on a 'no appointment' basis; with available services including physicals, treatment of minor injuries and lacerations, allergy shots. Open weekdays, evenings, Sundays and holidays.

**PLEASE NOTE:** Clinics may close earlier due to patient volume

Clinic wait times viewable online at: <http://www.medimap.ca/app/?loc=kelowna>

## BASIC NEEDS

### FOOD

#### EMERGENCY FOOD

<b>Society of St. Vincent de Paul</b>	W: <a href="http://www.ssvp.ca">www.ssvp.ca</a>
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- ✿ Supplies food and help for people with social and economic problems, who are in emergency situations.

Please call the number closest to the area in which you live, leave a message, and a volunteer will return your call:

St. Teresa, Rutland \* serves area of Rutland \* 250.765.0800

Immaculate Conception \* serves downtown area from Bernard Ave to Raymer Ave, and Okanagan Lake to Benvoulin Rd \* 250.826.5562

St. Charles Garnier \* serves lower Mission area south of KLO Rd & East Kelowna \* 250.860.2536

St. Pius X \* serves area from Bernard Ave north to Glenmore area \* 250.762.2577

Our Lady of Lourdes Conference \* serves the area of West Kelowna from the bridge to Peachland \* 250.801.5905

<b>The Cathedral Church of St. Michael &amp; All Angels, The Cathedral Cupboard Emergency Food Assistance</b> 608 Sutherland Ave Kelowna, BC V1Y 5X1	P: 250.762.3321 E: <a href="mailto:ccsmaa@telus.net">ccsmaa@telus.net</a> W: <a href="http://www.StMichaelsCathedralKelowna.ca">www.StMichaelsCathedralKelowna.ca</a>
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- ✿ Aids with emergency food distribution on Friday mornings ONLY between 10am - 11am

Hours: Fri, 10am - 11am ONLY

<b>The Salvation Army Central Okanagan, Community Assistance</b> 200 Rutland Rd S Kelowna, BC V1X 2Z5	P: 250.765.3450 E: <a href="mailto:clc@kelsa.ca">clc@kelsa.ca</a> W: <a href="http://www.kelownasalvationarmy.ca">www.kelownasalvationarmy.ca</a>
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- ✿ Provides Practical Assistance through food assistance, clothing and basic essential household items, and the children's backpack program and Christmas hamper seasonal programs \* provides Support Assistance through caseworkers program referrals, spiritual support, a variety of training programs, the Breakthrough program, missing persons tracing, income tax assistance (during tax season), and mentoring

Application: Call for an appointment

Eligibility: Families and singles who are low-income or in emergency situations

Hours: Mon, Wed: 9am - 4pm (closed 12pm and 1pm) \* Tue, Thu: 1pm - 4pm \* Fri: 9am - 3 pm (closed 12pm and 1pm) \* Sat, Sun: closed

#### FARMERS MARKETS

<b>Kelowna Farmers' and Crafters' Market</b>	P: 250.878.5029 E: <a href="mailto:kelownafarmersmarket@shaw.ca">kelownafarmersmarket@shaw.ca</a> W: <a href="http://www.kelownafarmersandcraftersmarket.com">www.kelownafarmersandcraftersmarket.com</a>
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- ✿ Provides both outdoor and indoor farmer's markets where vendors sell a variety of locally produced fruits, vegetables, meats, dairy, homemade foods, artisan baking, handcrafted items such as pottery, jewellery, woodworking, soaps and more

Hours: Wed and Sat, 8am - 1pm





<b>Lake Country Farmers Market</b> 10090 Bottom Wood Lake Rd Lake Country, BC V4V 2L9	P: 250.826.7100 W: www.lakecountryfarmersmarket.webs.com/
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- ✿ Provides an outdoor farmer's market where vendors sell a variety of fruits, vegetables, eggs, crafts, sewing, art, plants, flowers and food, grown or handmade by the vendors

Hours: Fri, 3pm - 7pm \* Jun - Sep

<b>Urban Harvest Organic Delivery</b> 806A Crowley Ave Kelowna, BC V1Y 7G7	P: 250.868.2704 E: order@urbanharvest.ca W: www.urbanharvest.ca
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- ✿ Provides convenient and affordable organic foods to the Central Okanagan area \* contributes to a local food culture that celebrates healthy, joyful eating \* committed to being part of a sustainable food system \* reduces distance from field to table by working closely with Okanagan farmers and offering as much locally grown produce as possible (annual average approximately 50%) \* donates leftover produce to the Kelowna Community Food Bank each week \* culled or spoiled produce is used by a local farm for animal feed and compost \* offers reduced prices on organic produce at Warehouse Sales each Saturday

Hours: Warehouse Sales: Sat, 9am - 1pm \* 806A Crowley Ave

## FOOD BANKS

<b>Central Okanagan Community Food Bank, Kelowna Location</b> 1265 Ellis St Kelowna, BC V1Y 1Z7	P: 250.763.7161 E: info@cofoodbank.com W: www.cofoodbank.com
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- ✿ Assists local individuals and families who are in temporary financial difficulty and are in need of food \* offers various programs including Tiny Bundles \* Vitality Program \* Special Needs Hampers \* Kids Snack Pack Program \* Plant a Row Grow a Row

### TO RECEIVE FOOD ASSISTANCE IN KELOWNA

Families (anyone with children aged 0-15yrs old) \* Mon-Thu, 9:30am - 11am

Everyone welcome \* Mon-Wed, 11am - 1pm and Thu, 11am - 2pm

Tiny Bundles (weekly for pregnant women or families with a baby under 1 yr old) \* Fri, 8:30am - 11am

Bakery Items and Buns \* Mon-Fri, 9:30am - 3:45pm

Application: Please call or email our office for additional information and to apply to receive a hamper

Eligibility: Ages: 16 year(s) and up

Hours: Kelowna Office: Mon-Fri, 8am - 4pm

<b>Central Okanagan Community Food Bank, Kids Snack Pack Program</b> 1265 Ellis St Kelowna, BC V1Y 1Z7	P: 250.763.7161 E: info@cofoodbank.com W: www.cofoodbank.com
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- ✿ Provides children from ages one to 12 years with a one week supply of ready-to-eat, healthy, nutritious (age appropriate) snacks to take to pre-school, day care or school. These snack packs include (but are not limited to) fresh fruit, cello-packaged fresh produce, yogurt, cheese, 100% fruit juice boxes and healthy granola bars

Application: Please visit our website, email or phone for additional information on applying for the Kids Snack Pack Program

Eligibility: Ages: 1 year(s) - 12 year(s)

Hours: Kelowna Office Hours: Mon-Fri, 8am - 4pm \* West Kelowna Office Hours: 9am - 4pm



**Central Okanagan Community Food Bank,  
Special Needs Program**

1265 Ellis St  
Kelowna, BC V1Y 1Z7

P: 250.763.7161  
E: info@cofoodbank.com  
W: www.cofoodbank.com

- ✿ Supports the needs of clients who have special dietary or medical requirements including persons with diabetes, cancer, high blood pressure, HIV/AIDS, severe food allergies and eating disorders \* please note that a Doctor's Note is required for proof of medical condition

Application: Please visit our website, email or phone for additional information on applying for the Special Needs Program

Hours: Kelowna Office: Mon-Fri, 8am - 4pm

**Central Okanagan Community Food Bank,  
Tiny Bundles Program**

1265 Ellis St  
Kelowna, BC V1Y 1Z7

P: 250.763.7161  
E: info@cofoodbank.com  
W: www.cofoodbank.com

- ✿ Provides program specially designed to meet the nutritional needs of pregnant mothers and families with children under the age of one \* participants are eligible for a weekly hamper containing milk, eggs, fresh fruits, vegetables and baby basics, with mothers also receiving a one-time layette containing new baby items when their baby is born \* public health nurses are available at the Food Bank twice per month to answer any questions new moms may have

Application: Please visit our website, email or phone for additional information on applying for the Tiny Bundles Program

Eligibility: Pregnant mothers and families with children under the age of one

Hours: Kelowna Office Hours: Mon-Fri, 8am - 4pm \* West Kelowna Office Hours: 9am - 4pm

**Central Okanagan Community Food Bank,  
Vitality Program**

1265 Ellis St  
Kelowna, BC V1Y 1Z7

P: 250.763.7161  
E: info@cofoodbank.com  
W: www.cofoodbank.com

- ✿ Ensures that participants receive adequate nutrition as outlined in Canada's Food Guide, including milk, eggs, meat and fresh produce

Application: Please visit our website, email or phone for additional information on applying for the Vitality Program

Eligibility: Families with children at 15 years and younger and for clients who are 55 years of age or older

Hours: Kelowna Office Hours: Mon-Fri, 8am - 4pm

**Central Okanagan Community Food Bank,  
West Kelowna Location**

2545 Churchill Rd  
West Kelowna, BC V4T 2B4

P: 250.768.1559  
E: info@cofoodbank.com  
W: www.cofoodbank.com

- ✿ Assists local individuals and families who are in temporary financial difficulty and are in need of food \* offers additional programs that include Tiny Bundles and the Kids Snack Pack Program

**TO RECEIVE FOOD ASSISTANCE IN WEST KELOWNA**

Everyone Welcome \* Wed, 5:30 - 7:30pm \* Thu, 9:30am - 11:15am

Tiny Bundles (weekly for pregnant women or families with a baby under 1 yr old) \* Thu, 12:30pm - 1:30pm

Bakery Items and Buns \* Mon-Fri, 9am - 4pm (located in outside freezer)

Application: Please call or email our office for additional information and to apply to receive a hamper

Hours: West Kelowna Office: 9am - 4pm





<b>Kelowna Christian Center, Rutland Community Food Centre</b> 905 Badke Rd Kelowna, BC V1X 5Z5	P: 250.762.9559 E: kcc@kcc.net W: www.kcc.net
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- ✿ Provides a monthly food hamper to those in need on Tuesday nights from 5:30pm - 7pm \* provides an open invitation hot meal and coffee/drinks during operational hours \* please call for additional details

Hours: Tue, 5:30pm - 7pm

<b>Lake Country Food Assistance Society</b> 9830 Bottom Wood Lake Rd Lake Country, BC V4V 1S7	P: 250.766.0125 E: lakecountry.foodbank@gmail.ca
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- ✿ Assists local individuals and families in temporary financial difficulty who are in need of food \* also offers a Thrift Store

Eligibility: Must provide ID for each person in family and proof of address

Hours: Food Bank Hours: Tue, Wed, and 9am - 3pm \* Thu, 1pm - 3pm \* Please call for an appointment

<b>Peachland Food Bank</b> 4440 5th St Peachland, BC V0H 1X0	P: 250.767.3312 E: peachlandfoodbank@gmail.com
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- ✿ Assists local individuals and families in temporary financial difficulty who are in need of food

Hours: Food bank hours: 2nd Sat each month, 9:30am - 11:30am

### FOOD COLLECTION PROGRAMS

<b>Okanagan Fruit Tree Project</b>	W: <a href="http://www.facebook.com/OkanaganFruitTreeProject/">www.facebook.com/OkanaganFruitTreeProject/</a>
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- ✿ Turns backyard fruit trees into a valuable source of food for the community by harvesting otherwise wasted fruit \* increases the availability of healthy fruit for those in need, reduces food waste, and promotes local food security and volunteerism \* home owners can sign-up to have their excess fruit picked by volunteers to be distributed among tree owners, volunteer pickers, and local community organizations \* volunteer opportunities available

Eligibility: All ages, backgrounds, skills, and abilities welcome!

### FOOD SECURITY

<b>Arlo's Honey Farm</b> 4329 Bedford Lane Kelowna, BC V1W 3C5	P: 250.764.2883 E: <a href="mailto:info@arloshoneyfarm.com">info@arloshoneyfarm.com</a> W: <a href="http://www.arloshoneyfarm.com/">www.arloshoneyfarm.com/</a>
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- ✿ Sells honey, pollen, beeswax, propolis, fresh fruit, berries and vegetables in season in our Gift Gallery

Application: Tours are by appointment

Hours: 10am - 4pm

<b>Central Okanagan Community Farm Society</b>	E: <a href="mailto:grow.feed.teach@gmail.com">grow.feed.teach@gmail.com</a> W: <a href="http://www.facebook.com/grow.feed.teach/">www.facebook.com/grow.feed.teach/</a>
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- ✿ Grows vegetables that we donate to the Lake Country Food Assistance Society, the Central Okanagan Community Food Bank and The Salvation Army Central Okanagan \* the food banks in turn distribute the vegetables to various organizations within the valley who give the food to their clients \* operates incubator farms, teaching new, start-up farmers to grow vegetables and start their own businesses on land that they have been gifted use of \* operated by a small group of volunteers \* volunteer opportunities available



**Central Okanagan Food Policy Council,  
Food Quilt Project**

E: [cofpcs@gmail.com](mailto:cofpcs@gmail.com)  
W: [www.okanaganfood.com](http://www.okanaganfood.com)

- ✿ Connects people and groups in support of food security by stitching together patches of the food system to improve food justice and sustainability in the Central Okanagan \* facilitates information sharing and promotes action through collaboration and partnership

**Central Okanagan Food Policy Council**

E: [cofpcs@gmail.com](mailto:cofpcs@gmail.com)  
W: [www.okanaganfood.com](http://www.okanaganfood.com)

- ✿ Supports all aspects of the food system including production, processing, purchasing, consuming, disposal and all people and policies involved in the system in the Central Okanagan \* this community group works for the community and supports food security through policy and action in the Central Okanagan \* volunteers positions available

**FarmFolk CityFolk Society**

Ste 203-1661 Duranleau St  
Vancouver, BC V6H 3S3

P: 1.604.730.0450  
TF: 1.888.730.0452  
E: [info@farmfolkcityfolk.ca](mailto:info@farmfolkcityfolk.ca)  
W: [www.farmfolkcityfolk.ca/](http://www.farmfolkcityfolk.ca/)

- ✿ Works to cultivate a local, sustainable food system \* projects provide access to, and protection of, farmland \* supports local growers and producers \* engages communities in the celebration of local food \* hosts events such as Meet Your Maker and Okanagan Feast of Fields

**Green City Acres, Sustainable Urban Farming**

E: [info@greencityacres.com](mailto:info@greencityacres.com)  
W: [www.greencityacres.com](http://www.greencityacres.com)

- ✿ Farms a multi-locational urban farm using front and backyards rented from homeowners to grow vegetables for local distribution \* in exchange for the use of their land, landowners receive a weekly basket of produce throughout the growing season \* fosters social and environmental change through the production of local food, and helps, teaches, and empowers people to start growing their own

**Kelowna Food Share**

E: [info@kelownafoodshare.com](mailto:info@kelownafoodshare.com)  
W: [www.kelownafoodshare.com/](http://www.kelownafoodshare.com/)

- ✿ Fosters, builds and inspires local communities to engage and collaborate in urban farming projects to meet the food demands of local Non-Profit Societies \* unites volunteers with a passion for food, health and nutrition in the spirit of giving back to people in need \* operates three urban land plots \* offers health and nutrition presentations, cooking workshops-farm-to-table, and how to garden workshops

**Kelowna Soup Sisters and Broth Brothers**

E: [kelowna@soupsisters.org](mailto:kelowna@soupsisters.org)  
W: [www.soupsisters.org/kelowna.php](http://www.soupsisters.org/kelowna.php)

- ✿ Makes and donates homemade soup to the Kelowna Women's Shelter and the Richter Street Overnight Program each month \* offers a monthly event in partnership with Okanagan Street Food and SaJ Common Kitchen where participants come together for an evening of soup-making \* each event produces 150-250 servings of nourishing soup that are delivered fresh to the Shelters

**Meal Exchange**

Ste 365-401 Richmond St W  
Toronto, ON M5V 3A8

P: 1.416.657.4489  
TF: 1.800.403.8117  
E: [whereits@mealexchange.com](mailto:whereits@mealexchange.com)  
W: [www.mealexchange.com](http://www.mealexchange.com)

- ✿ Supports students to develop innovative solutions to address hunger, food insecurity and sustainability on their campuses and with communities \* empowers youth to take an active role in improving their local food system

<b>Okanagan Greens Society</b>	E: wendy@okanagangreens.ca W: www.okanagangreens.ca/
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- ✿ Works for a healthy environment, happy people and a sustainable local economy \* produces and partners in unique events, vibrant celebrations, and specialized media focused on Okanagan environmental, social and economic awareness to achieve our community outreach \* projects include the Annual Organic Okanagan Festival, Conduit/Ecotone, monthly Green Drinks Gatherings, and the Buy Local! Buy Fresh! Okanagan Map

<b>Soil Mate</b>	P: 1.888.405.7645 E: info@soilmate.com W: www.soilmate.com/
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- ✿ Promotes the community-centered food and drink connection between consumers, local farmers, raisers and producers of food and drink \* believes that it is essential to all aspects of health, community and sustainability to reconnect with the origins of our food and drink, understand how and where it is grown, and by whom \* aims for communities to become as self-sustaining as possible, and reconnect with the options within their local area

### GARDENS - COMMUNITY, ASSISTANCE & SUPPLIES

<b>Central Okanagan Community Gardens Society (COCG)</b>	P: 250.862.8825 E: cocg@uniserve.com W: www.centralokanagancommunitygardens.com
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- ✿ Works to help communities create sustainable green spaces for gardening, food production, gathering and education \* works with local governments to utilize potential garden space for local residents \* provides community gardens with access to irrigation water, compost bins, tools and information to interested gardeners at each site \* the use of pesticides is restricted in accordance with the City's Pesticide Bylaw

Ballou Community Garden \* Barlee Road Community Garden \* DeHart Community Garden \* Gibbs Road Community Garden \* Hartman Road Community Garden \* Lindahl Community Garden \* Michaelbrook Community Garden \* Oyama Community Garden \* PRC Community Garden \* Shannon Woods Community Garden \* St. Paul Community Garden \* Sutton Glen Community Garden \* Westbank Towne Centre Community Garden \* Willow Park Church Community Garden \* Winfield Community Garden

Application: For more information on each of the gardens listed above and how to rent a plot, please visit our website

<b>Kelowna Garden Club, BC Council of Garden Clubs</b>	P: 250.868.2753 W: www.kelownagardenclub.ca
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- ✿ Promotes and increases interest in and knowledge of gardening and the culture of plants and flowers of all kinds \* meet other gardeners and share techniques \* Parlour Show at each meeting

<b>Okanagan Master Gardener's Chapter, Master Gardeners Association of BC</b>	E: okanaganmg@gmail.com W: www.mgabc.org/content/okanagan/
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- ✿ Provides horticultural advice in the Southern Interior, from Osoyoos to Enderby while educating gardening public on environmentally responsible practices and sharing knowledge through traditional clinics at nurseries and plant sales, or through community projects at notable public and community gardens \* affiliated with the Guisachan Heritage Garden in Kelowna \* makes presentations on gardening issues, writes garden advice columns for newspapers and newsletters, is involved in horticultural therapy activities at extended care facilities and hospices, participates in and some times leads community horticultural beautification projects, and judges gardening events

Application: Please email for information regarding the Master Gardener Program or if interested in volunteering at the Guisachan House garden



<b>Peachland Wellness Centre, Community Gardens</b> 4426 5th St Peachland, BC V0H 1X6	P: 250.767.0141 E: wellnesscentre@shaw.ca W: www.peachlandwellnesscentre.ca
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- ✿ Offers community gardens that provide a great place to grow your own food and meet up with other gardeners

Hours: Office Hours: Mon-Fri, 9am - 3pm

<b>Rose Valley Community Garden Society, (also known as Rose Valley Recreation Society)</b>	E: rosevalleycommunitygarden@hotmail.com
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- ✿ Offers a community garden with access to irrigation water, compost bins, tools and information to interested gardeners

## MEALS & MEAL DELIVERY

<b>Better Meals</b> 5742 Beresford St Burnaby, BC V5J 1J1	P: 1.888.838.1888 E: sam@bettermeals.ca W: www.bettermeals.ca
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- ✿ Provides seniors with home delivered meals \* provides options for Diabetic, Low Sodium, and Pureed diets

Hours: Order Desk: Mon-Fri, 8:30am - 3pm excluding holidays

<b>Canadian Mental Health Association Kelowna &amp; District Branch, Meals Matter</b> 504 Sutherland Ave Kelowna, BC V1Y 5X1	P: 250.861.3644 E: mealsmatter@cmha.bc.ca W: www.kelowna.cmha.bc.ca/meals-matter
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- ✿ Provides a flexible, convenient and delicious solution for those seeking balanced, nutritious diets and looking to achieve and maintain a healthy lifestyle \* uses local and organic food whenever possible

Eligibility: Individuals who are dealing with or recuperating from health issues, looking for an alternative to preparing a meal themselves, interested in making healthy food choices, wanting to budget, or looking for a great gift idea for family members or friends \* also available to support workers, case managers and those wishing to help provide clients with convenient, healthy meal options

Hours: Meals and Punch Cards available for purchase during office hours: Mon-Fri, 9am - 4pm \* program hours vary

<b>Ki-Low-Na Friendship Society, Saturday Outreach Breakfast</b> 442 Leon Ave Kelowna, BC V1Y 6J3	P: 250.763.4905 W: www.kfs.bc.ca
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- ✿ Serves a hot breakfast each Saturday morning to community members in need \* hot coffee is always available in the lobby each weekday morning the Centre is open

Hours: Saturday Breakfast: 8:30am

<b>May Bennett Meal Program, Dinners at Home Program</b> 135 Davie Rd Kelowna, BC V1X 1Y8	P: 250.860.3378 E: orderokmeals@gmail.com W: www.okmeals.info/
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- ✿ Provides prepared, frozen meals that can be heated in a microwave or a regular oven \* can be delivered with the hot meal delivery service for use on days when Meals on Wheels is not delivering \* operated by Interior Health's Food Services Department \* can accommodate low sodium, diabetic, gluten free, renal, minced, soft and pureed food diets; please call to discuss other special diet particulars

Eligibility: Seniors age 55 and up, those who are home bound, have a disability, and/or are unable to access nutritious meals \* those recovering from surgery may qualify; please call to discuss your situation  
 Hours: Kelowna Meal Delivery: Mon-Fri, 11am - 1pm  
 West Kelowna Meal Delivery: Mon, Wed, Fri, 11am - 12:30pm

<b>May Bennett Meal Program, Kelowna Meal Delivery</b> 135 Davie Rd Kelowna, BC V1X 1Y8	P: 250.860.3378 E: orderokmeals@gmail.com W: www.okmeals.info/
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✿ Delivers a three-course meal that includes one protein, two vegetables and a starch with a soup and dessert included \* a salad is offered in place of a soup or a dessert if customer prefers \* operated by Interior Health's Food Services Department \* can accommodate low sodium, diabetic, gluten free, renal, minced, soft and pureed food diets; please call to discuss other special diet particulars \*\* please see individual records for West Kelowna delivery times and the Dinners at Home program details

Eligibility: Seniors age 55 and up, those who are home bound, have a disability, and/or are unable to access nutritious meals \* those recovering from surgery may qualify; please call to discuss your situation  
 Hours: Meal delivery: Mon-Fri, 10:30am - 12:30pm  
 Office inquiries: Mon-Fri, 8am - pm \* closed weekends and statutory holidays

<b>May Bennett Meal Program, West Kelowna Meal Delivery</b> 135 Davie Rd Kelowna, BC V1X 1Y8	P: 250.860.3378 E: orderokmeals@gmail.com W: www.okmeals.info/
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✿ Delivers a three-course meal that includes one protein, two vegetables and a starch with a soup and dessert included \* a salad is offered in place of a soup or a dessert if customer prefers \* operated by Interior Health's Food Services Department \* can accommodate low sodium, diabetic, gluten free, renal, minced, soft and pureed food diets; please call to discuss other special diet particulars \*\* please see individual records for West Kelowna delivery times and the Dinners at Home program details

Eligibility: Seniors age 55 and up, those who are home bound, have a disability, and/or are unable to access nutritious meals \* those recovering from surgery may qualify; please call to discuss your situation  
 Hours: Meal Delivery: Mon, Wed, Fri, 11am - 12:30pm  
 Office inquiries: Mon-Fri, 12pm - 2:30pm \* closed weekends and statutory holidays

<b>Meals on Wheels and Dinners @ Home</b> 2009A Enterprise Way Kelowna, BC V1Y 8G6	P: 250.763.2424 E: inquiries@mow-online.com W: www.mow-online.com
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✿ Meals on Wheels provides reasonably priced, hot, nutritious meals including soup, entree and dessert \* options include meals suitable for diabetics, minced, pureed or vegetarian \* delivered over the lunch hour by volunteers \* no delivery fee \* hot meals provided by Deli City and delivered by Meals on Wheels

Dinners @ Home program provides nutritious frozen meals that are picked up/delivered and can stored in your freezer \* all meals accommodate special nutritional needs \* a small delivery charge applies

Eligibility: Meals on Wheels are available to Seniors and/or home bound individuals with physical or mental disabilities of all ages \* Dinners @ Home are available to anyone  
 Hours: Meal delivery: Kelowna area: Mon, Wed, Fri  
 Westside and Rutland: Tue, Thu, Sat  
 Office Hours: Mon-Fri, 9am - 12pm

<b>Smart Start Meals Kelowna</b>	W: www.smartstartmeals.ca
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✿ Provides ready-to-cook meals (including gluten free options) for active seniors, busy people, families and vacationers \* convenient online ordering system \* delivery available for Kelowna and surrounding areas, including Big White and Silver Star





# KCR

COMMUNITY RESOURCES

Enhancing Lives - Connecting Communities

