

MOUNT PAUL

COMMUNITY FOOD CENTRE

2025 IMPACT SUMMARY



Mount Paul Community Food Centre (CFC) is part of a national movement committed to advancing well-being, belonging, and social justice. The centre creates welcoming spaces where people gather to grow, cook, share, and advocate for good food.

Through this work, the CFC addresses key social determinants of health by improving access to nutritious food, education and skill-building opportunities, strengthening social connections and community networks, and supporting individual empowerment. These efforts promote dignity, foster inclusion, and contribute to improved health outcomes.

PROGRAM HIGHLIGHTS

- Throughout the year, more than 1,200 programs were delivered, serving a wide range of equity-deserving communities.
- The CFC hosted 50 community engagement events, strengthening community participation and promoting volunteerism.
- Dedicated volunteers contributed over 11,000 hours to the CFC programs.

EXPANSION OF PROGRAMS & SERVICES

Community Food Centres deliver a diverse range of programs and opportunities that build skills, support nutrition, improve health outcomes, and strengthen community connections.

The following initiatives were expanded or launched:

- Diversification of Food Skills Programming
- Kamloops Seed Library
- Garden Workshops and Gatherings
- Enhancement of Friday Socials
- Culinary Classes
- CFC Monthly Newsletter

OUR IMPACT IN 2025

Mount Paul CFC remains committed to supporting the local community by creating inclusive spaces where people can connect with one another and access good food that nourishes both body and spirit. Guided by values of dignity, equity, and belonging, the centre advocates for systemic and policy change to address food insecurity and poverty and to support lasting, community-wide well-being.

100% 

of community members
feel welcomed
and included at the CFC.

73% 

of community members feel
a strong sense of belonging.

77% 

of community members
have made a new friend at
the CFC.



91% 

stated the CFC provides a
an important source
of healthy food.

79% 

reported an improvement
in their mental & emotional
well being.

73% 

reported the CFC helped
them improve their
physical health.

*"[Mount Paul CFC is] a
very positive atmosphere
amongst volunteers,
participants and staff. It's
my happy place."*

*"I feel a sense of
purpose, acceptance,
safety, and a
sense of belonging
at the CFC."*

*"Coming here opened up
my perspective on eating
and cooking, on a sense of
community and serving the
community."*

In partnership with
 **RIGHT TO
FOOD**

A partner of Right To Food, a national
organization transforming the way we
address food insecurity through an
innovative, dignity-first model.
Right To Food partners with a network of
Community Food Centres across Canada.

Provided by:

 **Interior
Community
Services**
140 Laburnum Street,
Kamloops, BC V2B 1G4