Business	Area	Address	Business Hours	Vegetables	Fruit	Mushrooms	Red Meat	Poultry	Fish	Eggs	Milk	Processed Dairy (e.g. Cheese)	Honey	Wine	Sausages	Baked Goods	Other	Notes
Farmers' Markets																		
Gardengate Horticultural Program	Brocklehurst	915 Southill St	M-F: 11:30 a.m. - 1:00 p.m. Mid July - Mid Sept.	BC														
Kamloops Regional Farmers' Market	Downtown	400-block Victoria St	W: 8:30 a.m. - 1:30 p.m. May 3 - Oct. 25, 2023	BC	BC	BC	BC		BC	BC	BC	BC	BC	BC	BC	BC	Spirits, Miscellaneous others	
Kamloops Regional Farmers' Market	Downtown	245 St Paul St	S: 8:30 a.m. - 12:30 p.m. April 22 - Oct. 28, 2023	BC	BC	BC	BC		BC	BC	BC	BC	BC	BC	BC	BC	Spirits, Miscellaneous others	
Specialty Stores																		
Blackwell Dairy Farm	Barnhartvale	7000 Blackwell Rd	M-F: 9 a.m. - 4 p.m. U: 10 a.m. - 2 p.m.				BC				BC	BC						
Chop N Block	Dufferin	1415 Hillside Dr #10-12	M-S: 9 a.m. - 6 p.m. U: 9 a.m. - 5 p.m.				BC	BC		BC		BC	BC		BC			
Fisherman's Market	Southgate	1180 Columbia St W C117	M-S: 10 a.m. - 5:30 p.m.						BC								Seafood	
Fresh Is Best Salsa Co.	Southgate	1425 Cariboo Pl	M-U: 9 a.m. - 6 p.m.									BC	BC				Chips, Salsa	
Gary's Sausage & Deli	North Kamloops	750 Fortune Dr #10	M-F: 9:30 a.m. - 5 p.m. S: 9 a.m. - 5 p.m.												BC			
M&M Food Market	Sahali	1203C Summit Dr	M-S: 10 a.m. - 7 p.m. U: 11 a.m. - 6 p.m.					BC										
The Smorgasbord Deli	Downtown	225 7th Ave	T-F: 7:30 a.m. - 5:30 p.m. S: 7:30 a.m. - 5 p.m.									BC				BC		
Smaller Grocery Stores																		
Fortune Health Foods	North Kamloops	750 Fortune Dr #9	M-S: 10 a.m. - 6 p.m.										BC					
Fresh St. Market	Dufferin	20-1320 Trans-Canada Hwy	M-U: 8 a.m. - 9 p.m.	BC	BC	BC	BC			BC	BC		BC		BC		Chips	
Gourmet Greens	Dufferin	1415 Hillside Dr #18	M-S: 9 a.m. - 7 p.m. U: 10 a.m. - 6 p.m.	BC	BC	BC				BC	BC	BC	BC			BC	Noodles, Soup	
Market Fresh Foods	Dallas	5170 Dallas Dr #105	M-U: 8 a.m. - 7 p.m.	BC						BC	BC		BC				Chips, Salsa	
Nature's Fare Markets	Sahali	1350 Summit Dr #5	M-S: 8 a.m. - 8 p.m. U: 9 a.m. - 7 p.m.	BC	BC	BC	BC	BC		BC	BC		BC		BC			
Nu Leaf Market	North Kamloops	740 Fortune Dr #2	M-S: 9 a.m. - 7 p.m. U: 10 a.m. - 6 p.m.	BC	BC					BC	BC	BC	BC		BC	BC	Miscellaneous others	
Nutters Everyday Naturals	Downtown	440 Seymour St	M-F: 9 a.m. - 7 p.m. S: 9 a.m. - 6 p.m. U: 10 a.m. - 6 p.m.	BC	BC	BC	BC	BC	BC	BC	BC	BC	BC		BC		Chips, Salad Dressing, Tea, Miscellaneous others	
Twin Rivers Market	Aberdeen	1420 Hugh Allan Dr Unit A	M-F: 7 a.m. - 9 p.m. S-U: 8 a.m. - 9 p.m.							BC	BC							
Big Box Stores																		
Cain's Your Independent Grocer	North Kamloops	700 Tranquille Rd #49	M-U: 8 a.m. - 10 p.m.			BC	WC											
FreshCo	Sahali	945 W Columbia St	M-U: 7 a.m. - 10 p.m.	BC	BC	BC		BC										
Real Canadian Superstore	West End	910 Columbia St W	M-U: 7 a.m. - 11 p.m.	BC	BC	BC	WC			BC	BC							
Safeway	North Kamloops	750 Fortune Dr	M-U: 7 a.m. - 11 p.m.	BC	BC	BC		[1]			BC							[1] Turkeys only
Save-On Foods	Brocklehurst	1800 Tranquille Rd #38	M-U: 7 a.m. - 10 p.m.	BC	BC	BC	WC		BC	BC								
Save-On Foods	Downtown	450 Lansdowne St #200	M-U: 7 a.m. - 9 p.m.	BC	BC	BC	WC	WC	BC	BC	BC		BC					
Save-On Foods	Sahali	1210 Summit Dr #100	M-U: 7 a.m. - 10 p.m.	BC	BC	BC	WC	WC	BC	BC	BC		BC	BC				
Save-On Foods	Valleyview	2101 Trans-Canada Hwy #9	M-U: 8 a.m. - 9 p.m.	BC	BC		WC	WC	BC	BC	BC		BC					
Save-On Foods	Westsyde	3435 Westsyde Rd	M-U: 8 a.m. - 9 p.m.	BC	BC	BC	WC	WC	BC	BC	BC		BC					
Walmart Supercentre	Southgate	1055 Hillside Dr Unit 100	M-U: 7 a.m. - 11 p.m.	BC	BC					BC	BC							

Legend:

BC	Store has food produced in BC
WC	Store has food produced in Western Canada