



Community Food Programs

We recognize the importance of having access to quality food at affordable prices. Currently, Sunalta has two food programs. We work with two community partners to make this happen, Fresh Routes and The Good Food Box.

fresh routes Mobile Grocery Store

Tuesdays, 3:00pm - 5:00pm

Sunalta C-Train Station, Indoors
1706C 10 AV SW, Calgary



Text "SUNALTA" to 1-844-433-5049
For Reminders and Discounts

**Fresh Routes is a mobile grocery store.
We bring healthy, affordable food right to you.
Everyone is welcome.**

Get your veggies, fruit, eggs, bread, and other healthy non-perishables. Accepting cash, credit, debit, and Calgary Dollars. Bring your own bags and help us reduce waste.

Operations have been modified to follow physical distancing practices and health and safety protocol from Alberta Health Services.

@freshroutes



www.freshroutes.ca



Fresh Routes Mobile Market

Tuesdays at the Sunalta C-Train Station
3:00pm-5:00pm

Come and shop for produce, bread and other treats.

Sign up to get a text reminder that it is market day.

TEXT 844-433-5049

A mobile grocery store that brings healthy, fresh, and affordable food into neighbourhoods facing barriers - allowing choice, maintaining dignity and building community.

Fresh Routes is a not-for-profit social enterprise that is focussed on creating new, innovative ways of providing healthy and affordable food to as many Canadians as possible - especially those who need it most. Their mission is to ensure that everyone has access to affordable, nutritious food and is informed to make healthy decisions and live a healthy life.

The Good Food Box

Monthly box of bountiful, quality and affordable food boxes.

The Good Food Box sources its fresh produce from a variety of wholesalers. The food that is in the boxes depends on what is in season and available. The GFB program tries to work with local growers when possible, but for the most part, it is the same product that you would find in any major grocery store. The program runs through collective bulk buying, and the participants pool their money to buy directly from wholesalers with the help of Communiyt Kitchens to organize the ordering, packaging and delivery of boxes.

To ensure the program is sustainable and affordable, the GFB is open to everyone. Communiyt Kitchens does rely on donations, grant funding and volunteers to help with the overhead costs to ensure that the program is affordable and accessible. The mission of the Good Food Box is to make top-quality, fresh fruits and vegetable available in a way that does not stigmatize people, fosters community development, and promotes healthy eating.

Contact Tamara Baldwin for more information and to order your box.

Pick up times are once a month at the Sunalta Hall.

tamara.baldwin@calgary.ca
403-852-8703



Good Food Box Schedule

SUNALTA COMMUNITY ASSOCIATION
1627, 10 Avenue SW
Calgary, AB, Canada
T3C 0J7

Follow us on social media!



TERRITORIAL ACKNOWLEDGEMENT

We are located on traditional territories of the Blackfoot and the people of the Treaty 7 region in Southern Alberta, which includes the Siksika, the Piikuni, the Kainai, the Tsuut'ina and the Iyethka Nakoda First Nations, including Chiniki, Bearspaw, and Wesley First Nation. The City of Calgary is also home to Métis Nation of Alberta, Region III. Respectfully, we acknowledge that we share the land as people of Treaty 7.