

**BORING
LITTLE
GIRLS
CLUB**

#211 to assist with groceries

Salvation Army

- Free community meal at 4:00 pm daily
- Breakfast, lunch, & supper for residents
- Emergency food hampers for the homeless
- Ph: 410-1111, located at 420-9th Avenue SE

Salvation Army Food Hampers

- After-hours emergency food hampers for individuals and families
- Ph: 651-3076 (monitored 4:30 pm – 8:30 am), located at 1826-36 Street SE

Mustard Seed

- Breakfast for residents
- Drop-in meal 1:00-2:30 pm and 7:00-8:30 pm
- Ph: 269-1319, located at 102-11 Avenue SE

Calgary Inter-Faith Food Bank

- Individuals and families can receive 3 hampers per year by self-referring and 3 more when referred by agency or organization where you are participating in programs or services
- Hampers can be picked up at the warehouse or from various depots around Calgary
- Hamper Request: 253-2055 Warehouse: 5000 - 11Street SE

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Society of St. Vincent de Paul

- Emergency food hampers & continued support
- Delivered to your home by volunteers
- Ph. 250-0319

Calgary Poppy Fund

- Hampers for veterans
- Mon-Fri Hours: 10:00 am – 3:00 pm
- Ph: 265-6304, located at Suite 109, 315-10 Avenue SE

CUPS (Calgary Urban Project Society)

- Sandwiches and coffee during the week after 11 am
- Family Resource Centre offers meals to families (everyday except Saturday)
- Ph: 221-8780, located at 128-7th Avenue SE

Hope Street Outreach Centre Metro Church

- Hampers for Greater Forest Lawn area (depending on availability)
- Call and leave a message
- Ph: 273-5433, located at 2650 36th Street SE

Care Connect Christian Society

- Volunteers deliver food hampers from the Calgary Inter-Faith Food Bank
- Ph: 264-2636

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NeighbourLink Calgary

- Network of churches helping people in Calgary
- Emergency food hampers are available
- Volunteers deliver food hampers from the Calgary Inter-Faith Food Bank
- Ph: 209-1930

Calgary Drop-In Centre (CDIC)

- Serves meals throughout the day
- Ph: 263-5707, located at 423 – 4 Avenue SE

St. Mary's Cathedral

- Located at 219 18th Avenue S.W.
- From 3:30-5 pm on Sundays they will provide a full dinner and dessert

St. Edmund's Anglican Church

- Food hampers for community members
- Monday and Thursday, Hours: 9:00 – 2:00 pm
- Ph: 288-6330, located at 8336-34 Avenue NW

Feed the Hungry

- Sunday dinner from 3:30-5:00 pm
- Hampers for the Homeless picked up at dinner
- Ph: 218-5532, located at St. Mary's Cathedral Hall
221-18 Avenue SW

Calgary Meals on Wheels

- Promoting health and independence by providing quality, nutritious and affordable meals
- Meals are based on a sliding scale
- Ph: 403-243-2834

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Collective Kitchens

- Individuals meet monthly to plan, shop and prepare low cost, nutritious meals together to take home
- Approximately \$1.00 per person/dish
- Ph: 943-8127

The Alex Community Health Centre

- Spinz-A-Round Program (Thurs 9:30-10:00 am)
- Good Food Box & CANS Program
- Food Bank Depot
- Ph: 266-2622, located at 2840 2nd Ave SE

Community Kitchen Program of Calgary

- Families meet at 45 kitchens throughout Calgary to plan and prepare meals
- Community Kitchen Program processes food orders and delivers food to the kitchens
- Cost is \$1.20 – \$1.50 per person for each meal
- Everyone is eligible
- Ph: 275-0258

Good Food Box

Community Kitchen Program of Calgary

- Provides fresh fruits and vegetables at lower cost
- Large Box (40 - 45 lbs produce) \$20.00
- Family Box (30 - 35 lbs produce) \$15.00
- Senior/Single Box (20 - 25 lbs produce) \$10.00
- 60 locations throughout Calgary
- Ph: 275-0258

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The PATCH Project

Hull Child & Family Services

- Food hamper referrals
- Emergency food on-site for residents
- CANS Food Co-op Program, Good Food Box, and Collective Kitchens offered to families in the Lawnview Apartment Complex, Dover and surrounding communities
- Ph: Lawnview 235-0546 Ph: Dover 273-3984 (3203 31A Ave SE)

Food and Fellowship

Calgary Meals on Wheels

- Hot meals are delivered to be shared by a group in a common area (weekdays only)
- Bag lunch is also provided for an evening meal
- Cost: \$6.25
- Ph: 243-284

Inn from the Cold

- Temporary overnight shelter for individuals and families (various locations)
- Hot breakfast, dinner and bag lunch for individuals and families at Inn from the Cold
- Registration 4:00 – 5:30 pm daily
- Ph: 263-8384, located at 117-7 Avenue SW

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C.A.N.S. (Communities Accessing Nutritious Staples)

Calgary Inter-Faith Food Bank Society

- Community food-buying cooperative
- Staple food items at considerably reduced prices
- Available to individuals and families accessing programs or services at The PATCH, The Alex, and various community resources centres