All About the Food Hamper Program

The Campus Food Bank is confidential—all personal information that you share with us will be kept in a secure database, and will not be shared.

The Food Hamper program is open to students, staff and any alumni who have graduated from the University in the last five years. We also support families where one person fits one of those areas (student, staff, recent alumni).

Once registered, you can receive a food hamper of non-perishable and fresh items. While this box will not be everything that you need for a full week of food, it will cover some basic items. The goal of this food hamper is to reduce your grocery costs.

Requesting Food Hampers
You can receive a new food box as often as every two weeks. There must be 14 days between your visits. Requests must be submitted 24 hours in advance of when you would like to pick up.

Food Hamper Pick Ups
Food hamper pick ups take place at the Campus Food Bank office (SUB 1-81, on the main floor next to the elevators).

Please arrive on time for your appointment. If you are early, please wait in the hall. If you are late, call 780-492-8677. We will let you know when the next time that you can come in, although you may have to wait some time.

Only 2 clients can be in our office, at the hamper pick up table at one time. Please wait in the hallway if there are already two people being helped at the table.

Bring something to carry your food home! A one person hamper could fill 2 to 4 grocery bags, so plan ahead. We recommend reusable grocery bags, an empty backpack, or even a wheeled suitcase!

For non-perishable food, you will receive a pre-packed box. You can say no to any items and switch up to three items with any other non-perishable item. Fresh and frozen items change daily, so you will get to choose your items from a list at your appointment.

*If you are sick or isolating, a non-perishable food delivery option is available. Please email info@campusfoodbank.com to schedule a delivery.*