

Calgary Community Food Resources by Quadrant

Places where people can access low and no-cost food in Calgary.

- Please contact the organization or refer to their website for the most up-to-date information on eligibility, food availability, and how to access the resource.
- Some organizations are listed under City-wide Resources *and* within the quadrant they are located.
- See also printout resources for each quadrant (NE, SE, NW, SW)

Last edited July 18, 2024: If you know of additional resources to add or changes that need to be made, please email Abby.Landon@calgary.ca

1. City-wide Resources

211

If you need support and resources, please reach out to 211 via phone, text or online chat. A Community Resource Specialist can work with you to see what community resources and services are available and work to get you connected with support. 211 has a Basic Needs Fund to help with rent, utilities, and damage deposits.

Contact Information:

Hours: 24 hours, 7 days a week

Phone or text: 211

Provincial Emergency Financial Assistance

If you are facing an unexpected emergency, you can apply for emergency financial assistance.

You can get help when:

- a situation is caused by unforeseeable circumstances beyond your control, and
- it presents a severe health risk, and
- you can't access other resources or wait until your next paycheck or Income Support benefit cheque.

This allowance can cover the costs of: food, clothing, childcare, transportation, damage deposit, temporary accommodation, utility arrears, or eviction payments.

Contact Information:

Phone: 24/7 Emergency Income Support Centre: (Toll-free) 1-866-644-5135

Online: Or apply at MyAlbertaSupports, <https://myalbertasupports.alberta.ca/CitizenPortal/application.do>

Brown Bagging 4 Calgary's Kids

We can connect kids doing in-person learning to in-school bagged lunches. We can also connect families to additional food resources.

Contact Information:

Email: hello@bb4ck.org

Alex Community Food Centre

Drop-in Family Dinner (Mondays 5-6:30pm):

Kids and teens, bring your favourite adults for a family dinner! Halal and veggie options available.

Drop-in Community Lunch (Wednesdays 12-1pm):

Drop-in and join us for a free, nutritious lunch. Adults and supervised children are welcome.

Drop-in Community Cafe (Fridays 9-11am):

Drop-in and connect with friends for a good coffee, conversations, and a nutritious seasonal cafe snack. Adults and supervised children are welcome.

See website for details and other programs to learn how to grow food, build community, cook new recipes, and avoid food waste.

Contact Information:

Phone: 403-455-5792

Email: goodfood@thealex.ca

Address: 4920 17 Ave SE

Al-Qaim Foundation

No-cost food hampers and basic needs items are available to Calgarians in financial need. Delivery is available. Call to request service.

Contact Information:

Phone: 403-999-4614

Email: info@al-qaim.org

Carya

Able to provide referrals and support over the phone or by email. Also some emergency food available.

Contact Information:

Phone: 403-269-9888 between 8:30am-5pm

Email: info@caryacalgary.ca

Calgary Food Bank

The Calgary Food Bank offers food hampers with a 7-day supply of food. Hampers are available to those with low-income. Delivery service is available for people with medical or mobility challenges. Special hampers are available for people with babies, celiac disease, or renal disease (renal hampers need AHS renal clinic referral). Call to request your food hamper or book online: <https://www.calgaryfoodbank.com/needfoodform/>.

You must book your hamper ahead of time because distribution is by appointment only.

Contact Information:

Hours: Appointments required and available:

Monday to Thursday, 8am–7:30pm

Friday 8am–4pm

Saturday 9am–2:30pm

Phone: 403-253-2055

Main Address: 5000 11th St SE

Satellite Locations: Please refer to the website or phone for more details.

- Eastside Victory Outreach
- Fish Creek United Church
- First Alliance Church
- The Mustard Seed (Downtown)
- Supernatural Life Centre
- Thornhill Baptist Church
- Centre Street Church
- Genesis Centre
- Shepherd of the Hills Lutheran Church
- Westview Baptist Church
- Silvera for Seniors
- Skyview Community Church
- Salvation Army - Barbara Mitchell Family Resource Centre
- Grace Presbyterian Church
- Lincoln Park
- St. Andrew's Presbyterian Church
- Westminster Presbyterian Church

Calgary Meals on Wheels

Nutritious and affordable meals delivered to anyone in Calgary, regardless of age or income. When you have a lot on your plate, let us do the cooking. Choose from:

- **Our Chef's Daily Special** - Offers Lunch & Supper with accommodation for special diets and texture modifications. Price based on income. Available 3-7 days/week.
- **My Choice Menu** - Frozen meals, family-size entrees, soups, and baked goods at set prices. Offers flexibility, choice, and convenience with online ordering. Place an order to stock the freezer!

Contact Information:

Phone: 403-243-2834

Website: www.mealsonwheels.com

Calgary Seniors' Resource Society

SeniorConnect: We provide one-time emergency food hampers in urgent situations, such as awaiting a future Food Bank hamper delivery, returning from the hospital without food, or bridging the gap between pension payments when unexpected costs arise. If you need further support, our social workers will work with you to find other appropriate resources and support.

Eligibility:

- Older adults 60+.
- Complete an intake assessment with a social worker to determine eligibility.
- All hamper requests must be completed over the phone. Please do not show up in person requesting a hamper.

Contact Information:

Phone: 403-269-5445

Address: Located in NE Calgary. Please phone to request a hamper and specific address.

Seniors Social Supports:

Practical Kindness Program: Provides one-time to short-term assistance (e.g. one-time food hamper delivery and transportation to grocery stores).

Pet Assist Program: (food deliveries, pet care, etc.)

Eligibility:

- Older adults 65+.
- You must complete an intake and assessment with a program coordinator to determine eligibility.
- All requests must be completed over the phone.

Contact Information:

Phone: 403-266-6200

Address: Located in NE Calgary. Please phone to request a hamper and specific address.

Community Kitchen Program of Calgary: Good Food Box

The Good Food Box Program, (GFB) is a program under the Community Kitchen Program of Calgary, whereby anyone can purchase boxes of fresh fruits and vegetables at an affordable price.

- Small Box: \$30 (15-20lbs* of fruits and vegetables)
- Medium Box: \$35 (25-30lbs* of fruits and vegetables)
- Large Box: \$40 (35-40lbs* of fruits and vegetables)

Each box contains a combination of fruits and vegetables. The content varies weekly due to seasonal availability. The boxes contain the maximum produce to ensure our clients are getting the most value for the price. *weights are approximate.

To order a Good Food Box, contact by phone or email. Pick-up locations are available across Calgary.

Contact Information:
Phone: 403-538-3780

Email: gfb@ckpyyc.ca
Website: <https://www.ckpcalgary.ca/goodfoodbox>

Dashmesh Culture Centre

Hot meals: No-cost, hot vegetarian meals and non-perishable goods are available for take-out. Place order on-site, inside the Dashmesh Culture Centre complex, near the Gurdwara Sahib entrance gate from 9am-9pm daily.

Food bank: No-cost, non-perishable food and hygiene items available for pick-up (pasta, sauce, beans, soap, toothpaste, toothbrush, etc.). Donations also accepted. Pick-up Monday-Saturday from 12-4pm.

Everyone is welcome to receive food services. If you are unable to visit in-person, please email

Food@Dashmesh.ca.

Contact Information:
Hours: See specific hours and days above

Phone: 403-590-0970

Email: info@dashmesh.ca
Location: 135 Martindale Blvd NE

Harvest Hills Cares Calgary

Harvest Hills Cares is an organization that helps any Calgarian regardless of income or status. We do not discriminate against anyone who comes to us for help. We are first and foremost Calgarians and Albertans and we will help/support anyone who needs it.

Contact Information:
Phone: (403) 608-7224

Email: harvesthillscarescalgary@gmail.com

Or visit their Facebook page.

Food Rx Program

The FoodRx is a 12-month healthy food prescription incentive program for people with type 2 diabetes who are experiencing food insecurity. All participants who complete data collection will receive a direct financial benefit of \$300 and a healthy food prescription. In addition, those who are randomly assigned to the incentive group will receive \$10.50/week/household member to buy eligible healthy foods at a local grocery store.

Contact Information:
Phone: 403-852-4718 (Saania Tariq)

Email: Saania.tariq@ucalgary.ca

Jewish Family Service Calgary

Focused on providing food to people in need who have no financial means of supporting themselves and have not been able to be assisted by other basic need supports. Please call for more info.

Contact Information:
Phone: 403-287-3510

Muslim Families Network Society - Halal Food Bank

Our Halal Food Bank is accessible through appointments only.

We provide food assistance 4 times per year (more than 4 times in extreme situations).

Contact Information: Book an appointment by phone or email.

Phone: 403-466-6367

Email: muslimfamiliesociety@yahoo.com
Location: Office at Unit 1129, 3961 52 Ave NE (Building 1000)

Réseau en immigration francophone de L'Alberta (RIFA)

Providing referrals and support to Calgary francophone communities.

Contact Information: For support please contact us.

Email: projetcalgary@rifalberta.com

Salvation Army Community Services

No cost, emergency food hampers are available with up to two days worth of non-perishable food and hygiene items. Additional items can be requested including diapers, wipes and formula for infants. Also providing Food Bank referrals and other supports. Available to residents in the Greater Forest Lawn area. Every tax year, we assist low and no-income individuals in filing tax returns.

Contact Information:

Phone: 403-220-0432

Email: CSCalgary.Info@salvationarmy.ca

Address: Unit 100, 5115 17th Ave SE

Sankofa Arts and Music Foundation

Food hampers are available to anyone in need.

Contact Information:

Phone: 403-815-5822

Society of St. Vincent de Paul

Emergency food hampers and assistance to meet basic needs.

Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries.

Contact Information:

Phone: 403-250-0319. Follow the instructions to make arrangements.

Other: You can also contact your local Society of St. Vincent de Paul, please check either the [Community Food Map](#) for locations or the [Society of St. Vincent de Paul website](#).

Streetlight - Calgary

Providing hampers and delivery for youth between 12-24 years old.

Contact Information:

Phone: 403-291-3179

Unison at Kerby Centre

Free Food Markets: Bread and baked goods are available for older adults to pick up. There are often other items available such as frozen meat, pre-made frozen meals, sandwiches, produce, and dairy products. Available to adults 50+. Market runs Tuesday & Friday from 11am-12pm. See our website calendar for alternative market days and locations.

Community Pantry: Our Unison community pantry is run on a "Give what you can, Take what you need" model - community members are able to donate to the community pantry and take what they need from Monday-Friday between 8am-4pm. The Thrive department stocks the pantry Mondays and Wednesdays at 1pm. Available to those 50+. Located near the Kerby Centre main reception.

Grocery Delivery & Friendly Visits: Grocery shopping, delivery and friendly visits by Unison volunteers.

Available to those 50+, low-income, and homebound older adults (in some cases, Thrive can support short-term support to individuals returning home from the hospital or recovering from illness or surgery). \$4 delivery fee in addition to the cost of groceries.

Contact Information:**Phone:**

587-441-0118 (Market & Pantry)
403-234-6571 (Grocery Deliveries)

Email: ThriveD@unisonalberta.com**Address:** 1133 7 Ave SW

Umoja Community Mosaic

Umoja Community Mosaic is the next evolution of Soccer Without Boundaries. Umoja Community Mosaic provides families in need with food to cook with, fruit, vegetables, and diapers, ensuring that families have access to food in a safe and secure manner.

Contact Information:**Phone:** 403-618-0457**Email:** hello@soccerwithoutboundaries.org

Veterans Association Food Bank

No-cost food hampers available to military veterans and RCMP veterans. Phone to arrange a hamper.

Contact Information:**Hours:** Mon-Fri, 8am-4pm; Sat 10am-4pm; Sun closed**Phone:** 403-367-8387

The Veterans Food Bank of Calgary

Veterans and first responders can select food to take home every two weeks. Phone to arrange delivery.

Contact Information:

Hours:	Year-round:	Monday-Friday, 10am-4pm
	Winter:	Saturday-Sunday 10am-2pm
	Summer:	Saturday-Sunday 10am-12pm

Phone: 403-277-8387**Email:** info@theveteransfoodbankofcalgary.ca**Address:** #1, 4619 6 St NE

The Way-In/403-SENIORS

Providing support and referrals for seniors in Calgary.

Contact Information:**Phone:** 403-736-4677

Calgary Community Food Resources by Quadrant

Places where people can access low and no-cost food in Calgary.

- Please contact the organization or refer to their website for the most up-to-date information on eligibility, food availability, and how to access the resource.
- Some organizations are listed under City-wide Resources *and* within the quadrant they are located.
- See also printout resources for each quadrant (NE, SE, NW, SW)

Last edited July 18, 2024: If you know of additional resources to add or changes that need to be made, please email Abby.Landon@calgary.ca

2. NE Quadrant

	Food Hampers and Baskets
 	Calgary Food Bank Depot - Genesis Centre Hamper Pick-up location. Food Hampers available for pick up Tuesday and Wednesday 10-1130 a.m. Contact Information: To book your hamper Hours: Monday-Thursday 8:15am-7pm, Friday 8:15am-3:30pm Phone: 403-253-2055 (Food Bank) Address: The Genesis Centre 7555 Falconridge Blvd NE
    	Calgary Seniors' Resource Society SeniorConnect: We provide one-time emergency food hampers in urgent situations, such as awaiting a future Food Bank hamper delivery, returning from the hospital without food, or bridging the gap between pension payments when unexpected costs arise. If you need further support, our social workers will work with you to find other appropriate resources and support. Eligibility: • Older adults 60+. • You must complete an intake and assessment with a social worker to determine eligibility. • <u>All hamper requests must be completed over the phone.</u> Please do not show up in person requesting a hamper. Contact Information: Phone: 403-269-5445 Address: Located in NE Calgary. Please phone to request a hamper and specific address.
	CFB Depot - Centre Street Church Calgary Food Bank Depot Location; people order their hamper through the Calgary Food Bank (by calling or applying online: https://www.calgaryfoodbank.com/needfoodform/) and request this satellite location for pick up.

	Additionally, CSC also provides free hot meals through The Well Café on Mondays and Wednesdays (with the exception of statutory holidays) between 5:30–7:30 PM. To find the café, go in through the gymnasium doors (in front of the main parking lot below a sign that reads 'Compassionate Ministries Food Bank'). Contact Information: Phone: 403-253-2055 (Food Bank) Hours: Pick-up days are Monday & Wednesday between 6-7:30 pm, and Tuesday & Thursday between 10-11:30 am. Address: 4120 Centre Street NE* *Cafe is moving to 3900 2nd St NE. Call 403-293-3900 for info.
	<u>CFB Depot - Silvera for Seniors</u> This is a Calgary Food Bank Depot location: order your hamper through the Calgary Food Bank and request this satellite location for pick up. Contact Information: Phone: 403-253-2055 (Food Bank) Address: 2622 39 Ave NE
	<u>CFB Depot - Supernatural Life Center</u> This is a Calgary Food Bank Depot location: order your hamper through the Calgary Food Bank and request this satellite location for pick up. Contact Information: Phone: 403-253-2055 (Food Bank) Address: 2221 41 Ave NE
	<u>CFB Depot - Mustard Seed Downtown</u> This is a Calgary Food Bank Depot location: order your hamper through the Calgary Food Bank and request this satellite location for pick up. Contact Information: Phone: 403-253-2055 (Food Bank) Address: 102 11 Ave SE
	<u>Dashmesh Culture Centre</u> Food bank: No-cost, non-perishable food and hygiene items available for pick-up (pasta, sauce, beans, soap, toothpaste, toothbrush, etc.). Donations also accepted. Pick-up Monday-Saturday from 12-4pm. Everyone is welcome to receive food services. If you are unable to visit in-person, please email Food@Dashmesh.ca. Contact Information: Hours: Monday-Saturday from 12-4pm Phone: 403-590-0970 Email: info@dashmesh.ca Location: 135 Martindale Blvd NE
	<u>Feed it Forward</u> Food is available to anyone who needs support, no matter their situation and without judgement. We will do our best to meet specific food preferences based on donation availability. To request food, please visit our Facebook page. Email us with any questions. Contact Information: Email: feeditforwardyyc@gmail.com Address: Pick-up locations located throughout NE Calgary. Contact for details.

	<u>Muslim Families Network Society</u> - Halal Food Bank Halal Food Bank is accessible through appointments only. We provide food assistance 4 times a year (more than 4 times in extreme situations). For assessment, please provide 2 months current bank statements for the family and the rental agreement. Contact Information: To book an appointment, call or email. Phone: 403-466-6367 Email: muslimfamiliesociety@yahoo.com Address: Unit 1129, 3961 52 Ave NE (Building 1000)
	<u>Sankofa Arts and Music Foundation</u> Food hampers are available to anyone in need. Contact Information: Phone: 403-815-5822
	<u>SSVP Depot - Mary, Mother of the Redeemer/Our Lady of Grace</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-536-5970 Email: ssvpeast@gmail.com Address: 1714 14 Ave NE
	<u>SSVP Depot - St. Mark Catholic Church</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-204-8918 Email: ssvpeast@gmail.com Address: 5552 Madigan Dr NE
	<u>SSVP Depot - St. Thomas More Catholic Church</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-285-3773 Email: ssvpeast@gmail.com Address: 15 Templebow Rd NE
	<u>Veterans Association Food Bank</u> No-cost food hampers available to military veterans and RCMP veterans. Phone to arrange a hamper. Contact Information: Hours: Mon-Fri, 8am-4pm; Saty 10am-4pm; Sun closed Phone: 403-367-8387 (for hampers or 24 hour crisis line) Email: info@theveteransfoodbankofcalgary.ca Address: 820 23 St NE
	<u>Veterans Food Bank of Calgary</u> No-cost food hampers available to veterans and first responders. Phone to arrange delivery. Contact Information: Hours: Monday-Friday 8am-4pm; Saturday 10am-4pm; Sunday closed

	Phone: 403-367-8387 (for hampers or 24 hour crisis line) Address: #1, 4619 - 6 Street NE
	<u>Community Food Pantries</u>
	<u>Calgary Community Fridge</u> Available 24/7. Outdoor fridge, freezer, and pantry. Free, fresh, and healthy food!! Please stop by anytime! Address: 918 Centre Street NW
	<u>Free Little Pantry - Crossroads</u> The Little Free Library has been converted into a Free Little Pantry during COVID. Address: 1803 14 Ave NE
	<u>Hindu Society - Community Outdoor Free Food Bank</u> The Hindu Society of Calgary and the Love with Humanity Association's Community Outdoor Free Food Bank and Multicultural Free Outdoor Library. Available 24/7. Everyone is welcome. Address: 2225 24 Ave NE
	<u>Love with Humanity: Crossroads - Community Outdoor Free Food Bank</u> Free Community Outdoor Food Bank located beside the Free Little Library. Everyone is welcome to take what they need. Available 24/7. Hosted by the Crossroads Community Association and Love with Humanity Association. Address: 1820 Valleyview Road NE
	<u>Love with Humanity: Saddle Ridge - Community Outdoor Free Food Bank</u> Love with Humanity Association's Community Outdoor Free Food Bank. Available 24/7. Everyone is welcome! Address: 75 Saddlelake Way NE
	<u>Love with Humanity: Taradale - Community Outdoor Free Food Bank</u> Love with Humanity Association's Community Outdoor Free Food Bank. Available 24/7. Everyone is welcome! Address: 81 Taradale Drive NE
	<u>Love with Humanity: Whitehorn - Community Outdoor Free Food Bank</u> Love with Humanity Association's Community Outdoor Free Food Bank. Available 24/7. Everyone is welcome. Address: 631 Whitewood Road NE
	<u>Maria's Food & Pantry Foundation</u> The pantry is a spacious, organized area filled with a variety of essentials. Shelves are lined with canned goods such as beans, soups, and vegetables, as well as dry staples like pasta, rice, and cereals. Additionally, there is pet food for our fur babies, dogs and cats. Drop-in at the door to Maria's Food & Pantry Foundation from Monday-Friday between 9am-6pm. Address: 631 Whitewood Road NE Facebook: @Maria's Food & Pantry Foundation Email: mariasfoodpantry@outlook.com

	<u>North East Family Connections - Pantry</u> Counsellor on site – appointment to do intake needed to access this service. Dry goods grocery items available. Clothing available. Contact Information: Phone: 403-293-0424 Email: info@nefcs.ca Address: 95 Falshire Drive NE Hours: Tuesday to Thursday, 10am–3pm
	<u>Robert McClure United Church</u> Food Pantry is open every Thursday, 12-2pm. We often have fruit, vegetables, canned goods, pastas, bread, and meat. A Free Thrift Shop is also open at the same time. Bring your own bags. Dress for the weather as waiting is outside. No referrals are necessary. Contact Information: Phone: 403 280-9500 Address: 5510 26 Ave NE
	<u>Trellis East Hub - Pantry</u> Located inside the Trellis East Hub, this pantry runs on a give-and-take model, stocked by community members. It is open to anyone in the community and can be accessed during business hours (9am-6pm Monday to Friday). Contact Information: Address: 6098 Penbrooke Dr SE Hours: Monday to Friday, 9am-6pm
	<u>YYCStreetFridge</u> Address: 634 Marsh Rd NE
	<u>Food Bank Referrals and Connections to Basic Needs Support</u>
	<u>Closer to Home's North Central Family Resource Network</u> Providing support and Food Bank referrals. Contact Information: Phone: 403-543-0555 Address: 176 Bedford Dr NE
	<u>Miskanawah Community Services - East</u> Providing Food Bank referrals for children, youth, families, and Elders. Please contact us if you need support Contact Information: Email: info@miskanawah.ca Phone: 403-247-5003 Address: 2335 30 Ave SE
	<u>Mosaic Refugee Health Clinic</u> Social workers are available to ensure clients are connected to food resources. Located in Marlborough Mall Professional Centre. Contact Information: Phone: (403) 569-7251 Address: #280, 433 Marlborough Way NE

	<u>North East Family Connections</u> Falconridge: Offering city-wide support including connection to food sources, basic needs relief and over-the-phone support/check-ins, foodbank referrals, Good Food Box, and navigating free food access across the city. Also offering other basic needs support like furniture and clothing from our donations and referrals to WINS; DI free goods program; and Interfaith Furniture. Contact Information: Phone: 403-293-0424 Email: info@nefcs.ca Hours: Mon-Fri, 10am-pm Address: 95 Falshire Dr NE
	<u>The Mustard Seed Community Impact Centre</u> We are doing Food Bank referrals! We are also doing Baby Hamper referrals. Diapers and baby toiletries are available for people to access once a month. Call our advocate at 403-615-9214 for support. Bagged lunches are available every Wednesday and Friday from 9am-4pm. Free fresh bread is available every Tuesday starting at 1pm. Good Food Box available - people can walk in and register. We can schedule pick-up at our Neighbour Centre for a more convenient location. Contact Information: Phone: 403-615-9214 Email: MarlboroughParkCIC@Theseed.ca Address: 6060 Memorial Drive NE #24
	<u>The Women's Centre of Calgary</u> The Women's Centre offers a safe place for women and their families to access resources and referrals. Call to arrange referral to the Food Bank and the Women's Centre is a satellite office for food bank pickup. Contact Information: Phone: 403-264-1155 Address: 39 4 Street NE
<u>Affordable Good Food Box Locations</u>	
	<u>Crossroads Community Association</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call us or complete an order form online. Contact Information: For more information Phone: 403-926-4730 Address: 1803 14 Ave NE
	<u>Marlborough Park Community Association</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call us or complete an order form online. Contact Information: For more information Phone: 403-248-1775 Address: 6021 Madigan Dr NE

	<u>Martindale Good Food Box Depot</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call us! Contact Information: For more info Phone: 587-917-3156 (Sue) Address: 25 Martinview Close NE
	<u>North East Family Connections</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call us. Contact Information: Phone: 587-617-8514 Address: #704, 2631 38 St NE (Russet Court)
	<u>Northern Hills Community Association</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call us or complete an order form online. Contact Information: Email: goodfoodbox@nhca.ca Address: 11950 Country Village Link NE
	<u>Renfrew Baptist Church</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call us or complete an order form online. Contact Information: Phone: 403-277-2292 Address: 1204 Renfrew Dr NE
 	<u>The Mustard Seed Community Impact Centre</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. Good Food Box available - people can walk in and register. We can schedule pick up at the Centre for a more convenient location. We also do Food Bank referrals and baby hamper referrals. Diapers and baby toiletries are available for people to access once a month. Call our advocate at 403-615-9214 for support. Bagged lunches are available every Wednesday and Friday from 9am-4pm. Free fresh bread is available every Tuesday starting at 1pm. Contact Information: Phone: 403-615-9214 Email: MarlboroughParkCIC@Theseed.ca Address: 6060 Memorial Dr NE #24
	<u>Thornccliffe Greenview Community Association</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call us or complete an order form online. Contact Information: For more information Phone: 403-274-6840 Address: 5600 Centre St N

	<u>Affordable Food Markets</u>
	<u>Fresh Routes - Bridgeland Columbus Manor</u> Affordable and mobile fresh food market running Mondays from 11:30am to 1:30pm. Most locations run weekly, but please check our website for the most current schedule. Address: 40 11a St NE
	<u>Free and Low Cost Meals</u>
	<u>Centre Street Church - West Campus</u> We invite you to come to The Well Cafe anytime between 5:30–7:30pm (with the exception of Stat holidays) on Mondays and Wednesdays to receive a free hot meal in the café located at Wing Kei Village (formerly known as Centre Street Church’s West Campus). This is a dine-in café only. Contact Information: Phone: 403-293-3900 Address: 4120 Centre St NE* *Moving to 3900 2 St NE. Call for more info.
	<u>Dashmesh Culture Centre</u> Hot meals: No-cost, hot vegetarian meals and non-perishable goods are available for take-out. Place order on-site, inside the Dashmesh Culture Centre complex, near the Gurdwara Sahib entrance gate from 9am-9pm daily. Everyone is welcome to receive food services. If you are unable to visit in-person, please email Food@Dashmesh.ca. Contact Information: Hours: Daily, 9am-9pm Phone: 403-590-0970 Email: info@dashmesh.ca Location: 135 Martindale Blvd NE
	<u>Grocery Delivery Services</u>
	<u>Renfrew Baptist Church</u> Providing support to folks who need help picking up groceries, prescriptions, and other essentials. To request support, please fill out the online form. Address: 1204 Renfrew Dr NE
 	<u>Calgary Seniors' Resource Society</u> Seniors Social Supports: Practical Kindness Program: Provides one-time to short-term assistance (e.g. one-time food hamper delivery and transportation to grocery stores). Pet Assist Program: (food deliveries, pet care, etc) Eligibility: • Older adults 65+. • You must complete an intake and assessment with a program coordinator to determine eligibility. • <u>All requests must be completed over the phone.</u> Contact Information: Phone: 403-266-6200 Address: Located in NE Calgary. Please phone to request a hamper and specific address.

Calgary Community Food Resources by Quadrant

Places where people can access low and no-cost food in Calgary.

- Please contact the organization or refer to their website for the most up-to-date information on eligibility, food availability, and how to access the resource.
- Some organizations are listed under City-wide Resources *and* within the quadrant they are located.
- See also printout resources for each quadrant (NE, SE, NW, SW)

Last edited July 18, 2024: If you know of additional resources to add or changes that need to be made, please email Abby.Landon@calgary.ca

4. NW Quadrant

	<u>Food Hampers and Baskets</u>
	<u>CFB Depot - Skyview Community Church</u> Calgary Food Bank satellite location: people order their hamper through the Calgary Food Bank and request this location for pick up. Hampers can be requested Monday through Thursday from 8:15am-7:00pm, Friday from 8:15am-3:30pm by phoning. Pick up hours at Skyview Community Church are Tuesdays 6-7:15pm. Contact Information: Phone: 403-253-2055 (Food Bank) Address: 9685 Harvest Hills Blvd NW
	<u>CFB Depot - Westview Baptist Church</u> Calgary Food Bank satellite location: people order their hamper through the Calgary Food Bank and request this location for pick up. Hampers can be requested Monday through Thursday from 8:15am-7:00pm, Friday from 8:15am-4:00pm by phoning. Pick up hours at Westview Baptist Church are Wednesdays between 11 am-12:30 pm and the specific time, within that window, is assigned to each client by the Calgary Food Bank. Contact Information: Phone: 403-253-2055 (Food Bank) Address: 1313 Ranchlands Way NW
	<u>CFB Depot - Shepherd of the Hills Lutheran Church</u> This is a Calgary Food Bank Depot location: order your hamper through the Calgary Food Bank and request this satellite location for pick up. Contact Information: Phone: 403-253-2055 (Food Bank) Address: 1313 Ranchlands Way NW
	<u>CFB Depot - Thornhill Baptist Church</u> This is a Calgary Food Bank Depot location: order your hamper through the Calgary Food Bank and request this satellite location for pick up. Contact Information:

	Phone: 403-253-2055 (Food Bank) Address: 128 Tache Ave NW
	<u>CFB Depot - Westminster Presbyterian Church</u> This is a Calgary Food Bank Depot location: order your hamper through the Calgary Food Bank and request this satellite location for pick up. Contact Information: Phone: 403-253-2055 (Food Bank) Address: 290 Edgepark Blvd NW
	<u>Confederation Park 55+ Activity Centre</u> Free Bread Market: Available every 4th Thursday from 12:00-1:15pm at the Triwood Community Centre (Collingwood Room). Eligibility: 50+, no proof of income or registration required. Pantry Program: Our Pantry Program helps alleviate financial pressures by providing about a week's worth of food. Items are mainly non-perishable food such as pasta, canned fruits/veggies/beans/soups, oils, cereals or snacks. Place an order by calling us before Tuesday at 3pm. Pick-up your food on Fridays from 10am-12pm. Eligibility: 55+. Contact Information: Phone: 403-289-4780 Address: 2244 Chicoutimi Dr NW
	<u>Feed it Forward</u> Food hampers are available to anyone who needs support, no matter their situation and without judgement. We will do our best to meet specific food preferences based on donation availability. Contact by email, phone, or Facebook to request a hamper. Contact Information: Phone: 587-731-0905 Email: feeditforwardyyc@gmail.com Address: Pick-up locations located throughout NW Calgary. Contact for details.
	<u>Harvest Hills Cares Calgary</u> Harvest Hills Cares Calgary is a non-profit organization that helps any Calgarian regardless of income or status. We do not discriminate against anyone who may come to us for help. We are first and foremost both Calgarians and Albertans and as such, we will help and support any Calgarian who needs it. ○ To request support, please go to our website (click on need assistance. Make sure that all fields are filled in and that you explain exactly what your need is). ○ To request Emergency Assistance, you can contact us at any one of the forms of contact below. Please note: We are a completely volunteer run organization that only has two full time volunteers. We process assistance requests as they come in. Making multiple requests may put your request for assistance at risk and your request may be denied. Contact Information: Phone: 403-608-7224 (or text) Email: Info@HarvestHillsCaresCalgary.ca Hours: Tuesday 12pm-7pm; Wednesday 12pm-7pm; Thursday 12pm-7pm. Outside these hours, we are available by email or text only as we also do outreach during extreme weather conditions! Or visit their Facebook page.

	<u>Made by Momma</u> Providing food and baby essentials to new moms and moms of small children who are in need. To request support, please fill out the form on our website! Address: 66 21 St NW Phone: 587-890-3869
	<u>Pathway Church - Cambrian</u> For information about our Food Hamper program, please call us! Contact Information: Phone: 403-456-6860 Email: admin@pathwaychurch.ca Address: 240 Cardiff Drive NW
	<u>Rise Calgary - Bowness</u> Rise Calgary, formerly Sunrise and BowWest Community Resource Centre. Rise Calgary has emergency food available for residents who have already accessed the Calgary Food Bank, or require a little food to see them through to their next pay. Food is available based on donations and residents are encouraged to call to book an appointment to pick up the food hamper. In addition, Rise Calgary Community Advocates are able to complete agency referrals to Calgary Food Bank for all clients who have accessed their self referrals. Subsidies for Good Food Box orders may be available. Contact Information: Phone: 403-204-8280. Hours: Mon-Fri, 10am-1pm and 2-4pm Address: Bowness Office - 7904 43 Ave NW Address: Ranchlands Office - 14 - 1840 Ranchlands Way NW
	<u>SSVP Depot - Ascension Catholic Parish</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 587-755-3855 Email: ssvp.ascension@gmail.com Address: 1100 Berkshire Blvd NW
	<u>SSVP Depot - Canadian Martyrs Church</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-284-3311 Email: ssvpeast@gmail.com Address: 835 Northmount Dr NW
	<u>SSVP Depot - Corpus Christi Catholic Church</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-275-0994 Email: ssvpeast@gmail.com Address: 404 Northmount Pl NW

	<u>SSVP Depot - St. Bernards Church</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-970-8107 Email: ssvpeast@gmail.com Address: 711 37 St NW
	<u>SSVP Depot - St. Joseph Catholic Church</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-457-4966 Email: ssvpstjosephcalgary@gmail.com Address: 640 19 Ave NW
	<u>SSVP Depot - St. Pius X Parish</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-289-3602 Email: ssvp@stpiusx.ca Address: 2424 24 Ave NW
	<u>SSVP Depot - St. Peter's Roman Catholic Church</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-288-9040 Email: ssvp@st-peters.ca Address: 541 Silvergrove Dr NW
 	<u>Student Union Campus Food Bank</u> Students are eligible to receive a hamper of fresh and non-perishable foods up to 3x per semester. Food items depend on what is available and what you prefer. We try our best to provide nutritionally-balanced hampers, with vegetarian, vegan, halal, and gluten free options often available. Hampers are always packed with the students' allergies in mind. We also provide cookbooks for recipe ideas, meal planning tools, grocery shopping lists, and more. Email or phone to request a hamper. Contact Information: Phone: 403-220-8599 Email: foodbank@ucalgary.ca Address: Rm 225 MacEwan Hall (MH), 2500 University Drive NW Hours: Sept to April (Mon-Thur 10am-4pm & Fri 12pm-6pm); May to August (Mon-Fri 10am-2pm)
	<u>The Salvation Army - Berkshire Citadel Community Church</u> No-cost, emergency food hampers are available with up to two days worth of non-perishable food and hygiene items. Open Wednesdays 9am-3pm. Contact Information: Phone: 403-275-1827 Address: 222 Sandarac Dr NW

	<u>Community Food Pantries</u>
	Awaken Church - Common Cupboard A 24/7 free fridge, freezer, pantry for all Bownesians. Help us stock the fridge so we might help to end food insecurity together. Address: 6508 Bowwood Dr NW
	Bowness - Community Food Pantry Outdoor Community Food Pantry. Accessible 24/7. Located outside Bowest Appliances (previously Bownesian Grocer). Address: 7948 Bowness Road NW
	<u>Brentview Baptist Church - Community Pantry</u> Non-perishable food items are available to anyone who needs. Stop by anytime. Our pantry works on a "Take what you need, leave what you can" basis. Availability of items can vary depending on donations. Contact Information: Address: 3512 Charleswood Drive Email: mail@brentviewbaptist.com Instagram: @forcalgary
	<u>Brentwood - Little Free Pantry</u> Available 24/7. If you are in need of food, please stop by whenever you are able. Please note, if you are interested in helping stock the Little Free Pantry, please only bring food items. All non-food items are being donated. Address: 3624 Boulton Road NW
	<u>Capitol Hill - Food Pantry</u> Available 24/7. Outdoor community pantry with non-perishable food items and toiletries. Located by the dinosaur playground on the corner of 15th St and 20th Ave NW. Address: 1531 21 Ave NW
	<u>Hillhurst Sunnyside Community Association (HSCA)</u> Fresh Choices: HSCA offers residents of Hillhurst and Sunnyside experiencing food insecurity with resources and assistance, including access to our Free Table. No proof of income required. Visit Mondays from 4-6pm or email alex.w@hsca.ca . Contact Information: Phone: 403-283-0554 ext 248 Email: tolu.o@hsca.ca Address: 1320 5 Avenue NW
	<u>Hillhurst United Church - Food Pantry</u> Address: 1227 Kensington Close NW
	<u>Kensington Commons Church - Community Cupboard</u> Community Cupboard is located on the Southwest side of the church, directly behind the bus stop for the route #1 westbound. Items include: non-perishable food, warm clothing and child/baby items, such as diapers and formula. Everything in the cupboard is free and available to anyone 24/7. Address: 2404 Kensington Road NW

	<u>Love with Humanity: Ranchlands - Community Outdoor Free Food Bank</u> Love with Humanity Association's Community Outdoor Free Food Bank. Available 24/7. Everyone is welcome. Address: 1216 Ranchview Road NW
	<u>Maranatha Christian Reformed Church - Community Food Pantry</u> Outdoor Community Food Pantry, accessible 24/7. Located outside the Maranatha Church near Home Road. Address: 2111 52 Street NW
	<u>Mount Pleasant – Community Pantry</u> Located at the MPCA Community Hall (North Side), the Community Pantry is an initiative to advocate for food security and support a sharing economy within the community. The pantry is run on a volunteer 'leave what you can and take what you need' basis. The pantry is available for community members to leave non-perishable food items and toiletries. Available 24/7. Address: 602 22 Avenue NW
	<u>Pathway Church - Food Pantry</u> Offering a Food Pantry at the Church for those in need by appointment. Please call the church office for more information or visit our website. Contact Information: Phone: 403-456-6860 Address: 240 Cardiff Drive NW
	<u>Ranchlands - Food Pantry</u> Welcome to the Ranchlands Food Pantry! The Ranchlands Community Association operates a non-perishable food pantry for residents of Ranchlands who might be facing financial hardship or food insecurity. If you live in the community, you can request a hamper by filling out the request form. Contact Information: Email: ranchlandscommunity@outlook.com Phone: 403-241-0335 Hours: Wednesday from 6:30-7:30pm Address: 7713 Ranchview Dr NW
	<u>Food Bank Referrals and Connections to Basic Needs Support</u>
	<u>Rise Calgary - Bowness</u> Rise Calgary, formerly BowWest Community Resource Center - Bowness Location. All support and Food Bank referrals are available by phone. Contact Information: Phone: 403-204-8280 Hours: Mon-Fri 10am-1pm and 2pm-4pm Address: 7904 43 Ave NW
	<u>Rise Calgary - Ranchlands</u> Rise Calgary, Ranchlands location. All support and Food Bank referrals are available by phone. Contact Information: Phone: 403-204-8280 Hours: Mon-Fri 10am-1pm and 2pm-4pm Address: 1840 Ranchlands Way NW #14

	<u>Miskanawah - West</u> Providing Food Bank referrals for children, youth, families, and Elders. If you are in need of support, please email or call us! Contact Information: Phone: 403-247-5003 Email: info@miskanawah.ca Address: 2340 1 Ave NW
	<u>Affordable Good Food Box Locations</u>
	<u>Confederation Park 55+ Activity Centre</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call or email. Contact Information: Phone: 403-289-4780 Address: 2244 Chicoutimi Dr NW
	<u>Edgemont Community Association</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call us! Contact Information: Phone: 403-239-1211 Email: gfb@edgemont.ab.ca Address: 33 Edgevalley Cir NW
	<u>Highland Park Community Centre</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call us! Contact Information: Phone: 403-276-6969 Address: 3716 2 St NW
	<u>Hillhurst Sunnyside Community Association</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To place an order, please visit our website. Address: 1320 5 Ave NW
	<u>Pathway Church - Cambrian</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please email Gwen and Terry James. Contact Information: Email: tandg_james@yahoo.ca (Gwen or Terry) Address: 240 Cardiff Dr NW
	<u>Rise Calgary - Bowness</u> Rise Calgary, formerly known as BowWest Community Resource Centre. Subsidies may be available for Good Food Box orders. To order a Good Food Box of affordable fresh produce, call us! Contact Information: Phone: 403-204-8280 Hours: Mon-Fri 10am-1pm and 2pm-4pm Address: 7904 43 Ave NW (located at the Bowness Community Association).

	<u>Rise Calgary - Ranchlands</u> Rise Calgary, formerly known as BowWest Community Resource Centre. Subsidies may be available for Good Food Box orders. To order a Good Food Box of affordable fresh produce, call us! Contact Information: Phone: 403-204-8280 Address: 1840 Ranchlands Way NW
	<u>St James Anglican Church</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call us! Contact Information: Phone: 403-239-0104 Address: 6351 Ranchview Dr NW
	<u>Student Union Campus Food Bank – University of Calgary</u> The Good Food Box program (Community Kitchen Program of Calgary) aims to provide community members with greater access to affordable, nutritious, and sustainable fresh fruits and vegetables. Come to the Volunteer Services Office in MacEwan Hall (MH 225) between 8:30am – 4:30pm weekdays. We will help you fill out a form and submit your order. Payment is required at the time of order. Cash only. See the website for prices and order deadlines. Contact Information: Phone: 403-220-6551 Email: reception@su.ucalgary.ca Address: Rm 225 MacEwan Hall (MH), 2500 University Drive NW
	<u>The Salvation Army Berkshire Citadel Community Church</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please call or drop-in. Contact Information: Phone: 403-275-1827 (Sylvia) Hours: Tuesday-Thursday 9am-3pm or Friday 9am-12pm Address: 222 Sandarac Dr NW
	<u>Varsity Acres Presbyterian Church</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call or email. Contact Information: Phone: 403-288-0544 Email: office@vapc.ca Address: 4612 Varsity Dr NW
	<u>Affordable Food Markets</u>
	<u>Fresh Routes - Alberta University of the Arts</u> Affordable and mobile fresh food market running Fridays from 11:30am-1:30pm. Most locations run weekly, but please check our website for the most current schedule. Address: 1407 14 Ave NW
	<u>Fresh Routes - Foothills Hospital: Health Sciences Centre</u>

	Affordable and mobile fresh food market running Wednesdays from 11am-1pm. Most locations run weekly, but please check our website for the most current schedule. Address: 3330 Hospital Dr NW
	<u>Fresh Routes - Hillhurst Sunnyside: Community Association</u> Affordable and mobile fresh food market running Mondays from 4-6pm. Most locations run weekly, but please check our website for the most current schedule. Address: 1320 5 Ave NW
	<u>Fresh Routes - SAIT: Peer Support Centre</u> Affordable and mobile fresh food market running Tuesdays from 11am-1pm. Find us in Room NJ105. Most locations run weekly, but please check our website for the most current schedule. Address: 1301 16 Ave NW (Room NJ105)
	<u>Fresh Routes - University of Calgary: The Nest 102</u> Affordable and mobile fresh food market running Thursdays from 11:30am to 1:30pm. Most locations run weekly, but please check our website for the most current schedule. Address: 250 Collegiate Blvd NW
	<u>Free and Low-Cost Meals</u>
	<u>Confederation Park 55+ Activity Centre</u> Providing Lunch-To-Go Boxes and Frozen Lunches! Lunch To Go Boxes contains a sandwich, vegetables and dip, a fruit cup, and a small dessert. Boxes are available on Mondays, Tuesdays, Wednesdays, and Fridays. All boxes must be preordered at least 2 days prior to picking up. Call Richard at the number below to place an order. Contact Information: Phone: 403-289-4780 ext. 200 Address: 2244 Chicoutimi Dr NW
	<u>The Pelican Foundation Mission (The Pelican Kitchen)</u> Visit us on Saturdays from 12-1pm for a free meal. All are welcome. Address: 8007 Bowness Road NW Email: 2thepelican@gmail.com Phone: 403-926-4433
	<u>University of Calgary: Campus Food Hub - Ladle UP!</u> Visit us on Wednesdays from 12-2pm for a bowl of hearty soup and a bun for only \$2. The soup menu changes weekly and we try to meet dietary restrictions when possible. Credit and debit cards are accepted. No cash, please. See our website for additional programs and resources from the Campus Food Hub. Address: 2500 Collegiate Blvd NW

Calgary Community Food Resources by Quadrant

Places where people can access low and no-cost food in Calgary.

- Please contact the organization or refer to their website for the most up-to-date information on eligibility, food availability, and how to access the resource.
- Some organizations are listed under City-wide Resources *and* within the quadrant they are located.
- See also printout resources for each quadrant (NE, SE, NW, SW)

Last edited July 18, 2024: If you know of additional resources to add or changes that need to be made, please email Abby.Landon@calgary.ca

3. SE Quadrant

	<u>Food hampers and baskets</u>
	<u>Aboriginal Friendship Centre of Calgary</u> Providing food hampers to anyone in need with no referral needed. Available while supplies last. New members must fill out a disclosure form. Contact Information: Phone: 403-270-7379 (ext. 221) Email: info@afccalgary.org Address: 316 7 Ave SE
	<u>Awo Taan Family Wellness Centre</u> Providing Food hampers to families in need in Forest Lawn on a monthly basis, while available. In order to qualify for a hamper, you must be one of the following: in isolation due to Covid; Indigenous; or already a participant in an existing program at Awo Taan. Contact Information: Phone: 403-531-1880, ext. 100 Address: 4518 17 Ave SE
 	<u>Calgary Food Bank</u> The Calgary Food Bank provides baby hampers alongside emergency food hampers for households with children up to 12 months old. Baby hampers include diapers, wipes, and formula, all based on availability. You must call ahead to book a hamper before picking up. Once you have been approved, volunteers will book you a specific time to pick-up your hamper. Hampers can be picked-up at the main location (5000 11 St. S.E.) or one of our satellite locations. Other specialty hampers available include celiac and renal (renal must be requested by Alberta Health Services Renal Program) Contact Information: Hours: Monday to Thursday, 8:30am-7pm; Friday 8:30am-4:00pm Phone: 403-253-2055

	<u>CFB Depot - First Alliance Church</u> Calgary Food Bank Depot location: people order their hamper through the Calgary Food Bank and request this satellite location for pick up. Hampers can be requested Monday through Thursday from 8:15am-7pm and Fridays 8:15am-3:30pm by phoning the Calgary Food Bank at 403-253-2055. Pick up times at First Alliance church are Mondays 4:30pm-6:00pm and Saturdays from 9:30-11:30am. Address: 12345 40 St SE (at East Entrance)
	<u>CFB Depot - Eastside Victory Outreach</u> Calgary Food Bank Depot location: people order their hamper through the Calgary Food Bank and request this satellite location for pick up. Hampers can be requested Monday through Thursday from 8:15am-7pm and Fridays 8:15am-3:30pm by phoning the Calgary Food Bank at 403-253-2055. https://www.calgaryfoodbank.com/needfoodform/ Contact Information: Phone: 403-253-2055 (Call Food Bank directly to request hamper) 403-273-1050 (Call Eastside for referral or questions) Address: 1840 38 St SE
	<u>Eastside Victory Outreach</u> Emergency hampers on a drop-in basis on Tuesdays, Wednesdays, and Thursdays from 12-2pm. Hot lunches, free clothing, and hot showers available. Contact Information: Phone: 403-273-1050 Address: 1840 38 St SE
	<u>Feed it Forward</u> Food hampers are available to anyone who needs support, no matter their situation and without judgement. We will do our best to meet specific food preferences based on donation availability. Contact by email, phone, or Facebook to request a hamper. Contact Information: Phone: 587-731-0905 Email: feeditforwardyyc@gmail.com Address: Pick-up locations located throughout SE Calgary. Contact for details.
	<u>Fish Creek United Church</u> Calgary Food Bank Depot: pick up times are Thursday 5-6:30pm. Call the Food Bank directly to arrange a pick-up. Contact Information: Phone: 403-253-2055 (Food Bank: Food Bank Hampers) 403-278-8263 (Fish Creek: Good Food Box, Free Pantry, Bread Giveaway) Email: info@fishcreekunitedchurch.ca Address: 77 Deerpoint Rd SE
	<u>Metis Calgary Family Services Society</u> Providing food hampers to community members. Contact Information: For more information Phone: 403-240-4642, ext. 303 Address: 352 Sunvale Dr SE

	<u>Ogden Victory Outreach</u> Emergency hampers on a drop-in basis on Fridays from 2-5pm. Hot lunches, free clothing, and hot showers available. Call for more details. Contact Information: Phone: 403-273-1050 Address: 7012 Ogden Road SE
	<u>Potential Place</u> Providing hampers for members of Potential Place. Address: #210, 308 11 Ave SE
	<u>Rise Calgary</u> Emergency food: Available for residents who have already accessed the Calgary Food Bank, or require a little food to see them through to their next pay. Food is available based on donations. Call to book an appointment to pick up an emergency food hamper. Free Bread: Rise Calgary has free bread available on Mon and Wed based on availability, at the Forest Lawn location at 3303-17 Ave SE. We are open from Mon-Fri 10am-1pm and 2-4pm. Bread is available on a drop in first-come-first-served basis and items are limited to 3 per household. Food Bank Referrals: Rise Calgary Community advocates are available to complete agency referrals to the Calgary Food Bank for all clients who have accessed all of their self referrals. To have a referral completed, residents call us. Contact Information: To request a hamper or Food Bank referral Phone: 403-204-8280 Email: info@risecalgary.ca Address: 3303 17 Ave SE (Forest Lawn) Address: 2737 76 Ave SE (Millican/Ogden)
	<u>SSVP Depot - St. Albert the Great Parish</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-257-6054 Email: ssvpsouthcalgary@gmail.com Address: 10 Prestwick Dr SE
	<u>SSVP Depot - St. Bernadette Church</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-236-2979 Email: ssvpsouthcalgary@gmail.com Address: 7103 20a St SE
	<u>SSVP Depot - St. Bonaventure Church</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-278-7556 Email: ssvpsouthcalgary@gmail.com Address: 1600 Acadia Dr SE

	<u>SSVP Depot - St. Cecilia Roman Catholic Church</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-252-2790 Email: ssvpsouthcalgary@gmail.com Address: 321 90 Ave SE
	<u>SSVP Depot - Holy Trinity Church/Our Lady of Fatima</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-663-0044 Email: ssvpsouthcalgary@gmail.com Address: 1525 45 St SE
	<u>The Alex Community Food Centre</u> Drop-in Family Dinner (Mondays 5-6:30pm). Drop-in Community Lunch (Wednesdays 12-1pm). Drop-in Community Breakfast (Fridays 9-11am). Affordable Produce Market (Fridays 9-11 am). Address: 4920 17 Ave SE
	<u>The Salvation Army - Greater Forest Lawn</u> No cost, emergency food hampers are available with up to two days worth of non-perishable food and hygiene items. No delivery. Additional items can be requested including diapers, wipes and formula for infants or toddlers. Hampers for those who are experiencing homelessness - a day's supply of food. Hampers available Monday-Friday 1pm-4pm. Also providing Food Bank referrals. Contact Information: Phone: 403-220-0432 Email: CSCalgary.Info@salvationarmy.ca Address: Unit 100, 5115 17th Ave SE
	<u>Community Food Pantries</u>
	<u>Abbeydale Christian Fellowship - Community Cupboard</u> We are excited to be able to serve our community with free food! Every week, we collect surplus food donated by grocery stores and give it away to families in our neighbourhood. Staffed by volunteers from our church, neighbouring churches and the community, the program serves an average of 30 families per week. To be eligible, you must live within the Abbeydale, Applewood or Penbrooke communities, or attend one of these three churches: Abbeydale Christian Fellowship church, Love in Action church, or Eastside City Church. Proof of address is required. Doors are open from 5-5:30pm on Tuesday afternoons. Address: 1352 Abbeydale Dr SE
	<u>Chabad Lubavitch of Alberta - Kosher Pantry</u> Faigel Shapiro Kosher Pantry Outreach Program:

	Subsidized and gifted kosher food packages are available to those in need. People of all faiths can request support. Availability is based on donations. To request support or refer a friend/family member, fill out the form online. Address: 134 Forge Rd SE
	<u>Eastside Victory Outreach - Greater Forest Lawn Food Pantry</u> Outdoor food pantry - available 24/7 for everyone. Address: 1840 38 St SE
	<u>Erin Woods: Community Association - My Little Pantry</u> Outdoor food pantry is available 24/7 for those in need. Address: 83 Erin Park Dr SE
	<u>Forest Heights - Greater Forest Lawn Food Pantry</u> Outdoor food pantry - available 24/7 for everyone. Address: 4909 Forego Ave SE
	<u>Fish Creek United Church</u> Free Pantry: non-perishable food available anytime. Bread Giveaway: Thursdays 9-12 and 1-4. Gift cards available on a limited monthly basis for families with children aged 0-18. Contact Information: Phone: 403-253-2055 (Food Bank: Food Bank Hampers) 403-278-8263 (Fish Creek: Good Food Box, Free Pantry, Bread Giveaway) Email: info@fishcreekunitedchurch.ca Address: 77 Deerpoint Rd SE
	<u>Penbrooke Meadows Community Association - Greater Forest Lawn Food Pantry</u> Outdoor food pantry - available 24/7 for everyone. Address: 6100 8 Ave SE
	<u>Single Mom Strategies - Pop-up Pantry</u> Stop by for free bread and baking. Check our Facebook page for weekly pop-up location and times in Inglewood (typically Sunday afternoons). Everyone is welcome. Address: 1740 24 Ave SE
	<u>Food Bank Referrals and Connections to Basic Needs Support</u>
	<u>Aboriginal Friendship Centre of Calgary</u> Providing Food Bank referrals for families and individuals. Contact Information: Phone: 403-270-7379 Email: info@afccalgary.org Address: 316 7 Ave SE
	<u>Eastside Victory Outreach</u> Food bank referrals by phone, email, or drop-in. Contact Information: Phone: 403-273-1050 (Food Bank) Address: 1840 38 St SE

	<u>First Alliance Church - Deerfoot</u> Provides Calgary Food Bank referrals and a Food Bank satellite location on Monday evenings (i.e. after you have ordered your food bank hamper, you can request FAC as your pick up location). Contact Information: Phone: 403-212-8847 Email: mpeters@faccalgary.com or bsoutherland@faccalgary.com Address: 12345 40 St SE
	<u>Patch - Bannister</u> Food Bank referrals. Emergency food is available for those that are registered with Patch and accessing our services. Contact Information: Phone: 403-201-3152 Address: 18 Bannister Manor SE
	<u>Rise Calgary</u> Emergency Food: Available for residents who have already accessed the Calgary Food Bank, or require a little food to see them through to their next pay. Food is available based on donations. Call to book an appointment to pick up an emergency food hamper. Free Bread: Rise Calgary has free bread available on Mon and Wed based on availability from Sobeys at Forest Lawn location at 3303-17 Ave SE. We are open from Mon-Friday 10AM-1 PM, 2PM-4PM. Bread is available on a drop in First come and First served basis and items are limited to 3 per household. Food Bank Referrals: Rise Calgary Community advocates are available to complete agency referrals to the Calgary Food Bank for all clients who have accessed all of their self referrals. To have a referral completed, residents can connect with Rise Calgary by phone. Contact Information: Phone: 403-204-8280 Address: 3303 17 Ave SE (Forest Lawn) Address: 2737 76 Ave SE (Millican/Ogden)
	<u>SE Calgary Community Resource Centre</u> Providing Food Bank referrals and other supports. Contact Information: Phone: 403-720-3322 Address: 2734 76 Ave SE
	<u>Patch - West Dover</u> Food Bank referrals. Emergency food is available for those that are registered with Patch and accessing our services. Contact Information: Phone: 403-273-3984 Address: 3203 31a Ave SE
	<u>Women in Need (WINS) Family Resource Centre</u> The WINS FRC Team provides services, including Food Bank referrals, at our Dover location only (3525 26 Avenue SE), Monday to Friday (by appointments only). Contact Information: Phone: 403.255.5102, ext. 226 Email: frccordinator@winsyyc.ca

	Address: 3525 26 Avenue SE
	<u>Affordable Good Food Box Locations</u>
	<u>Alexandra Centre Society</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please email us! Email: info@alexandracentresociety.org Address: 922 9 Ave SE
	<u>Fish Creek United Church</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call or email us. Contact Information: Phone: 403-278-8263 Email: info@fishcreekunitedchurch.ca Address: 77 Deerpoint Rd SE
	<u>Phoenix Foundation</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please call us! Phone: 403-265-7701 Address: 320 19 St SE
	<u>Queensland Diamond Cove Community Association</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please call us! Phone: 403-278-3366 Address: 649 Queensland Dr SE
	<u>Rise Calgary - Forest Lawn</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please call us! Phone: 403-204-8280 Address: 3303 17 Ave SE
	<u>SE Community Resource Centre</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please call us! Phone: 403-720-3322 Address: 2734 76 Ave SE
	<u>Affordable Food Markets</u>
	<u>Fresh & Fare Community Market: The Alex Community Food Centre</u> Purchase affordable fresh fruits and vegetables on Fridays from 9-11am. Address: 4920 17 Ave SE

	<u>Fresh Routes - Downtown: Bow Valley College</u> <u>CLOSED FOR SUMMER</u> Affordable and mobile fresh food market running Wednesdays from 11am-1pm. Located in the second floor atrium. Most locations run weekly, but please check our website for the most current schedule. Address: 345 6 Ave SE
	<u>Fresh Routes - East Village: Murdoch Manor</u> Affordable and mobile fresh food market running Wednesdays 2:30-4pm. Most locations run weekly, but please check our website for the most current schedule. Address: 808 5 St SE
<u>Free and Low Cost Meals</u>	
	<u>Eastside Victory Outreach</u> Free hot lunches available Tuesdays, Wednesdays, and Thursdays from 12-2pm. Also offering showers and women's clothing. Call for more details. Contact Information: Phone: 403-273-1050 Address: 1840 38 St SE
	<u>First Alliance Church - Deerfoot</u> Frozen meals are available during office hours - please arrange a pick-up time. Contact Information: Phone: 403-212-8847 Email: mpeters@faccalgary.com or bsoutherland@faccalgary.com Address: 12345 40 St SE
  	<u>Greater Forest Lawn 55+ Society</u> Serving seniors in Greater Forest Lawn Communities including Dover, Forest Lawn, Erin Woods, Albert Park/Radisson Heights, Forest Heights, Southview, and Penbrook Meadows. Meal options for \$5, including soups and stews, healthy meals and desserts, with free contactless delivery. Gluten-free options are available. Payment can be made via e-transfer, credit card, cheque or cash. If payment is not an option, meals may be delivered at no cost. Hours: Monday-Friday, 8am-4pm.
	<u>Ogden House Senior Citizen Club</u> Provide breakfast and dinner once a month for a fee. Contact Information: Phone: 403-279-2003, ext. 2 Address: 2102 69 Ave SE

	<u>Ogden Victory Outreach</u> Free hot lunches available Fridays from 2-5pm. Also offering showers and a small clothing bank. Call for more details. Contact Information: Phone: 403-273-1050 Address: 7012 Ogden Road SE
	<u>The Alex Community Food Centre</u> Drop-in Family Dinner (Mondays 5-6:30pm), Drop-in Community Lunch (Wednesdays 12-1pm), Drop-in Community Breakfast (Fridays 9-11am). See website for details and other programs. Contact Information: Phone: 403-455-5792 Email: goodfood@thealex.ca Address: 4920 17 Ave SE
	<u>Youth Centres of Calgary - Ogden</u> Come for grab-and-go meals, groceries, and snack items. Available Monday to Thursday 3-5pm and Fridays 12:30 -4pm No registration required. Just drop by! Contact Information: Email: Jane Wachowich - jane@youthcentresofcalgary.com Address: 7400 23 St SE
	<u>Gift Card Programs</u>
	<u>Calgary Immigrant Women's Association</u> We continue to support immigrant women who are in dire need of food through our food supplies depending on availability. We provide gift cards to immigrant women who are facing situations that may potentially result in their inability to meet the food needs of their families. In order to access these services, clients need to connect with a settlement counsellor to determine their eligibility. Address: 138 4 Ave SE #200
	<u>Grocery Delivery Services</u>
	<u>Ogden House Senior Citizen Club</u> Providing grocery and medication delivery for Ogden seniors. Contact Information: Phone: 403-279-2003, ext. 2 Address: 2102 69 Ave SE

Calgary Community Food Resources by Quadrant

Places where people can access low and no-cost food in Calgary.

- Please contact the organization or refer to their website for the most up-to-date information on eligibility, food availability, and how to access the resource.
- Some organizations are listed under City-wide Resources *and* within the quadrant they are located.
- See also printout resources for each quadrant (NE, SE, NW, SW)

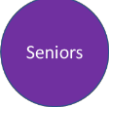
Last edited July 18, 2024: If you know of additional resources to add or changes that need to be made, please email Abby.Landon@calgary.ca

3. SW Quadrant

	<u>Food Hampers and Baskets</u>
	<u>Abundant Life Church - Break Basket</u> The BreadBasket program ensures the people in our community have the food they need. On Thursdays, our volunteers prepare and distribute all kinds of food, from produce to canned goods and everything in between. Cost is \$1 per hamper. This program is designed for the people living within the Glenbrook, Glendale and surrounding communities. Please phone the church to make an appointment for Thursday hamper pick-up between 12pm-12:30pm. Contact Information: Phone: 403-246-1804 Email: info@alc-calgary.ca Address: 3343 49 Street SW
	<u>CFB Depot - Grace Presbyterian Church</u> Calgary Food Bank satellite location: people order their hamper through the Calgary Food Bank and request this location for pick up. Hampers can be requested Monday through Thursday from 8:15am-7:00pm, Friday from 8:15am-3:30pm by phoning 403-253-2055. Pick up hours at Grace Presbyterian Church are Thursdays 4-6pm. Address: 1009 15 Ave SW
	<u>CFB Depot - St. Andrews Presbyterian Church</u> Calgary Food Bank Depot location: people order their hamper through the Calgary Food Bank and request this satellite location for pick up. Hampers can be requested Monday through Thursday from 8:15am-7pm and Fridays 8:15am-3:30pm by phoning the Calgary Food Bank at 403-253-2055. Pick up hours at St. Andrews are Saturdays from 2:00pm-4:00pm. Address: 703 Heritage Dr SW

	<u>Emmanuel Christian Reformed Church</u> Providing hampers for their community members and those living in the neighbourhood (Glenbrook area - West of 37th Street, East of 85th Street, South of Bow Trail and North of Glenmore Trail). The food pantry runs the second Wednesday of every month from 9am–11am. Contact Information: Phone: 403-246-0795 Address: 3020 51 St SW Email: office@emmanuelcrc.org
	<u>Feed it Forward</u> Food hampers are available to anyone who needs support, no matter their situation and without judgement. We will do our best to meet specific food preferences based on donation availability. Contact by email, phone, or Facebook to request a hamper. Contact Information: Phone: 587-731-0905 Email: feeditforwardyyc@gmail.com Address: Pick-up locations located throughout SW Calgary. Contact for details.
	<u>Lincoln Park Housing Complex</u> Calgary Food Bank Depot location: people order their hamper through the Calgary Food Bank and request this satellite location for pick up. Hampers can be requested Monday through Thursday 8:15am-7pm and Fridays 8:15am-3:30pm by phoning the Calgary Food Bank at 403-253-2055. Pick up hours at Lincoln Park Housing Complex are Wednesdays 9:30am-11:00am. Address: 36 Lincoln Way SW
	<u>Salvation Army - Barbara Mitchell Family Resource Centre</u> This is a Calgary Food Bank Depot location: order your hamper through the Calgary Food Bank and request this satellite location for pick up. Contact Information: Address: 1731 29 St SW
	<u>Southwinds Church</u> Emergency food support is available, as resources allow. Contact us for more information. Contact Information: Phone: 403-703-9920 Email: office@southwindschurch.ca Address: 11 Cranarch Rd SE (Call before visiting)
	<u>St. James Catholic Parish</u> For anyone living in Altadore, Currie, Elbow Park, Garrison Woods, Lakeview or Lincoln Park. Referrals are not required. Food hampers are available every 2nd, 3rd and 4th Friday of the month (except January). Requests must be made by 5pm the Wednesday prior. Contact Information: Phone: 243-2680 Address: 5504 20 St SW
	<u>SSVP Depot - Sacred Heart Church</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-244-2741

	Email: ssvpsouthcalgary@gmail.com Address: 1307 14 St SW
	<u>SSVP Depot - St. Anthony's Catholic Parish</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-252-6658 Email: ssvppantry@stanthonysyc.ca Address: 5340 4 St SW
	<u>SSVP Depot - St. Gerards Parish</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-253-2251 Email: ssvpsouthcalgary@gmail.com Address: 8944 Elbow Dr SW
	<u>SSVP Depot - St. Marys Cathedral</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-397-6028 Email: ssvpsouthcalgary@gmail.com Address: 219 18 Ave SW
	<u>SSVP Depot - St. Michael Catholic Community</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-249-0423 ext. 122 Email: ssvpsouthcalgary@gmail.com Address: 800 85 St SW
	<u>SSVP Depot - St. Patricks Parish Church</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries. Contact Information: Phone: 403-254-6878 Email: ssvpsouthcalgary@gmail.com Address: 1414 Shawnessy Blvd SW
	<u>Umoja Community Mosaic</u> Umoja Community Mosaic provides families in need with food to cook with, fruit, vegetables, and diapers, ensuring that families have access to food in a safe and secure manner. Umoja Community Mosaic is the next evolution of Soccer Without Boundaries. Contact Information: Phone: 403-618-0457 Email: hello@soccerwithoutboundaries.org

	<u>Community Food Pantries</u>
	<u>Beltline - Community Fridge & Pantry</u> The Beltline community fridge-pantry is a volunteer-led project that enables food to be shared within a community. Anyone can bring food or take food without limits or barriers. It is maintained by a network of residents and local businesses and not only reduces food insecurity in our community but mitigates food waste as well. Contact Information: Email: beltlineneighbourhoodfridge@gmail.com Address: 221 12 Ave SW
	<u>Bethany Chapel</u> Food pantry program providing non-perishable goods that is open to families that live in a close proximity to the church. We do however allow anyone that has a need to access it as well. Contact Information: Phone: 403-249-8605, ext. 236 (Mary) Email: mary@bethanychapel.com Address: 3333 Richardson Way SW
	<u>Jewish Family Service - Wynne's Pantry (Miriam's Well)</u> We offer a Basic Needs Program. Contact Information: Phone: 403-287-3510 Email: info@jfsc.org Address: #420 5920 1a St SW
	<u>Knox Presbyterian Church - Free Food Pantry</u> Come visit the free food pantry located at Knox Presbyterian Church. This pantry is located on the southwest side of the property and is stocked with non-perishable food items and toiletries. Available 24/7. Address: 3704 37 St SW
	<u>Rosscarrock - Community Fridge</u> We provide 24/7 access to free, fresh, and nutritious food for anyone who may need it - without judgement. The fridge is a partnership between the Rosscarrock Community Association and mutual aid group, The Hatch. Address: 4411 10 Ave SW (Located outside the community hall)
	<u>Unison at Kerby Centre - Free Food Market</u> Bread and baked goods are available for older adults to pick up. There are often other items available such as frozen meat, pre-made frozen meals, sandwiches, produce, and dairy products. Available to adults 50+. See our website calendar for alternative market days and locations. Contact Information: Phone: 587-441-0118 Email: ThriveD@unisonalberta.com Hours: Tuesday & Friday, 11am-12pm Address: 1133 7 Ave SW
	<u>Unison at Kerby Centre - Community Pantry</u> Our Unison community pantry is run on a "Give what you can, Take what you need" model - community members are able to donate to the community pantry and take what they need from

	Monday-Friday between 8am-4 pm. The Thrive department stocks the pantry Mondays and Wednesdays at 1pm. Available to those 50+. Located near the Kerby Centre main reception. Contact Information: Phone: 587-441-0118 Email: ThriveD@unisonalberta.com Hours: Monday to Friday, 8am-4pm Address: 1133 7 Ave SW
	<u>Food Bank Referrals and Connections to Basic Needs Support</u>
	<u>Calgary Catholic Immigration Society</u> Crisis Response Teams have been organized to support immigrants and refugees. Crisis Response Teams can help with accessing food, housing, financial resources, and supports for mental wellness, health, and family violence. To access support, complete a referral form online. Contact Information: If you need help to fill out the form, please call. Phone: 403-978-2972 Address: 1111 11 Ave SW
	<u>carya</u> Able to provide referrals and support over the phone or by email. Contact Information: Phone: 403-269-9888 between 8:30am-5pm Email: info@caryacalgary.ca Address: 180, 839 5 Ave SW
	<u>CUPS Calgary Society</u> Providing Food Bank referrals and hamper delivery. Support is available over the phone Monday-Friday, 8am-4pm. Contact Information: Phone: 403-221-8780 Address: 1001 10 Ave SW
	<u>HIV Community Link</u> Providing support and Food Bank referrals and delivery for clients. Address: 1603 10 Ave SW
	<u>Immigrant Services Calgary</u> Providing Food Bank referrals. Contact Information: Phone: 403-265-1120 Address: 1200, 910 7 Ave SW
	<u>Jewish Family Service Calgary</u> Providing Food Bank referrals. Contact Information: Phone: 403-287-3510 Email: info@jfsc.org Address: 5920 1a St SW

	<u>Patch - Woodridge</u> Food Bank referrals, Emergency food is available for those that are registered with Patch and accessing our services. Contact Information: Phone: 403-281-4905 Address: 249 Woodridge Dr SW
<u>Affordable Good Food Box Locations</u>	
	<u>Bethany Chapel</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please call us or visit our website! Contact Information: Phone: 403-249-8605 Address: 3333 Richardson Way SW
	<u>First Lutheran Church</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please call or email. Contact Information: Phone: 403-242-4544, ext. 207 (Kelly) Email: Kelly@makingfaithmatter.ca Address: 7102 14 Ave SW
	<u>Grace Lutheran Church</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please call us! Contact Information: Phone: 403-249-8562 Address: 3610 Sarcee Rd SW Email: office@calgarygracelutheran.ca
	<u>Knox Presbyterian Church</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box please call, email, or visit our website to complete the form. Contact Information: Phone: 403-242-1808 Email: office@knoxcalgary.ca Address: 3704 37 Ave SW
	<u>Manchester Tower</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please call us! Contact Information: Phone: 403-850-2149 Address: 5757 2 St SW

	<u>Sunalta Community Hub</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please call us or email us! Contact Information: Phone: 403-852-8703 Email: Tamara.Baldwin@calgary.ca Address: 1627 10 Ave SW
	<u>Affordable Market Locations</u>
	<u>Fresh Routes - Manchester: Housing Building</u> Affordable and mobile fresh food market running Thursdays from 6-7:30pm. Most locations run weekly, but please check our website for the most current schedule. Address: 5757 2 St SW
	<u>Fresh Routes - Mount Royal University</u> CLOSED FOR SUMMER Affordable and mobile fresh food market running Mondays from 11am-1pm. Find us in the Wyckham House Food Court. Most locations run weekly, but please check our website for the most current schedule. Address: 4825 Mt Royal Gate SW
	<u>Fresh Routes - Sunalta: Community Association</u> Affordable and mobile fresh food market running Tuesdays from 3:30-5:30pm. Most locations run weekly, but please check our website for the most current schedule. Address: 1627 10 Ave SW, across the road from the train station.
	<u>Fresh Routes - Spruce Cliff: Shaganappi Village</u> Affordable and mobile fresh food market running Wednesdays from 10am-12pm. Most locations run weekly, but please check our website for the most current schedule. Address: 3528 Balsam Dr SW
	<u>Open Market - Meadowlark Park: Community Association</u> Shop for fresh produce through a Pay What You Want pricing model. Choose to pay the suggested price, pay less, or pay more to pay it forward to your community! Stop by Thursdays between 5-7pm. Address: 623 58 Ave SW
	<u>Free and Low Cost Meals</u>
	<u>St Mary's Hall - Feed the Hungry</u> We offer a family-style, sit down lunch each Sunday in an atmosphere of community, warmth, safety, dignity, and respect. Meals provide a salad, main entree, dessert, and beverage. To-go options available. Sundays from 1:30-3pm. Contact Information: Phone: 403-218-5532 Address: 221 18 Ave SW

	<u>Grocery Delivery Services</u>
	<u>Unison at Kerby Centre - Grocery Delivery & Friendly Visits</u> Grocery shopping, delivery and friendly visits by Unison volunteers. Eligibility: 50+, low-income, and homebound older adults (in some cases, Thrive can support short-term support to individuals returning home from the hospital or recovering from illness or surgery). \$4 delivery fee in addition to the cost of groceries. Contact Information: Phone: 403-234-6571 Email: ThriveD@unisonalberta.com Address: 1133 7 Ave SW