

Call 211 for Additional Information

<p>Emmanuel Christian Reformed Church emmanuelcrc.org (403) 246-0795 3020 – 51 Street SW</p> <ul style="list-style-type: none"> • Community Dinner – Last Friday of each month at 6pm 🕒 Food Pantry – second Wednesday of each month (excluding July and August) from 9-11am <ul style="list-style-type: none"> * For residents west of Crowchild Tr, north of Glenmore Tr, and south of Bow Tr * Need ID and proof of address 	<p>Shepherd of the Church Lutheran Church shepherdofthehillslutheran.ca (403) 288-4646 8007 Bowness Road NW</p> <ul style="list-style-type: none"> 🕒 Wednesday Community Supper – every Wednesday from 6-7:30pm <ul style="list-style-type: none"> * For residents of Greenwood, Montgomery, and Bowness
<p>Calgary Rehab and Drop-In Center calgarydropin.ca/service-volunteer/meal-services/ (403) 266 – 3600 1 Dermot Baldwin Way SE</p> <ul style="list-style-type: none"> • Accessible as often as needed • Meals and snacks available everyday: <ul style="list-style-type: none"> 🕒 <u>Breakfast</u> – 7:00 am 🕒 <u>Snack</u> – 9:30 am 🕒 <u>Lunch</u> – 12:00 pm 🕒 <u>Snack</u> – 3:30 pm 🕒 <u>Dinner</u> – 6:00 pm • Limit of one serving of food per person at meal or snack 	<p>Feed the Hungry – St. Mary's Parish feedthehungrycalgary.ca 403-228-6318 221 18th Avenue SW</p> <ul style="list-style-type: none"> • family-style sit-down Sunday Dinner almost every week • salad, 2 plates of entrée, and dessert <ul style="list-style-type: none"> 🕒 3:30-5pm every Sunday (excluding Stampede and around Christmas)

Low Cost Food - Calgary

<p>Good Food Box kpcalgary.ca/index.php/program-services/good-food-box 403-538-3780</p> <ul style="list-style-type: none">Boxes of fruits and vegetables monthly for a low cost:<ul style="list-style-type: none">Small Box: 20-25 lbs produce = \$25Medium Box: 30-35 lbs produce = \$30Large Box: 40-45 lbs produce = \$35Payment is due when orderingPick-up only available on designated date for depot, different depots all over cityCan be ordered at the Women's Centre	<p>Salvation Army – Centre of Hope 403-410-1111 420 9 Ave SE, Calgary, AB T2G 0R9</p> <ul style="list-style-type: none">Open to public<ul style="list-style-type: none">9am-9pmBreakfast: \$2.50Lunch: \$3Dinner: \$4
<p>Calgary's Cooking ckpcalgary.ca/index.php/program-services/calgary-s-cooking 403-538-0135 1731 29 St SW</p> <ul style="list-style-type: none">Monthly healthy budget friendly mealsPlanning meeting and cooking preparation take place separately14-16 meals prepared to take home and freeze for \$25-\$35Many locations around the cityApply online or call	<p>Salvation Army (Family Resource Centre) – 5 Loaves and 2 Fish salvationarmycalgary.org/5_loaves_2_fish.html 403-930-2700</p> <ul style="list-style-type: none">food-sharing programBased on family size, you will contribute a certain amount of money<ul style="list-style-type: none">\$5/portionThe food is purchased in bulkFamilies get together and split the purchaseFood purchased primarily dry goods, fruit and vegetables*Bring your own bags*🕒 2nd Thursday of the month 1:30-2:30PM (Family Resource Centre)🕒 2nd Thursday of the month 4-5PM (Community Support Services)

<p>Meals on Wheels mealsonwheels.com/meals-programs/ 403-243-2834 5759-80 Avenue SE</p> <ul style="list-style-type: none">5 programs: lunch & supper, frozen, chopsticks, group meal, and hot soup programNutritious and affordable meals delivered up to 7 days a weekMeals are based on sliding scale, \$25 one time admin fee to startSee details for each program online – apply online or call
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