

Free Hot Meals

<p>Emmanuel Christian Reformed Church 3020 – 51 Street SW (403) 246-0795 emmanuelcrc.org</p> <ul style="list-style-type: none"> Community Dinner – Last Friday of the month at 6pm (Excluding June, July & August) <p>Food Pantry – second Wednesday of each month (excluding July and August) from 9-11am</p> <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>Calgary Rehab and Drop-In Center 1 Dermot Baldwin Way SE (403) 266 – 3600</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>Lunch</u> – 12:00 pm 🕒 <u>Dinner</u> – 6:00 pm Limit of one serving of food per person at meal or snack Currently only available for DI Guests
<p>Dashmesh Culture Centre 135 Martindale Blvd. NE 403-590-0970</p> <ul style="list-style-type: none"> 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 9 a.m. to 8 p.m. daily. 	<p>Feed the Hungry – St. Mary's Parish 221 18th Avenue SW feedthehungrycalgary.ca 403-228-6318</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)
<p>Victory Outreach 1840 38 St SE (403) 273-1050 (text or call)</p> <ul style="list-style-type: none"> No-cost, hot lunches available on Tuesday, Wednesday and Thursday from 10am to 2pm Emergency hampers available as well as free showers and a clothing room 	<p>Aujla's Restaurant 5110 55 Skyview Ranch Road</p> <ul style="list-style-type: none"> No-cost, packed hot vegetarian meal for pick-up daily Hours: Monday - Sunday, 5 p.m. - 7 p.m.

No Cost Food

<p>Calgary Community Fridge Crescent Heights (902 Centre Street N)</p> <ul style="list-style-type: none"> • A fridge with a “take what you need, leave what you can” model. • Can be accessed by anyone, 24/7, no questions asked. • Busses that stop close to The Fridge: <ul style="list-style-type: none"> ○ 2, 3, 17, 745 	<p>Salvation Army – Centre of Hope 420 9 Ave SE 403-410-1111</p> <ul style="list-style-type: none"> • Free bread daily at 1:45 p.m. and food hampers every Wednesdays at 1 p.m. • No registration needed, just bring I.D
<p>Victory Outreach 403-273-1050 victoryoutreach.ca/food-splash-page</p> <ul style="list-style-type: none"> • Emergency Hampers available through their Forest Lawn location • Emergency Hampers are enough food for 1 day per person. There is a limit of one per week per household • Fill out an application through their website and someone from their staff will contact you 	<p>Emmanuel Christian Reformed Church 3020 – 51 Street SW emmanuelcrc.org (403) 246-0795</p> <ul style="list-style-type: none"> • Food Pantry – second Wednesday of each month (excluding July and August) from 9-11am • For residents west of Crowchild Tr, north of Glenmore Tr, and south of Bow Tr • Need ID and proof of address
<p>The Salvation Army Community Services cssinfo@salvationarmycalgary.org 403-220-0432</p> <ul style="list-style-type: none"> • No-cost, emergency food hampers are available with up to two days' worth of non-perishable food and hygiene items. • Delivery is available. • Additional items can be requested including diapers, wipes and formula for infants or toddlers. 	<p>Society of Saint Vincent De Paul (SSVP) 403-250-0319 ssvpcalgary.ca</p> <ul style="list-style-type: none"> • Emergency food baskets to individuals and families in need • Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries
<p>Brown Bagging for Kids Signup: Bbck.org/help hello@bb4ck.org 403-264-7979</p> <ul style="list-style-type: none"> • Offers grocery cards to families whose kids are doing at-home learning or temporarily isolating. Can connect kids doing in-person learning to in-school bagged lunch programs 	<p>Alex Community Food Centre 403-455-5792 goodfood@thealex.ca thealexafc.ca</p> <ul style="list-style-type: none"> • Free Meal to Go Program on Friday mornings from 10:00am-12:00pm • Get a healthy frozen meal, fresh salad kit and fruit for you and family

Low Cost Food

<p style="text-align: center;">Good Food Box www.gfbcalgary.com 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 = \$25 Medium Box: 30-35 lbs produce = \$30 Large Box: 40-45 lbs produce = \$35 Payment is due when ordering Pick-up only available on designated date for depot, different depots all over city 	<p style="text-align: center;">Calgary's Cooking 1731 29 St SW 403-538-0135 ckpcalgary.ca/index.php/program-services/calgary-s-cooking</p> <ul style="list-style-type: none"> Monthly healthy budget friendly meals Planning meeting and cooking preparation take place separately 14-16 meals prepared to take home and freeze for \$25-\$35 Many locations around the city Apply online or call
<p style="text-align: center;">Meals on Wheels 403-243-2834 5759-80 Avenue SE mealsonwheels.com/meals-programs/</p> <ul style="list-style-type: none"> 5 programs: lunch & supper, frozen, chopsticks, group meal, and hot soup program Nutritious and affordable meals delivered up to 7 days a week Meals are based on sliding scale, \$25 one time admin fee to start <p>See details for each program online – apply online or call</p>	<p style="text-align: center;">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 program Based on family size, you will contribute a certain amount of money \$5/portion Families get together and split the purchase *Bring your own bags* Food purchased primarily dry goods, fruit and vegetables <i>2nd Thursday of the month 1:30-2:30PM (Family Resource Centre)</i> <i>2nd Thursday of the month 4-5PM (Community Support Services)</i>
<p style="text-align: center;">Fresh Routes 587-779-5009 freshroutes.ca/delivery-request</p> <ul style="list-style-type: none"> Discounted/free food baskets available for Calgarians currently in isolation and/or in an emergency financial situation. Payment required online at the time of ordering Complete the online form to order In person, low cost produce markets happening across the city. Schedule available at www.freshroutes.ca/schedule-calgary 	<p style="text-align: center;">Greater Forest Lawn 55+ Society www.gfls.org/pandemic-response-1</p> <ul style="list-style-type: none"> Serving seniors in Greater Forest Lawn Communities including Dover, Forest Lawn, Erin Woods, Albert Park/Radisson Heights, Forest Heights, Southview, and Penbrooke Meadows. Meal options for \$5, including soups and stews, healthy meals and desserts, with free pick up or delivery. Gluten-free options are available. Payment can be made via email money transfer, credit card, cheque or cash. If payment is not an option, meals may be delivered at no cost. Hours: Monday - Friday, 8 a.m. - 4 p.m.

Emergency Food Hampers

<p>Al-Qaim Foundation www.al-qaim.org 403-999-4614 Riyazkhawaja5@gmail.com</p> <ul style="list-style-type: none"> No-cost food hampers and basic needs items are available to seniors and Calgarians in self-isolation, quarantine or financial need. Delivery is available. Call to request service 	<p>Aboriginal Friendship Center of Calgary 316-7 Avenue SE 403-270-7379 https://www.afccalgary.org/</p> <ul style="list-style-type: none"> Food Hampers and non-food hampers being distributed from the hub
<p>The Kerby Centre 1133 7 Ave SW 403-265-0661 www.kerbycentre.com/</p> <ul style="list-style-type: none"> Bread market for Seniors The bread market is hosted at the Kerby Centre's gymnasium area and is following all COVID guidelines Tuesdays and Fridays from 10:30 am-12:30 pm No need to register, just drop-in 	<p>Muslim Family Network Society- Halal Food Bank Unit 1129-3961 52 Ave NE Building 1000 403-466-6367 https://www.muslimfamilynetwork.org/</p> <ul style="list-style-type: none"> Provides Halal food hampers to individuals and families in need. Can use the Halal Food Bank 4-6 times a year depending on circumstances Proof of financial need is required Call to book an appointment to access
<p>The Salvation Army Community Services 403-220-0432 cssinfo@salvationarmycalgary.org</p> <ul style="list-style-type: none"> No-cost, emergency food hampers are available with up to two days' worth of non-perishable food and hygiene items. Delivery is available. Additional items can be requested including diapers, wipes and formula for infants or toddlers. 	<p>Victory Outreach 403-273-1050 victoryoutreach.ca/food-splash-page</p> <ul style="list-style-type: none"> Emergency Hampers available through their Forest Lawn location Emergency Hampers are enough food for 1 day per person. There is a limit of one per week per household Fill out an application through their website and someone from their staff will contact you