



WOMEN'S
CENTRE
OF CALGARY

Calgary Food Resources

Call 211 for Additional Information

Free Hot Meals

<p>Emmanuel Christian Reformed Church 3020 – 51 Street SW 403-246-0795 emmanuelcrc.org</p> <ul style="list-style-type: none">• Food Pantry – second Wednesday of each month (September- June) 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>Calgary Rehab and Drop-In Center 1 Dermot Baldwin Way SE 403- 266-3600</p> <ul style="list-style-type: none">• Provides 3 daily meals and bagged lunches• Meals and snacks available at designated times.• 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">• Provides Hot meals and Food Hampers• Place order on-site, inside the Dashmesh Culture Centre complex, near the Gurdwara Sahib entrance gate• No-cost, non-perishable food and hygiene items available for pick-up• 9 a.m. to 4 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)• Provides items to cover 300 food bundles, including store bought and individually-wrapped sandwiches, fruits, snacks and bottles of water

<p style="text-align: center;">Victory Outreach (Forest Lawn) 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 12pm to 2pm • Emergency hampers available Tuesdays to Thursdays from 12-1:45PM • Calgary food bank satellite location 	<p style="text-align: center;">Victory Outreach (Ogden) 7012 Ogden Rd. SE (403) 273-1050 (text or call)</p> <ul style="list-style-type: none"> • No-cost, hot lunches available on Tuesdays and Wednesdays from 11am to 2pm • Emergency hampers available from 11-2PM (walk-in basis) on Wednesdays only
<p style="text-align: center;">Wing Kei Village 4120 Centre St NE 403-850-7889</p> <ul style="list-style-type: none"> • The Well Café is open between 5:30 PM – 7:00 PM (with the exception of statutory holidays) on Mondays and Wednesdays to receive a free hot meal • Dine-in only 	<p style="text-align: center;">Alex Community Food Centre 403-455-5792 goodfood@thealex.ca thealex.cfc.ca</p> <ul style="list-style-type: none"> • Drop-in community breakfast every Friday morning from 9:00am-11:00am • Drop-in community lunch every Wednesday from 12pm-1pm • Drop-in family dinner every Monday from 5pm- 6:30pm

No-cost Food

<p style="text-align: center;">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. • Accessible 24/7, no questions asked. • Busses that stop close to The Fridge: 2, 3, 17, 745 	<p style="text-align: center;">North East Family Connections 95 Falshire Dr. N.E. 403-293-0424 https://www.nefcs.ca/services/</p> <ul style="list-style-type: none"> • Small community pantry • Drop-in to access pantry <ul style="list-style-type: none"> ○ Tuesday- Thursday ○ 10am- 3pm <p style="text-align: center;">Can access “Good Food Box” – a low-cost food program through them</p>
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<p style="text-align: center;">Victory Outreach victoryoutreach.ca/food-splash-page 403-273-1050</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 style="text-align: center;">Emmanuel Christian Reformed Church 3020 – 51 Street SW 403-246-0795 emmanuelcrc.org</p> <ul style="list-style-type: none"> • Food Pantry – second Wednesday of each month (September- June) 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 style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">Society of Saint Vincent De Paul (SSVP) 403-250-0319 https://ssvpcalgary.ca/contact/</p> <ul style="list-style-type: none"> • Emergency Food baskets to individuals and families • Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries 	<p style="text-align: center;">Alex Community Food Centre 403-455-5792 goodfood@thealex.ca thealexafc.ca</p> <ul style="list-style-type: none"> • Drop-in community breakfast every Friday morning from 9:00am-11:00am • Drop-in community lunch every Wednesday from 12pm-1pm • Drop-in family dinner every Monday from 5pm- 6:30pm • Affordable produce market every Friday from 9am- 11am
<p style="text-align: center;">Umoja Community Mosaic 403-618-0457</p> <p>Email hello@soccerwithoutboundaries.org https://umojacommunitymosaic.org/</p> <ul style="list-style-type: none"> • Supports low-income families and seniors with culturally-appropriate food • Food is often delivered directly to Calgarians 	<p style="text-align: center;">Confederation Park 55+ activity centre 2212 13 St NW 403-287-4780</p> <ul style="list-style-type: none"> • Provides meals for seniors in the community • Contact number for more information

<ul style="list-style-type: none"> • Provides gift cards sometimes 	
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Low-Cost Food

<p style="text-align: center;">Good Food Box https://www.ckpcalgary.ca/goodfoodbox 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: 15-20 lbs produce = \$25 • Medium Box: 25-30 lbs produce = \$30 • Large Box: 35-40 lbs produce = \$35 • Payment is due when ordering 	<p style="text-align: center;">Calgary's Cooking 3751 21 St NE 403-538-0135 https://www.ckpcalgary.ca/calgarys-cooking</p> <ul style="list-style-type: none"> • Monthly healthy budget friendly meals • Planning meeting and cooking preparation take place separately • Several meals prepared to take home and freeze • Apply online or call
<p style="text-align: center;">Calgary Meals on Wheels 403-243-2834 5759-80 Avenue SE mealsonwheels.com/meals-programs/</p> <ul style="list-style-type: none"> • Affordable meals to Calgarians in need • Programs includes: lunch & supper, frozen, chopsticks, group meal, and hot soup program • Delivery option available within Calgary limits • One can access services without membership • See details for each program online – apply online or call 	<p style="text-align: center;">Greater Forest Lawn 55+ Society 3425-26 Ave. SE, Calgary, AB T2B 2P2, CA 403-272-4661</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.

<p>Fresh routes, Calgary, Alberta 587-779-5009 info@freshroutes.ca https://freshroutes.ca/schedule-calgary/</p> <ul style="list-style-type: none"> • Mobile grocery stores • Stores carry fruits, veggies, eggs and whole grains for affordable prices • Dates and locations on monthly calendar in their website 	<p>Flash Food App, Calgary https://www.flashfood.com/</p> <ul style="list-style-type: none"> • Get massive savings on fresh food items e.g. meat and produce that are nearing their best before date at grocery stores across Canada and the U.S. <ul style="list-style-type: none"> ✓ Step 1: Download app ✓ Step 2: Browse deals up to 50% off at a grocery store location near you ✓ Step 3: Choose your discounted food items ✓ Step 4: Pay right in the app ✓ Step 5: Pick up your flash food at grocery store ✓ Step 6: Enjoy good food and a good deal!
<p>Goat Share App, Calgary</p> <ul style="list-style-type: none"> • Offers households or food businesses a way to offer food products for free or at a discounted price to the community • Download the app to get affordable food 	<p>Good Neighbour Community market 149 5 Ave SE, Calgary, Alberta https://www.instagram.com/goodneighbouryc/</p> <ul style="list-style-type: none"> • A free food market is offered every Sunday starting at 12 pm • A community fridge/pay-what-you-want thrift store

Food Hampers

<p>Al-Qaim Foundation 403-999-4614 www.al-qaim.org 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 • Can visit website to request for food hamper 	<p>Aboriginal Friendship Center of Calgary 403-270-7379 316-7 Avenue SE https://www.afccalgary.org/</p> <ul style="list-style-type: none"> • Food Hampers and non-food hampers being distributed from the hub
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<p style="text-align: center;">The Kerby Centre 1133 7 Ave SW 403-265-0661 www.kerbycentre.com/</p> <ul style="list-style-type: none"> • Bread market for seniors <ul style="list-style-type: none"> ○ Tuesday & Friday- 10:30am-12:00pm • Free rescued food markets for seniors <ul style="list-style-type: none"> ○ Details on website; call for more details • No need to register, just drop-in 	<p style="text-align: center;">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 style="text-align: center;">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. • Open Monday to Friday • Delivery is available. • Additional items can be requested including diapers, wipes and formula for infants or toddlers. 	<p style="text-align: center;">Victory Outreach victoryoutreach.ca/food-splash-page 403-273-1050</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 style="text-align: center;">Salvation army-Berkshire Citadel Community church 222 Sandarac Drive NW 403-275-1827 https://www.tsaberkshire.com/assistance</p> <ul style="list-style-type: none"> • Contact them to make appointment • Provides emergency food hampers all year round • More details on their website 	<p style="text-align: center;">St. James Catholic church 5504-20 street SW 403-243-2680</p> <ul style="list-style-type: none"> • Provides food on emergency basis • Serves those living in these communities: <i>Altadore, Currie Barracks, Elbow Park, Garrison woods, Lakeview, Lincoln Park, Mount Royal College, North Glenmore Park and Richmond Park</i> • Call contact number anytime to access food bank <ul style="list-style-type: none"> ○ Press 3 for food bank voice mail ○ Leave message that includes name, address and telephone number ○ Volunteer will call to determine your needs, and a provide date/ time for hamper pickup • Emergency hamper pick up times <ul style="list-style-type: none"> ○ Mornings of 2nd, 3rd and 4th Fridays of the month ○ Request made no later than 5:00pm on the Wednesday before Friday pickup. • Provides Christmas hampers each year

**Harvest Hills Care Calgary
403-608-7224**

- is an organization that helps any Calgarian regardless of income or status.
- We are first and foremost Calgarians and Albertans and we will help/support anyone who needs it.
- To request support with food, call number or email harvesthillscarecalgary@gmail.com or visit Facebook page.

**Sankofa Arts and Music Foundation
403-815-5822**

- Food hampers are available to anyone in need. Please phone 403-815-5822 for support.

Community Food Pantries

**Robert McClure United church
5510 26 Ave NE, Calgary
403 280-9500**

- Food Pantry open every Thursday from 11:30am to 12:30pm
- Free Thrift shop open at the same time
- No referrals necessary
- Please bring your own bags and dress for weather

**Calgary Community Fridge
Crescent Heights (902 Centre Street N)**

- A fridge with a “take what you need, leave what you can” model.
- Accessible 24/7, no questions asked.
- Busses that stop close to The Fridge: 2, 3, 17, 745

**Community Outdoor Free Food Banks
NE Quadrant
Available 24/7**

- **Saddleridge** - 75 Saddlelake Way NE
- **Taradale** - 81 Taradale Dr. NE
- **Whitehorn** - 631 Whitewood Road NE
- **Hindu Society** - 2225 24 Ave NE
- **Crossroads Community Food Pantry** - 1820 Valleyview Rd NE
- **Free Little Pantry - Crossroads** - 1803 14 Ave NE

**Community Outdoor Food Pantries
SE Quadrant
Available 24/7**

- **Penbrooke Meadows Community Association** - Greater Forest Lawn Food Pantry - 6100 8 Ave SE
- **My Little Pantry - Erin Woods Community Association**- 83 Erin Park Dr SE
- **Victory Outreach** - Greater Forest Lawn Food Pantry - 1840 38 St SE

**Community Outdoor Food Pantries
SW Quadrant**

- **Emmanuel Christian Reform Church – 3020 51 St SW | 403-246-0795**
 - Food Pantry – second Wednesday of each month (September- June) from 9-11am
- **Bethany Chapel** - 3333 Richardson Way SW
 - 403-249-8605 ext. 236 or email mary@bethanychapel.com
- **Free Food Pantry at Knox Presbyterian Church** - 3704 37 St SW- *Available 24/7*
- **Jewish Family Service – Wynne's Pantry (Miriam's Well)** - 5920 1a St SW
 - email at info@jfsc.org or call 403-287-3510.
- **The Rosscarrock Community Fridge**- 4411, 10 Ave SW – *Available 24/7*
- **Kaffeeklatsch pantry** 1205-1 St SW - *Available 24/7*

**Community Outdoor Food Pantries
NW Quadrant
Available 24/7**

- **Ranchlands Food Pantry** - Ranchlands Community Association - 7713 Ranchview Dr NW
- **Brentwood Little Free Pantry** - 3624 Boulton Road NW- *Available 24/7*
- **Community Food Pantry Outside the Maranatha Christian Reformed Church** - 2111 52 Street NW - - *Available 24/7*
- **Community Food Pantry outside The Bownesian Grocer** - 7948 Bowness Road NW- *Available 24/7*
- **Capitol Hill Food Pantry** - Located on the corner of 15th St and 20th Ave NW- *Available 24/7*
- **Pathway Church | 403-456-6860 | 240 Cardiff Drive N.W**

