
EMERGENCY SERVICES & DROP-IN

Salvation Army

- Free community meal at 4:00 pm daily
- Breakfast, lunch, & supper for residents
- Emergency food hampers for the homeless
- Ph: 410-1111
420-9th Avenue SE

Salvation Army Food Hampers

- After-hours emergency food hampers for individuals and families
- Ph: 651-3076 (monitored 4:30 pm – 8:30 am)
1826-36 Street SE

Mustard Seed

- Breakfast for residents
- Drop-in meal: 1:00-2:30 pm and 7:00-8:30 pm
- Ph: 269-1319
102-11th Avenue SE

Calgary Inter-Faith Food Bank

- Individuals and families can receive 3 hampers per year by self-referring and 3 more when referred by agency or organization where you are participating in programs or services
- Hampers can be picked up at the warehouse or from various depots around Calgary
- Hamper Request: 253-2055
Warehouse: 5000 - 11th Street SE

Care Connect Christian Society

- Volunteers deliver food hampers from the Calgary Inter-Faith Food Bank
- Ph: 264-2636

NeighbourLink Calgary

- Network of churches helping people in Calgary
- Emergency food hampers are available
- Volunteers deliver food hampers from the Calgary Inter-Faith Food Bank
- Ph: 209-1930

Calgary Drop-In Centre (CDIC)

- Serves meals throughout the day
- Ph: 263-5707
423 - 4th Avenue SE

Society of St. Vincent de Paul

- Emergency food hampers & continued support
- Delivered to your home by volunteers
- Ph. 250-0319

Calgary Poppy Fund

- Hampers for veterans
- Mon-Fri Hours: 10:00 am – 3:00 pm
- Ph: 265-6304
Suite 109, 315-10th Avenue SE

CUPS (Calgary Urban Project Society)

- Sandwiches and coffee during the week after 11 am
- Family Resource Centre offers meals to families (everyday except Saturday)
- Ph: 221-8780
128-7th Avenue SE

Hope Street Outreach Centre

Metro Church

- Hampers for Greater Forest Lawn area (depending on availability)
- Call and leave a message
- Ph: 273-5433
2650 36th Street SE

St. Edmund's Anglican Church

- Food hampers for community members
- Monday and Thursday, Hours: 9:00 – 2:00 pm
- Ph: 288-6330
8336-34th Avenue NW

Feed the Hungry

- Sunday dinner from 3:30-5:00 pm
- *Hampers for the Homeless* picked up at dinner
- Ph: 218-5532
St. Mary's Cathedral Hall
221-18th Avenue SW

Feeding Calgary's Children Initiative

731 – 13 Avenue NE
Calgary, Alberta, Canada T2E 1C8

**For more information or copies of
this brochure contact:**

Phone: (403) 520-1513

www.feedingcalgaryschildren.net



FOOD RESOURCES IN CALGARY

May 2004

PRE-NATAL

Best Beginning

- Support services for pregnant women
- Hampers, milk, orange juice & vitamins
- Meals prepared at weekly drop-in sessions
- Non-perishable food to take home
- Counselling with nutritionists, nurses, and outreach workers
- Ph: 228-8221

EARLY YEARS

ICU2 Program

NeighbourLink Calgary

- Provides baby food, formula, diapers & supplies
- Ph: 209-1930

Infant Essentials

Salvation Army

- Provides formula, baby food, & diapers
- Ph: 220-0432
1826-36th Street SE

Children's Milk Program

Calgary Inter-Faith Food Bank Society

- Provides home delivery of fresh milk to children and pregnant/nursing mothers who are referred by a health-based organization
- Call the Food Bank at 253-2055 for more information

SCHOOL & SUMMER PROGRAMS

FANS (Food & Nutrition at School) Program

Boys and Girls Club Community Services

- Food for hungry kids in schools across Calgary
- Ph: 520-1516

Fuel for School Breakfast Program

Boys and Girls Club Community Services

Calgary Board of Education

- Nutritious breakfasts in selected Calgary schools
- Ph: 520-1516

Duck Soup Lunch Program

Calgary Meals on Wheels

- Program provides a hot lunch to hungry kids in schools across Calgary
- Ph: 243-2844

Souperstars Program

Community Kitchen Program of Calgary

- Elementary school children learn about food safety, food preparation, sanitation & etiquette
- Ph: 275-0258

Junior Chefs

Junior League of Calgary

- Offers free classes that teach children how to prepare simple, nutritious & economical snacks
- At various schools & organizations in Calgary
- Children are nominated through their schools and organizations to participate in the program
- Ph: 244-5303

Feeding Our Future

Community Kitchen Program of Calgary

- Delivers cold lunches, milk, and fruit to children at various Park & Play locations in July & August
- Ph: 275-0258

Tummy Tamers

- Mobile kitchen visits various Park & Play locations to provide hot lunches during summer
- Ph: 275-0258

Mount Royal College Food Bank

- Service for college students and families
 - Mon – Fri Hours: 10:00 am – 4:00 pm
 - Ph: 440-6269
- Wyckham House, Room Z004
4825 Richard Road SW

University of Calgary Food Bank

- Service for students, staff, faculty, and alumni
 - Ph: 220-8599
- 225 MacEwan Student Centre
2500 University Drive NW

YOUTH

Side Door

Boys and Girls Club Community Services

- Serves youth (ages 12-19)
 - Mon – Sat Hours: 11:00 – 7:00 pm
 - Hot dinner between 5:00 – 6:00 pm
 - Bag lunches available during hours of operation
 - Ph: 229-3408
- 938-15th Avenue SW

EXIT Community Outreach & Storefront

- Soup/sandwich/coffee for youth (11-24 years)
 - Sun – Fri Hours: 1:00 – 4:00 pm
 - Ph: 262-9953
- 117 – 7th Avenue SW

Streetlight-Youth for Christ

- Mobile drop-in center Mon and Thurs from 8:00 pm – 11:00 pm
 - Ph: 291-3179
- Parks at 12th Avenue & 4th Street SW

INDIVIDUALS & FAMILIES

Calgary Meals on Wheels

- Hot meals delivered at lunchtime on weekdays to seniors, convalescents, and people with disabilities
- Meals are priced to the individual's ability to pay.
- Ph: 243-2834

Collective Kitchens

- Individuals meet monthly to plan, shop and prepare low cost, nutritious meals together to take home.
- Approximately \$1.00 per person/dish
- Ph: 943-8127

The Alex Community Health Centre

- SpinZ-A-Round Program (Thurs 9:30-10:00 am)
 - Good Food Box & CANS Program
 - Food Bank Depot
 - Ph: 266-2622
- 922-9th Ave SE

Community Kitchen Program of Calgary

- Families meet at 45 kitchens throughout Calgary to plan and prepare meals
- Community Kitchen Program processes food orders and delivers food to the kitchens
- Cost is \$1.20 – \$1.50 per person for each meal
- Everyone is eligible
- Ph: 275-0258

Good Food Box

Community Kitchen Program of Calgary

- Provides fresh fruits and vegetables at lower cost
- Large Box (40 - 45 lbs produce) \$20.00
- Family Box (30 - 35 lbs produce) \$15.00
- Senior/Single Box (20 - 25 lbs produce) \$10.00
- 60 locations throughout Calgary
- Ph: 275-0258

The PATCH Project

Hull Child & Family Services

- Food hamper referrals
- Emergency food on-site for residents
- CANS Food Co-op Program, Good Food Box, and Collective Kitchens offered to families in the Lawnview Apartment Complex, Dover and surrounding communities
- Ph: Lawnview 235-0546
Dover 273-3984 (3203 31A Ave SE)

Food and Fellowship

Calgary Meals on Wheels

- Hot meals are delivered to be shared by a group in a common area (weekdays only)
- Bag lunch is also provided for an evening meal
- Cost: \$6.25
- Ph: 243-2844

Inn from the Cold

- Temporary overnight shelter for individuals and families (various locations)
 - Hot breakfast, dinner and bag lunch for individuals and families at Inn from the Cold
 - Registration 4:00 – 5:30 pm daily
 - Ph: 263-8384
- 117-7th Avenue SW

C.A.N.S. (Communities Accessing Nutritious Staples) Calgary Inter-Faith Food Bank Society

- Community food-buying cooperative
- Staple food items at considerably reduced prices
- Available to individuals and families accessing programs or services at The PATCH, The Alex, and various community resources centres