



FOOD HAMPERS

Calgary Food Bank - Emergency Food Hampers

Address: 5000 11th Street SE // **Phone:** 403.253.2055 // **Website:** www.calgaryfoodbank.com

How can they help?

- They give food hampers that have a least 7 days' worth of food.
- They also have celiac, prenatal or vegetarian hampers.

Who can use it?

- People who meet the low income level set by the food bank.

When can you go?

- Monday and Wednesday from 1:00pm to 3:30pm and 6:30pm to 7:30pm
- Tuesday and Thursday from 10:30am to 3:30pm and 6:30pm to 7:30pm
- Friday 10:30am to 3:30pm
- You must call to book your hamper before picking it up.

How often can you go?

- You can get a hamper once every 30 days, up to 7 times a year.
- You can go 3 times each year without referral and 4 more times each year with a referral.
- For prenatal hampers you can go once every 30 days while you are pregnant.

Other things you need to know

- Bring your own bags to carry the food. Bring a big bag, backpack or suitcase if you can.
- You need to bring ID for each person in your house.

Salvation Army Community Support Services

Address: 1826 36th Street SE // **Phone:** 403.220.0432

How can they help?

- They give out small food hampers. Hamper size is based on family size.
- There is also Cobs bread available at this location Monday- Friday @ 11:00 am (it goes quickly)

Who can use it?

- Anyone can use it.

When can you go?

- Walk in on Friday 1:00-4:00pm. Call to set a time to go if you want to pick up at another time.

How often can you go?

- You can go once every 30 days.

Other things you need to know

- You need to bring ID for each person in your house, bring grocery bags

Salvation Army Centre of Hope

Address: 420 9th Ave SE // **Phone:** 403.410.1111

How can they help?

- They give out small food hampers. Free bread from Cobs Monday-Friday at 1:45pm

Who can use it?

- Anyone can use it.

When can you go?

- Food hampers are **walk-in only**. Wednesdays from 1:00 pm until whenever they are gone.

How often can you go?

- You can go 3 times a year.

Other things you need to know

- You must bring ID for the person picking up the hamper only, not for everyone in the house.
-

Society St. Vincent De Paul

Phone: 403.250.0319

How can they help?

- They are a group of churches that want to help people. Many of the churches give out food hampers.

Who can use it?

- Call to find the church nearest to your home. You can only go to that church.

When can you go? How often can you go?

- This can be different for each church. Call to find the church in your area and ask them.
-

Aboriginal Friendship Centre

Address: 316-7 Ave SE // **Phone:** 403.270.7379

How can they help?

- They give out small food hampers.

Who can use it?

- Anyone can access this program

When can you go?

- Hamper pick up Wednesday or Thursday at 10:30 am. First come first serve.

How often can you go?

- You can go once per week
-

St. James Catholic Parish Food Bank (S)

Address: 5504 20 St SW // **Phone:** 403.243.2680

How can they help?

- They give out food hampers. There are no hampers in January.

Who can use it?

- Anyone who lives in Altadore, Currie, Elbow Park, Garrison Woods, Lakeview and Lincoln Park.

When can you go?

- You can pick up a hamper on the 2nd, 3rd or 4th Friday of each month from 9:30 am to 11:00 am. Summer Hours are 9:00am to 12:00pm
- Call to ask for a hamper by 4:00pm on the Wednesday before the Friday you'd like to pick up.

How often can you go?

- You can go once a month.

Other things you need to know

- You need to bring ID for all family members and proof of your address when picking up your hamper.
-

West Central Community Resource Centre (S)

Address: 3507A 17th Ave SW // **Phone:** 403.543.0555

How can they help?

- They give out small food hampers that last 1-2 days.

Who can use it?

- **Families** who lives in SW Calgary.

When can you go?

- Monday, Tuesday, Thursday, Friday 10:00am to 4:00pm.
- Wednesday 10:00am to 3:00pm.

How often can you go?

- You can go once every 3 months.

Other things you need to know

- They may not always have hampers because they can run out, may ask for proof of address
 - Bring bags to carry the food if you can.
-

Abundant Life Bread Basket (S)

Address: 3325 49 St SW // **Phone:** 403.246.1804

How can they help?

- They give out food hampers.

Who can use it?

- People who live west of 14th street, North of Glenmore (including Wildwood & Lakeview)

When can you go?

- 1st and 3rd Tuesday of every month.
- During July and August it is only every 2nd Tuesday. Call to find the dates before you go.

How often can you go?

- You can go as many times as you need.

Other things you need to know

- Bring a big bag, backpack or suitcase if you can. There can be a lot of food to carry.
 - **You will need:** proof of address, ID, Health Care Card
 - You will need to register and sign in. They will give you a number and then once they start they will start calling numbers. When it is your turn, you will go into the gym and collect the food items that you want from the tables.
 - They offer a drop-in ESL (English as a Second Language) class right before the bread basket program that anyone can access if they want (11:45-1:00)
-

Robert McClure United Church Food Pantry

Address: 5510 26 Ave NE // **Phone:** 403.280.9500

How can they help?

- You can choose from the food items they have but every week the food is different.

Who can use it?

- Anyone can use it.

When can you go?

- Thursdays from 10:30am to 11:30am

How often can you go?

- You can go as often as you need.
-

BowWest Community Resource Centre

Address: 7904 43 Ave NW // **Phone:** 403.216.5348

How can they help?

- They have a very small pantry of non-perishable food items available.

Who can use it?

- It is for people who live in Bowness, Montgomery and Greenwood.

When can you go?

- Every second Thursday 1:00pm to 4:00pm

How often can you go?

- Once per month.

Other things you need to know

- They run out of food quickly. Go at 1:00pm or call first to make sure there is still food left.
-

Bowness Community Centre

Address: 7904 43 Ave NW // **Phone:** 403.288.8300

How can they help?

- They have a fresh food markets on Fridays from 5:00-6:30pm

What is it?

- They host a fresh food market people can get fresh food at reduced rate

How often can you go?

- As often as needed, bring bags for food.
-

Calgary Branches Poppy Fund

Address: 2020-15 St NW // **Phone:** 403.265.6304

How can they help?

- They are taking a more engaging approach and want people to come in and engage
- They are no longer providing food hampers, but rather grocery store gift cards for engaged clients

Who can use it?

- You must be a war veteran, a dependent of a veteran or a widow/widower of a veteran. You must have proof of service.

When can you go?

- Monday to Friday from 9:00 to 4:00pm
-

Chinese Baptist Church

Address: 3907 44th Ave NE // **Phone:** 403.590.4349

How can they help?

- They give out food hampers.

Who can use it?

- Anyone can use it.

When can you go?

- Every 2nd and 4th Wednesday of the month from 7:00 to 8:00pm. Arrive by 6:30pm to register.

How often can you go?

- You can go as often as you need.
-

HALAL FOOD HAMPERS

Muslim Families Network Society: Halal Food Bank

Address: 28 Crowfoot Terrace NW // **Phone:** 403.466.6367

How can they help?

- They give out food hampers that have halal foods.

Who can use it?

- People with a religious need to eat halal foods.
- City wide distribution

When can you go?

- You need to call to set a time to go.

How often can you go?

- You can go 3 times a year.

Other things you need to know

- You must bring all five of these items:
 1. Proof of Government Assistance (if you receive it)
 2. Child Tax Benefit (if you receive it)
 3. 2 months of bank statements
 4. Proof of your income
 5. Proof of your rent
 6. ID for every person in your house
-

KOSHER FOOD HAMPERS

Jewish Family Service Calgary – Kosher Food Bank

Address: 420, 5920 1A St SW // **Phone:** 403.287.3510

How can they help?

- They give small hampers that have kosher foods
- They also give small hampers of regular foods

Who can use it?

- People with a religious need to eat kosher foods. Must do an intake meeting and bring ID and notice of assessment.

When can you go?

- You need to call to set a time to go.

How often can you go?

- You can go once a month

Other things you need to know

- You must bring ID to pick up the hamper.

- A person must go through a financial assessment and become a client to get a hamper
- Bring your own bags because they run out sometimes.
-

FREE MEALS

Youth Unlimited – Streetlight

Address: Downtown – 10th Ave & Macleod Trail SE // Bowness – 77th St & 41st Ave NW

Phone: 403.291.3179

How can they help?

- They serve hot dinner from a food truck.
- They can also give you food to take away and eat later.

Who can use it?

- It is for youth ages 12-24 years old.

When can you go?

- 7:00pm to 9:00pm on Mondays & Thursdays at the Downtown site for 12-24 year olds.
- 7:45-9:30pm on Tuesdays at the Bowness site for 12-18 year olds.
- Closed for the month of July but can direct youth to other resources

How often can you go?

- You can go as often as you need.

Shepherd of the Hill Weekly Dinner

Address: 8007 Bowness Rd NW // **Phone:** 403.288.4646

How can they help?

- They serve a meal every week.

Who can use it?

- The meal is for those living in Bowness, Montgomery and Greenwood.

When can you go?

- Wednesday from 6:00pm to 7:30pm

How often can you go?

- You can go as often as you need.

STUDENT FOOD HAMPERS

University of Calgary – Campus Food Bank

Address: Room 225 MacEwan Student Centre, 2500 University Dr NW // **Phone:** 403.220.8599

How can they help?

- They give food hampers with 7 days of food.

Who can use it?

- You must be a student, staff or past student (up to 2 years ago) of the University of Calgary.

When can you go?

- Monday to Friday 9:00am to 4:00pm, September to April, 11:00am to 2:00pm May to August
- You must call to ask for the hamper 24 hours before you pick it up.

How often can you go?

- You can get a hamper every 30 days for a total of 8 hampers a year.
- You can have 3 hampers from September to December, 3 hampers from January to April, 1 hamper from May to June and 1 hamper from July to August.

Other things you need to know

- You need to bring your university ID to pick up a hamper.
-

SAIT Student's Association Food Bank

Address: SAITSA Resource Centre, MC107, Stan Grad Centre // **Phone:** 403.210.4323

How can they help?

- They give out small bags of food that last 3-4 days.

Who can use it?

- Current students of SAIT can use it.

When can you go?

- Monday to Friday 8:30am to 4:30pm

How often can you go?

- Limit of 2 bags per month.

Other things you need to know

- You need to bring your university ID to pick up a bag of food.
 - You must apply online at www.saitsa.com
 - Can arrange for an anonymous pickup.
-

Mount Royal Student's Association

Address: Wyckham House, Z210, Mount Royal Campus // **Phone:** 403.440.6077

How can they help?

- They have a food pantry. You can choose items from the pantry and can take as much as you need.

Who can use it?

- Current students of Mount Royal University can use it.

When can you go?

- Monday to Friday 9:00am to 4:00pm, summer hours are 9:30am to 3:30pm

How often can you go?

- You can go as often as you need.

Other things you need to know

- You need to bring your university ID to pick up a hamper.
 - They will help students get hampers from the Food Bank as well.
-

BOTH HAMPERS & MEALS

Victory Foundation – Eastside Victory Outreach

Address: 1840 38 St SE // **Phone:** 403.273.1050

How can they help?

- They have lunch every day and give out food hampers.

Who can use it?

- Anyone can go to the lunch.
- You must live in Forest Lawn to get a hamper.

When can you go?

- Sunday lunch is at 12:00pm.
- You can pick up a hamper on Tuesday from 10:00am to 12:00pm.
- Call them to leave your name and phone number to ask for a hamper. They will call you back on Monday to let you know if you can come Tuesday to get a hamper.

How often can you go?

- You can go to the lunch every week.
 - You can have a hamper every 12 week
-

Feed The Hungry – St. Mary's Parish

Address: 221 18th Ave SW // **Phone:** 403.218.5532

How can they help?

- They serve dinner on Sundays. Every person can have salad, 2 plates of food, and a dessert.

Who can use it?

- Anyone can go to the dinner.

When can you go?

- Sunday from 3:30pm to 5:00pm for the meal and hamper.

How often can you go?

- You can go to dinner as often as you need.
-

Emmanuel Christian Reformed Church

Address: 3020 51 St. SW // **Phone:** 403.246.0795

How can they help?

- They serve a community dinner once a month.
- A person can have one grocery bag of food and one carry away item (ex. Laundry detergent)

Who can use it?

- Anyone who lives west of 37th St, North of Glenmore Trail, South of the Bow River, and East of 85th St.

When can you go?

- Dinner is the fourth Friday of each month at 6:00pm.
- No dinner and no pantry during June, July and August.

How often can you go?

- You can go as often as you need.

Other things you need to know:

- You must bring proof of address and your ID to both the pantry and the meal.

Calgary Drop-in and Rehab Centre

Address: 1 Dermot Baldwin Way SE // **Phone:** 403.266.3600

How can they help?

- They have meals and snacks every day.
- They can give you a bag lunch if you can't stay for the meal.
- They also give out food hampers.

Who can use it?

- Anyone can go to the meals and snacks
- You must have a permanent home address to get a hamper.

When can you go?

- Breakfast is at 7:00am to 8:00am. Lunch is at 12:00pm to 1:00pm. Supper is 6:00pm to 7:00pm

- Snacks are 9:30am and 3:30pm
- Hamper pickup starts on Friday at 3:30pm. There is no end time but you should come early to have the best chance of getting a hamper before they run out.

How often can you go?

- You can go to the meals and snacks as often as you need. There is a limit of one serving of food per person at each meal or snack time.
- You can get a hamper up to 3 times per year.

Other things you need to know:

- Bring a piece of ID to pick up a hamper.
 - You must bring proof that you have a permanent home address to get a hamper.
-

EXIT Community Outreach and Resource Centre

Address: 108 14th St SE // **Phone:** 403.262.9953

How can they help?

- They have snacks, sandwiches and coffee.
- They give out small food hampers.

Who can use it?

- Youth 12-24 who are not staying at a shelter.

When can you go?

- Monday, Friday and Saturday from 9:00am to 5:00pm
- Tuesday and Thursday from 9:00am to 7:00pm
- Wednesday from 11:00am to 7:00pm

How often can you go?

- There is a limit of 1 sandwich for each person per day.
- You can get a hamper once a month.

Other things you need to know:

- They may run out of hampers. Call to ask if they still have any before you go.
- They don't have sandwiches in July and August.
- You need to show proof of your age.