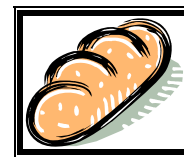


Food Resources in Calgary 2008

Emergency Food



Pregnant Moms and Children

Best Beginning

Ph: 228-8221

- ◆ Support for pregnant women
- ◆ Hampers, milk, orange juice and vitamins
- ◆ Free meals at weekly drop-in sessions
- ◆ Non-perishable food to take home
- ◆ Counselling with nutritionists, nurses, and social workers

Children's Milk Program

Ph: 253-2059

- ◆ Calgary Inter-Faith Food Bank Society
- ◆ Provides home delivery of fresh milk and formula to children and pregnant and nursing moms
- ◆ Referred by a health-based organization

Healthy Baby Network

Ph: 944-7413

- ◆ Support service to help professionals find nutrition related resources for clients
- ◆ Must be agency referred
- ◆ Provides vitamins and food based on need
- ◆ Pregnant women and families with children up to 12 months old

ICU2 Program

Ph: 209-1930

- ◆ NeighbourLink Calgary
- ◆ Provides baby food, formula, diapers & supplies (based on need and availability)

Infant Essentials

Ph: 220-0432

3301-17th Ave SE

- ◆ Salvation Army
- ◆ Provides formula, baby food & diapers

Youth

EXIT Community Outreach & Storefront

Ph: 262-9953

117-7th Avenue SW

- ◆ Offers free sandwiches and coffee
- ◆ Emergency food hampers
- ◆ For youth ages 12-24
- ◆ Sunday 1:00pm - 5:00pm, Monday to Friday 9:00am – 5:00pm

Side Door

Ph: 229-3408

938-15th Avenue SW

- ◆ Food bank hampers and referral
- ◆ Bag lunches available
- ◆ For youth ages 13-20
- ◆ Hot dinner served Monday to Friday 5:00pm – 6:00pm
- ◆ Other services Monday to Friday 12:00pm – 7:00pm

Streetlight – Youth for Christ

Ph: 291-3179

Parks at 10th Avenue and 4th Street SE

- ◆ Mobile drop in centre serving hot dinner
- ◆ Monday and Thursday 8:00pm-11:00pm

Individuals and Families

Alex Community Health Centre

Ph: 266-2622

Unit 101, 1318 Centre Street NE

- ◆ Site for Good Food Box and CANS
- ◆ Food Bank Depot and Food Bank referrals
- ◆ Some emergency food available

Calgary Inter-Faith Food Bank

Ph: 253-2055

- ◆ Food hampers up to 6 times a year
- ◆ Hampers can be picked up from one of the 7 depots around Calgary

Hope Street Outreach Centre

Ph: 273-5433

3763 52nd Street SE

- ◆ Emergency food hampers available for residents of Greater Forest Lawn area (depending on availability)
- ◆ Pick-up only

NeighbourLink Calgary

Ph: 209-1930

- ◆ Emergency food hampers are available
- ◆ Volunteers deliver Food Bank food hampers

Calgary Meals on Wheels

Ph: 243-2834

- ◆ Hot meals and bagged meals delivered at noon on weekdays
- ◆ Frozen meals available for \$4.25 each

Calgary Poppy Fund and Veterans Food Bank

Ph: 265-6304

#1 4539-6th Street NE

- ◆ Food hampers for veterans and their dependents, including widows
- ◆ Meals on Wheels vouchers for veterans in need for \$2.00 each
- ◆ Monday-Friday 10:00am-3:00pm

Care Connect Christian Society

Ph: 264-2636

- ◆ Volunteers deliver Food Bank food hampers

Society of St. Vincent de Paul

Ph: 250-0319

- ◆ Directs you to conferences that serve community districts in NE, NW, SE, SW Calgary
- ◆ Emergency food hampers and continued support
- ◆ Volunteers deliver food hampers

Spinz Around

Ph: 275-0258

- ◆ Perishable food is retrieved from retail outlets
- ◆ Volunteers deliver rescued food to various agencies in the community

St. Edmund's Anglican Church

Ph: 288-6330

8336-34th Avenue NW

- ◆ Emergency food hampers for pick-up only
- ◆ Monday and Thursday 9:00am-12:00 noon
- ◆ Call in advance

Drop-In Programs

Calgary Drop-In & Rehab

Ph: 263-5707

423-4th Avenue SE

- ◆ Provides temporary overnight shelter, meals and snacks.
- ◆ Emergency food hampers available
- ◆ For ages 16 and up

Inn from the Cold

Ph: 263-8384

#106-110-11th Avenue SE

- ◆ Registration 4:00pm-5:30pm daily for temporary overnight shelter
- ◆ Hot dinner, breakfast and bagged lunch
- ◆ Preference given to families

CUPS (Calgary Urban Project Society)

Ph: 221-8780

128-7th Avenue SE

- ◆ Food available for participants in CUPS programs
- ◆ Emergency food given to clients when available

Mustard Seed

Ph: 269-1319

102-11th Avenue SE

- ◆ Breakfast and lunch for cardholders
- ◆ Drop-in meal 7:00 pm daily

Feed the Hungry

Ph: 218-5532

St. Mary's Cathedral Hall, 221-18th Avenue SW

- ◆ Sunday dinner from 3:30pm - 5:00pm
- ◆ Food hampers for the homeless available at dinner; ID required

Salvation Army Centre of Hope

Ph: 410-1111

420-9th Avenue SE

- ◆ Free emergency accommodations including three meals each day
- ◆ Free community meal daily at 4:00 pm
- ◆ Low cost, nutritious meals available daily

Transportation Solutions

Access Calgary

Ph: 537-7770

- ◆ Door-to-door service
- ◆ Shared rides on Calgary Handi-Bus or Taxi
- ◆ For people unable to take a bus
- ◆ Must have an application completed by a doctor or other professional followed by an interview for qualification
- ◆ Cost is one bus ticket

Calgary Transit

Ph: 262-1000

- ◆ Helps you get places without using a car
- ◆ Trail maps, bus routes and road maps
- ◆ Low-Income Monthly Transit Pass
- ◆ Senior pass for \$35.00/year available at downtown office
- ◆ Free attendant pass for people accompanying passengers with special needs
- ◆ For free printed maps visit 224 7th Ave SW (maps can be mailed to you)

This handout is for general information purposes only - contact Nutrition and Active Living at 943-8127 to update information.