

Calgary Community Food Resources by Quadrant

Places where people can access low and no-cost food in Calgary.

- Please contact the organization or refer to their website for the most up-to-date information on eligibility, food availability, and how to access the resource.
- Some organizations are listed under City-wide Resources *and* within the quadrant they are located.
- See also printout resources for each quadrant (NE, SE, NW, SW)

Last edited July 18, 2024: If you know of additional resources to add or changes that need to be made, please email Abby.Landon@calgary.ca

1. City-wide Resources

211

If you need support and resources, please reach out to 211 via phone, text or online chat. A Community Resource Specialist can work with you to see what community resources and services are available and work to get you connected with support. 211 has a Basic Needs Fund to help with rent, utilities, and damage deposits.

Contact Information:

Hours: 24 hours, 7 days a week

Phone or text: 211

Provincial Emergency Financial Assistance

If you are facing an unexpected emergency, you can apply for emergency financial assistance.

You can get help when:

- a situation is caused by unforeseeable circumstances beyond your control, and
- it presents a severe health risk, and
- you can't access other resources or wait until your next paycheque or Income Support benefit cheque.

This allowance can cover the costs of: food, clothing, childcare, transportation, damage deposit, temporary accommodation, utility arrears, or eviction payments.

Contact Information:

Phone: 24/7 Emergency Income Support Centre: (Toll-free) 1-866-644-5135

Online: Or apply at MyAlbertaSupports, <https://myalbertasupports.alberta.ca/CitizenPortal/application.do>

Brown Bagging 4 Calgary's Kids

We can connect kids doing in-person learning to in-school bagged lunches. We can also connect families to additional food resources.

Contact Information:

Email: hello@bb4ck.org

Alex Community Food Centre

Drop-in Family Dinner (Mondays 5-6:30pm):

Kids and teens, bring your favourite adults for a family dinner! Halal and veggie options available.

Drop-in Community Lunch (Wednesdays 12-1pm):

Drop-in and join us for a free, nutritious lunch. Adults and supervised children are welcome.

Drop-in Community Cafe (Fridays 9-11am):

Drop-in and connect with friends for a good coffee, conversations, and a nutritious seasonal cafe snack. Adults and supervised children are welcome.



See website for details and other programs to learn how to grow food, build community, cook new recipes, and avoid food waste.

Contact Information:

Phone: 403-455-5792

Email: goodfood@thealex.ca

Address: 4920 17 Ave SE

[Al-Qaim Foundation](#)

No-cost food hampers and basic needs items are available to Calgarians in financial need. Delivery is available. Call to request service.

Contact Information:

Phone: 403-999-4614

Email: info@al-qaim.org

[Carya](#)

Able to provide referrals and support over the phone or by email. Also some emergency food available.

Contact Information:

Phone: 403-269-9888 between 8:30am-5pm

Email: info@caryacalgary.ca

[Calgary Food Bank](#)

The Calgary Food Bank offers food hampers with a 7-day supply of food. Hampers are available to those with low-income. Delivery service is available for people with medical or mobility challenges. Special hampers are available for people with babies, celiac disease, or renal disease (renal hampers need AHS renal clinic referral). Call to request your food hamper or book online: <https://www.calgaryfoodbank.com/needfoodform/>.

You must book your hamper ahead of time because distribution is by appointment only.

Contact Information:

Hours: Appointments required and available:

Monday to Thursday, 8am–7:30pm

Friday 8am–4pm

Saturday 9am-2:30pm

Phone: 403-253-2055

Main Address: 5000 11th St SE

Satellite Locations: Please refer to the website or phone for more details.

- Eastside Victory Outreach
- Fish Creek United Church
- First Alliance Church
- The Mustard Seed (Downtown)
- Supernatural Life Centre
- Thornhill Baptist Church
- Centre Street Church
- Genesis Centre
- Shepherd of the Hills Lutheran Church
- Westview Baptist Church
- Silvera for Seniors
- Skyview Community Church
- Salvation Army - Barbara Mitchell Family Resource Centre
- Grace Presbyterian Church
- Lincoln Park
- St. Andrew's Presbyterian Church
- Westminster Presbyterian Church

Calgary Meals on Wheels

Nutritious and affordable meals delivered to anyone in Calgary, regardless of age or income. When you have a lot on your plate, let us do the cooking. Choose from:

- **Our Chef's Daily Special** - Offers Lunch & Supper with accommodation for special diets and texture modifications. Price based on income. Available 3-7 days/week.
- **My Choice Menu** - Frozen meals, family-size entrees, soups, and baked goods at set prices. Offers flexibility, choice, and convenience with online ordering. Place an order to stock the freezer!

Contact Information:

Phone: 403-243-2834

Website: www.mealsonwheels.com

Calgary Seniors' Resource Society

SeniorConnect: We provide one-time emergency food hampers in urgent situations, such as awaiting a future Food Bank hamper delivery, returning from the hospital without food, or bridging the gap between pension payments when unexpected costs arise. If you need further support, our social workers will work with you to find other appropriate resources and support.

Eligibility:

- Older adults 60+.
- Complete an intake assessment with a social worker to determine eligibility.
- All hamper requests must be completed over the phone. Please do not show up in person requesting a hamper.

Contact Information:

Phone: 403-269-5445

Address: Located in NE Calgary. Please phone to request a hamper and specific address.

Seniors Social Supports:

Practical Kindness Program: Provides one-time to short-term assistance (e.g. one-time food hamper delivery and transportation to grocery stores).

Pet Assist Program: (food deliveries, pet care, etc.)

Eligibility:

- Older adults 65+.
- You must complete an intake and assessment with a program coordinator to determine eligibility.
- All requests must be completed over the phone.

Contact Information:

Phone: 403-266-6200

Address: Located in NE Calgary. Please phone to request a hamper and specific address.

Community Kitchen Program of Calgary: Good Food Box

The Good Food Box Program, (GFB) is a program under the Community Kitchen Program of Calgary, whereby anyone can purchase boxes of fresh fruits and vegetables at an affordable price.

- Small Box: \$30 (15-20lbs* of fruits and vegetables)
- Medium Box: \$35 (25-30lbs* of fruits and vegetables)
- Large Box: \$40 (35-40lbs* of fruits and vegetables)

Each box contains a combination of fruits and vegetables. The content varies weekly due to seasonal availability. The boxes contain the maximum produce to ensure our clients are getting the most value for the price. *weights are approximate.

To order a Good Food Box, contact by phone or email. Pick-up locations are available across Calgary.

**Contact Information:****Phone:** 403-538-3780**Email:** gfb@ckpyyc.ca**Website:** <https://www.ckpcalgary.ca/goodfoodbox>

[Dashmesh Culture Centre](#)

Hot meals: 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 from 9am-9pm daily.

Food bank: No-cost, non-perishable food and hygiene items available for pick-up (pasta, sauce, beans, soap, toothpaste, toothbrush, etc.). Donations also accepted. Pick-up Monday-Saturday from 12-4pm.

Everyone is welcome to receive food services. If you are unable to visit in-person, please email

Food@Dashmesh.ca.

Contact Information:**Hours:** See specific hours and days above**Phone:** 403-590-0970**Email:** info@dashmesh.ca**Location:** 135 Martindale Blvd NE

[Harvest Hills Cares Calgary](#)

Harvest Hills Cares is an organization that helps any Calgarian regardless of income or status. We do not discriminate against anyone who comes to us for help. We are first and foremost Calgarians and Albertans and we will help/support anyone who needs it.

Contact Information:**Phone:** (403) 608-7224**Email:** harvesthillscarescalgary@gmail.com

Or visit their Facebook page.

[Food Rx Program](#)

The FoodRx is a 12-month healthy food prescription incentive program for people with type 2 diabetes who are experiencing food insecurity. All participants who complete data collection will receive a direct financial benefit of \$300 and a healthy food prescription. In addition, those who are randomly assigned to the incentive group will receive \$10.50/week/household member to buy eligible healthy foods at a local grocery store.

Contact Information:**Phone:** 403-852-4718 (Saania Tariq)**Email:** Saania.tariq@ucalgary.ca

[Jewish Family Service Calgary](#)

Focused on providing food to people in need who have no financial means of supporting themselves and have not been able to be assisted by other basic need supports. Please call for more info.

Contact Information:**Phone:** 403-287-3510

[Muslim Families Network Society](#) - Halal Food Bank

Our Halal Food Bank is accessible through appointments only.

We provide food assistance 4 times per year (more than 4 times in extreme situations).

Contact Information: Book an appointment by phone or email.

Phone: 403-466-6367**Email:** muslimfamiliesociety@yahoo.com**Location:** Office at Unit 1129, 3961 52 Ave NE (Building 1000)

[Réseau en immigration francophone de L'Alberta \(RIFA\)](#)

Providing referrals and support to Calgary francophone communities.

Contact Information: For support please contact us.

Email: projetcalgary@rifalberta.com

[Salvation Army Community Services](#)

No cost, emergency food hampers are available with up to two days worth of non-perishable food and hygiene items. Additional items can be requested including diapers, wipes and formula for infants. Also providing Food Bank referrals and other supports. Available to residents in the Greater Forest Lawn area. Every tax year, we assist low and no-income individuals in filing tax returns.

Contact Information:

Phone: 403-220-0432

Email: CSCalgary.Info@salvationarmy.ca

Address: Unit 100, 5115 17th Ave SE

[Sankofa Arts and Music Foundation](#)

Food hampers are available to anyone in need.

Contact Information:

Phone: 403-815-5822

[Society of St. Vincent de Paul](#)

Emergency food hampers and assistance to meet basic needs.

Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries.

Contact Information:

Phone: 403-250-0319. Follow the instructions to make arrangements.

Other: You can also contact your local Society of St. Vincent de Paul, please check either the [Community Food Map](#) for locations or the [Society of St. Vincent de Paul website](#).

[Streetlight - Calgary](#)

Providing hampers and delivery for youth between 12-24 years old.

Contact Information:

Phone: 403-291-3179

[Unison at Kerby Centre](#)

Free Food Markets: Bread and baked goods are available for older adults to pick up. There are often other items available such as frozen meat, pre-made frozen meals, sandwiches, produce, and dairy products. Available to adults 50+. Market runs Tuesday & Friday from 11am-12pm. See our website calendar for alternative market days and locations.

Community Pantry: Our Unison community pantry is run on a "Give what you can, Take what you need" model - community members are able to donate to the community pantry and take what they need from Monday-Friday between 8am-4pm. The Thrive department stocks the pantry Mondays and Wednesdays at 1pm. Available to those 50+. Located near the Kerby Centre main reception.

Grocery Delivery & Friendly Visits: Grocery shopping, delivery and friendly visits by Unison volunteers.

Available to those 50+, low-income, and homebound older adults (in some cases, Thrive can support short-term support to individuals returning home from the hospital or recovering from illness or surgery). \$4 delivery fee in addition to the cost of groceries.



Contact Information:

Phone:

587-441-0118 (Market & Pantry)
403-234-6571 (Grocery Deliveries)

Email: ThriveD@unisonalberta.com

Address: 1133 7 Ave SW

[Umoja Community Mosaic](#)

Umoja Community Mosaic is the next evolution of Soccer Without Boundaries. Umoja Community Mosaic provides families in need with food to cook with, fruit, vegetables, and diapers, ensuring that families have access to food in a safe and secure manner.

Contact Information:

Phone: 403-618-0457

Email: hello@soccerwithoutboundaries.org

[Veterans Association Food Bank](#)

No-cost food hampers available to military veterans and RCMP veterans. Phone to arrange a hamper.

Contact Information:

Hours: Mon-Fri, 8am-4pm; Sat 10am-4pm; Sun closed

Phone: 403-367-8387

[The Veterans Food Bank of Calgary](#)

Veterans and first responders can select food to take home every two weeks. Phone to arrange delivery.

Contact Information:

Hours: Year-round: Monday-Friday, 10am-4pm
Winter: Saturday-Sunday 10am-2pm
Summer: Saturday-Sunday 10am-12pm

Phone: 403-277-8387

Email: info@theveteransfoodbankofcalgary.ca

Address: #1, 4619 6 St NE

[The Way-In/403-SENIORS](#)

Providing support and referrals for seniors in Calgary.

Contact Information:

Phone: 403-736-4677