

# Food Resources in Calgary 2007

## Emergency Food



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### Pregnant Moms and Children

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#### 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 outreach 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

- ◆ Provides vitamins, formula and food based on need
- ◆ Pregnant women and families with children up to 12 months old
- ◆ Must be agency referred

#### ICU2 Program

Ph: 209-1930

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

#### Infant Essentials

Ph: 220-0432

3301-17<sup>th</sup> Ave

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

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### Youth

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#### EXIT Community Outreach & Storefront

Ph: 262-9953

117-7<sup>th</sup> Avenue SW

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

#### Streetlight – Youth for Christ

Ph: 291-3179

Parks at 10<sup>th</sup> Avenue and McLeod Trail SE

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

#### Street Teams/Side Door

Ph: 229-3408

- ◆ Hot dinner served between 5:00pm-6:00pm
- ◆ Bag lunches available
- ◆ Food bank hampers and referral
- ◆ Drop in centre for youth ages 12-20
- ◆ Monday, Wednesday, Thursday and Friday 1:00pm-7:00pm, Tues 2:00pm-7:00pm

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### Individuals and Families

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#### 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

#### 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

#### Calgary Meals on Wheels

Ph: 243-2834

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

#### Care Connect Christian Society

Ph: 264-2636

- ◆ Volunteers deliver Food Bank food hampers

### **Calgary Poppy Fund**

Ph: 265-6304

#1 4539-6<sup>th</sup> Street NE

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

### **Hope Street Outreach Centre**

Ph: 273-5433

2650-36<sup>th</sup> Street SE

- ◆ Volunteers deliver Food Bank food hampers for Greater Forest Lawn area (depending on availability)

### **NeighbourLink Calgary**

Ph: 209-1930

- ◆ Emergency food hampers are available
- ◆ 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

### **St. Edmund's Anglican Church**

Ph: 288-6330

8336-34<sup>th</sup> Avenue NW

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

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## **Drop-In Programs**

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### **CUPS (Calgary Urban Project Society)**

Ph: 221-8780

128-7<sup>th</sup> Avenue SE

- ◆ Emergency food hampers available
- ◆ Family Resource Centre offers meals to families every day except Sunday

### **Calgary Drop-In Centre**

Ph: 263-5707

423-4<sup>th</sup> Avenue SE

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

### **Feed the Hungry**

Ph: 218-5532

St. Mary's Cathedral Hall, 221-18<sup>th</sup> Avenue SW

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

### **Inn from the Cold**

Ph: 263-8384

#106-110-11<sup>th</sup> Avenue SE

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

### **Mustard Seed**

Ph: 269-1319

102-11<sup>th</sup> Avenue SE

- ◆ Breakfast and lunch for cardholders
- ◆ Drop-in meal 4:00 pm daily

### **Salvation Army Centre for Hope**

Ph: 410-1111

420-9<sup>th</sup> Avenue SE

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

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## **Transportation Solutions**

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### **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
- ◆ For free printed maps visit 224 7<sup>th</sup> Ave SW (maps can be mailed to you)

### **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
- ◆ Cost is one bus ticket

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