

Food Resources in Calgary 2007

Low Cost Food



Low Cost Food Programs

Blackfoot Farmers Market

5600 - 11th Street SE

- ◆ Low cost local produce
- ◆ Open June 1st to October 31st
- ◆ Market hours: Friday/Saturday 8:00 am-5:00 pm and Sunday 10:00 am -4:00 pm
- ◆ Easy bus route access

CANS

(Communities Accessing Nutritious Staples)

Ph: 253-2059

- ◆ Staple food items at lower prices
- ◆ For people using PATCH, Alex or other community resource centers

Good Food Box

Ph: 275-0258

- ◆ Fresh fruits and vegetables at lower costs
- ◆ Monday to Friday 8:00 am – 4:00 pm
- ◆ 40-45 lbs food for \$20.00.
- ◆ 30-40 lbs food for \$15.00.
- ◆ 25-30 lbs food for \$10.00.
- ◆ 60 sites around the city

Community/Collective Kitchens

Collective Kitchens

Ph: 943-8127

- ◆ Meet monthly to plan, shop and prepare low cost, healthy meals
- ◆ Ask about kitchens hosted in different languages
- ◆ Monday to Friday 8:30 am–4:30 pm
- ◆ Cost \$1.00-\$1.20 per person/meal

Community Kitchens

Ph: 275-0258

- ◆ Families meet to plan and make meals
- ◆ Over 80 kitchens around Calgary
- ◆ Monday to Friday 8:00 am–4:00 pm
- ◆ Costs average \$1.25 per person per meal

Incredible Edibles

Ph: 276-9981

- ◆ The Boys and Girls Club
- ◆ Teaches children food and kitchen safety and easy to cook recipes
- ◆ Boys and girls ages 6-12

Junior Chefs

Ph: 244-5303

- ◆ Teaches children how to make simple, healthy and low cost snacks
- ◆ At schools around the city

Souper Stars Program

Ph: 275-0258

- ◆ Teaches children in grades 4-6 about food safety, cooking, & table manners

School Lunch Programs

Brown Bagging for Calgary's Kids

Ph: 264-7979

- ◆ Food for Thought program delivers brown bag lunches free to schools in Calgary

Boys and Girls Clubs of Calgary

Ph: 520-1516

- ◆ FANS – Food and Nutrition at School program
- ◆ Provides food to hungry children in select schools across Calgary

Tummy Tamers

Ph: 275-0258

- ◆ At select Park N' Play
- ◆ Provides a free hot lunch or snack
- ◆ Children learn about nutrition and healthy active lifestyles

Community Gardens

Calgary Horticultural Society

Ph: 287-3469

- ◆ Work together to grow fresh fruits, vegetables and herbs
- ◆ Lots of gardens around the city
- ◆ Tuesday to Friday 9:00 am-4:00 pm and Saturday 9:00 am-1:00 pm

Neighbourhood Supports

Access to low cost food programs i.e. Good Food Box and CANS

Alex Community Health Centre

Ph: 266-2622
922 - 9 Avenue SE

Aboriginal Resource Centre

Ph: 204-0083
#210-1603-10 Avenue SW

Bow West Community Resource Centre

Ph: 216-5348
7904-43 Avenue NW

Heart of the Northeast Community Solutions Resource Centre

Ph: 293-5467
2623-56 Street NE

Inner City Community Resource Centre

Ph: 269-9888
#300 906-8 Avenue SW

Millican-Ogden Community Association Family Resource Centre

Ph: 720-3322
2734-76 Avenue SE

North Central Community Resource Centre

Ph: 275-6666
520-78 Avenue NW

North of McKnight Community Resource Centre

Ph: 293-0424
95 Falshire Drive NE

South West Communities Resource Centre

Ph: 238-9222
#42-2580 Southland Drive SW

Sunrise Community Link Resource Centre

Ph: 204-8280
2nd Floor, 3509-17 Avenue SE

West Central Community Resource Centre

Ph: 543-0555
3507A-17 Avenue SW

Transportation Solutions

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 7th 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

Additional Services Information

The City of Calgary Street Survival Guide 2006

- ◆ 268-CITY (2489) or www.calgary.ca

Health Link

- ◆ Talk to a public health nurse about health related questions
- ◆ 24 hours a day, 7 days a week
- ◆ Ph: (403) 943-5465 or 1-866-408-LINK
- ◆ e-mail: publicweb@calgaryhealthregion.ca

Community Connection

- ◆ www.211calgary.ca
- ◆ Call 211 and get connected to the community services you need
- ◆ Information about subsidies also available

Calgary Health Region Website

- ◆ www.calgaryhealthregion.ca/nutrition

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