

WINTER 2020



Resource List

For more information please contact the SU Campus Food Bank at (403) 220-8599 or at foodbank@ucalgary.ca

*****Please note due to COVID-19 the CFB is likely to undergo a suspension of programming. Please contact us via email as we will not have access to the phone*****

Katie LeBlanc

By distance from University of Calgary

#	Service Provider	Distance from the University of Calgary
1	University of Calgary: Students' Union Campus Food Bank/Breakfast Program	0 KM
2	SAIT Students' Association Food Bank	5.9 KM
3	Youth Unlimited: Streetlight(Bowness)	7.3 KM
4	Shepherd of the Hill Weekly Meals	7.5 KM
5	St. Edmund's Anglican Church	8.0 KM
6	Salvation Army (BM) Family Resource Centre	8.1 KM
7	West Central Community Resource Centre	8.1 KM
8	Calgary Poppy Fund and Veterans Food Bank	9.9 KM
9	EXIT Community Outreach and Resource Centre	10.1 KM
10	Youth Unlimited: Streetlight(Downtown)	10.5
11	Salvation Army Centre of Hope	10.6
12	Mount Royal University Students' Association Food Bank Depot	10.6 KM
13	St. Mary's Cathedral Hall Feed the Hungry	10.6 KM
14	Calgary Drop-in and Rehab Centre	10.8 KM
15	St. James Catholic Parish Food Bank	11.3 KM
16	Abundant Life Church Bread Basket	12.0 KM
17	Emanuel Christian Reformed Church	12.1 KM
18	Calgary Chinese Baptist Church	14.3 KM
19	Jewish Family Service Calgary Kosher Food Bank	15.6 KM
20	Muslim Families Network Society Halal Food Bank	16.1 KM
21	Robert McClure United Church Food Pantry	17.9 KM
22	Aboriginal Friendship Centre	18.0 KM
23	Sunrise Community Link	18.1 KM
24	Calgary Food Bank	18.6 KM
25	Victory Foundation Eastside Victory Outreach	18.8 KM
26	Youth Unlimited: Streetlight(Forest Lawn)	18.8KM
27	Salvation Army Community Support Services (SE)	19.9KM
28	South East Community Resource Centre	21.2 KM
29	Abbeydale Christian Fellowship Community Cupboard	21.2 KM
30	Bonavista Church Food Pantry	24.2 KM
31	Deer Park United Church Food Pantry	25.0 KM
32	Society St. Vincent De Paul	Several locations

Food Resources in Calgary

Updated as of January 2020

Adopted from:  Alberta Health Services

This list is of services offering food hampers and meals in Calgary. **Please call to make sure the details about each organization is still accurate before using a service.**

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Food Hampers, General (some restrictions apply)

St. Edmund King & Martyr Anglican Church (8.0 km)

Eligibility:

Frequency:

Phone: (403) 288-6330

Address: 8336 34 Ave NW

Hour: Mondays and Thursdays 9 AM-11:45 AM

Salvation Army – Barbara Mitchell Family Resource Center (8.1 km) Clients can select certain foods they would like, similar to shopping at a grocery store.

Eligibility: Anyone

Frequency: As often as is needed

Hours: Call to book an appointment

Phone: (403)-930-2700

Address: 1731 29th Street SW

Salvation Army Centre of Hope (10.6 km) offers food hampers suitable for 1 person, approximately in the size of a grocery bag.

Eligibility: Anyone

Frequency: 3 times a year

Hour: Hampers: Wednesdays 1:30pm-3:00pm

Bread and snacks: Monday to Friday at 1:45pm, not on holidays

Phone: (403) 410-1111

Address: 420 9 Avenue SE

Other Notes: a government issued ID is required for the individual using the hamper

Calgary Drop in & Rehab Centre (10.8 km) offers meals and snacks daily, as well as a bagged lunch for those who are working (bagged lunches can also be given under special circumstances). Additionally, food hampers are available only on Fridays(3:30pm) for clients that are not residing at the Rehab Centre. Hampers based on first-come-first-serve.

Eligibility: anyone for meals and snacks

a permanent home address is required for receiving a hamper

Frequency: unlimited for meals and snacks

up to 3 servings per person per meals, depending on food availability

4 times a year for hamper

Hours: Breakfast 7AM-8AM

Lunch 12PM-1PM

Supper 6PM-7PM

Snacks 9:30AM and 3:30PM

Phone: (403) 263-5707

Address: 1 Dermot Baldwin Way SE

Other Notes: they also have other support services available and can give referrals

Robert McClure United Church Food Pantry (17.9 km) offers perishable and non-perishable foods to anyone in need. Note that children are not permitted to enter the food distribution area due to food safety regulations.

Eligibility: Anyone

Frequency: As often as needed

Hour: Thursday 10:30 AM to 11:30 AM

Phone: (403) 280-9500

Address: 5510 26 Ave NE

Calgary Food Bank (18.6 km) is Calgary's largest charitable hub for emergency food. The program provides food hampers that contain seven to 10 days' worth of nutritious food and an eligible person can receive a maximum of seven hampers in a year (3 self-serves, 4 by referral).

Important note: You must call the number provided to book a hamper before picking up. Expect being asked about personal questions about income as the Calgary Food Bank determines need based on your situation.

Phone: (403) 253-2055

Address: 5000 11 St SE

Phone Request Hours:

Monday to Thursdays: 10:30 AM – 7:15 PM

Friday: 10:30 AM – 3:30 PM

Hamper Distribution Hours: Monday: 1 – 3:30 PM & 6:30 – 7:30 PM | Tuesday to Thursday: 10:30 AM – 3:30 PM & 6:30 PM – 7:30 PM | Friday: 10:30 AM – 3:30 PM

More information at <https://www.calgaryfoodbank.com/needfood/>

Salvation Army Community Support Services (19.9 km) provides food hamper to anyone in need. They can also refer you to the Calgary Food Bank, but you will need to call and schedule an appointment with them. **NOTE:** you and your family's ID to pick up the hamper.

info@salvationarmycalgary.org

Phone: (403) 220-0432

Address: 1826 36 St SE

Hour: Friday 1 PM

Frequency: once every 30 days

Society of St. Vincent de Paul (several locations) delivers food baskets to individuals and families in need. They also distribute nutritious food, like bread, canned goods and fresh produce that may otherwise be wasted. ssvp.cdcc.president@outlook.com

Phone: (403) 250 - 0319

Address: Multiple locations, please follow this link: <https://ssvpcalgary.ca/contact/>

Food Hampers, Location Specific

West Central Community Resource Centre (8.1 km) provides the “Bread Basket” program (partnering with Abundant Life Church), where members in the community, who are experiencing financial distress and cannot access fresh food, are provided bags of perishable and non-perishable food. Note that the amount provided varies week-to-week due to availability.

Eligibility: For residents living in west central Calgary which includes Coach Hill, Discovery Ridge, East Springbank, Glamorgan, Glenbrook, Glendale, Killarney/Glengarry, Lincoln Park/Rutland Park, Patterson, Rosscarrock, Signal Hill, Spruce Cliff, Strathcona Park, Christie Park, Westgate, Wildwood, Shaganappi, Springbank Hill and West Springs.

Phone: (403) 543-0555

Address: 3507A – 17 Avenue SW, Calgary, AB, T3E 0B6

Hours: Monday-Tuesday, Thursday- Friday: 10 AM – 4 PM | Wednesday: 10 AM – 3:00 PM

St. James Anglican Church (9.0 km) provides both seasonal Christmas hampers, and a one-time grocery store gift card to members of the congregation and those living within the community of Ranchlands.

Eligibility: For residents living in the community of Ranchlands. Clients can call or email to access the service.

Phone: 403-239-0104

Email: office@stjamescalgary.com

Address: 6351 Ranchview Drive NW, Calgary AB, T3G 1B5

Hours: Tuesday-Thursday 9:00am-4:00pm, Friday 9:00am-12:00pm

St. James Catholic Food Bank (11.3 km) provides emergency food hampers to community members of all religious backgrounds. Hampers are available February-December (no hampers are distributed in January). Additionally, The St. James Food Bank partners with the Knights of Columbus and St. James Elementary Junior High School to provide hampers during the Christmas season.

Eligibility: For residents living in the communities of Altadore, Currie Barracks, Elbow Park, Garrison Woods, Lakeview, Lincoln Park, Mount Royal College, North Glenmore Park, Richmond Park. Hamper requests are taken over the phone, by calling the number provided, and pressing 3 to access the food bank voicemail. Clients are instructed to leave a voicemail stating their name, address, and telephone number. A volunteer will contact the client to arrange a date and time for hamper pickup.

Phone: 403-243-2680

Address: 5504 – 20 Street SW, Calgary, AB T3E1R2

Hours: Emergency food hampers are available for pick up on the mornings of the second, third, and fourth Fridays of each month. Requests must be received before 5:00pm on the Wednesday before the Friday in order to be eligible for pickup.

Abundant Life Church's Bread Basket (12.0 km) Provides food hampers for individuals as well as families

Eligibility: For residents in living in southwest Calgary in communities north of Glenmore Trail and Lakeview, south of Spruce Drive, and west of 14th Street.

Frequency: As often as needed, with a \$1 fee for every visit.

Hours: 1st, 3rd, and 4th Tuesday of each month: 1:00 – 1:45 PM

Phone: (403) 246-1804

Address: 3325 – 49th St SW, Calgary, AB, T3E 6M6

Emmanuel Christian Reformed Church (12.1 km) provides their “Food Pantry” program for those who are living in the communities around their church. The Program is run from September through June.

Eligibility: For those living in the neighbouring communities around Emmanuel Christian Reformed Church.

Phone: (403) 246-0795

Address: 3020 51 St SW, Calgary, AB T3E 6S7

Victory Outreach (Ogden) (13.1 km) provides emergency hamper, food bank hampers, hot meal, and more. They are a depot of the Calgary Food Bank.

Eligibility: Same as Calgary Food Bank

Frequency: Same as Calgary Food Bank

Phone: (403) 273-1050

Address: 7012 Ogden Rd SE

Hour: Wednesday 10:00 am – 1:00 pm

Sunrise Community Link Resource Centre (18.1 km) provides referrals for basic needs services in the city. Additionally, they offer a variety of financial empowerment programs for East Calgary residents. Fresh bread is delivered on Monday, Wednesday and Friday mornings for community members to pick from.

Eligibility: Programs and services are available to those living within the following East Calgary communities: Abbeydale, Albert Park, Applewood, Dover, Erin Woods, Forest Heights, Forest Lawn, Marlborough, Marlborough Park, Mayland Heights, Penbrooke Meadows, Red Carpet, South View, and Vista Heights.

Hours: Monday, Tuesday, Wednesday: Drop in from 10:00am-1:00pm, and appointments from 2:00pm-4:00pm.

Thursdays: Drop in from 5:00pm-8:00pm.

Phone: 403-204-8280

Address: 3303 17 Ave SE, Calgary AB T2A 0R2

Victory Outreach (Eastside)(18.8 km) provides emergency hamper, food bank hampers, hot meals, and more. They are A Calgary Food Bank depot.

Eligibility: For residents of Forest Lawn

Frequency: Same as Calgary Food Bank

Hours: Tuesday 10:00 am - 2:00 pm

Phone: (403) 273-1050

Address: 1840 38 St SE

Abbeydale Christian Fellowship Community Cupboard (21.2 km) provides a weekly drop-in food cupboard service with surplus items donated by local grocery stores.

Eligibility: Available to those either living within the communities of Abbeydale, Applewood or Penbrooke, or attend the Abbeydale Christian Fellowship Church, Love in Action Church, or Eastside City Church. A proof of address is required in order to pick up.

Frequency: As often as needed

Phone: 403-273-6222

Address: 1352 Abbeydale Drive SE, Calgary AB T2A 7L8

Hours: Pickups are Tuesdays from 5:00-5:30pm.

Deer Park United Church Food Pantry (25.0 km) hosts a small food pantry, with changing food items week-to-week for those in emergency situations. Also give out food giveaways twice a month, the first Thursday at 11AM and third Thursday at 6PM.

Eligibility: Serves primarily those located in the southeast region of Calgary.

Phone: 403-278-8268

Address: 77 Deerpoint Rd S.E, Calgary, AB T2J 6W5

Hours: Tuesday 1:00 – 3:45pm | Wednesday: 9:15 – 12:00pm ; 1:00 – 3:45pm

Food Hampers, Ethnic

Aboriginal Friendship Centre (18.0 km) Give out food hampers

Eligibility: Anyone who is Aboriginal

Frequency: As often as needed

Hours: Thursday 10:30am to 4:00pm

Phone: (403)-270-7379 x 221

Address: 101, 427-51 Avenue SE

Food Hampers, Youth

EXIT Community Outreach (12.6 km) offers hampers, sandwiches, and free food pantry for youth ages 24 years old and under. They are the only place that offers free showers and laundry for youth on Saturdays.

Phone: (403) 262-9953

Address: 1008 14th Street SE

Hours: Monday, Friday, and Saturday 9:00 AM to 5:00 PM | Tuesday, Wednesday, and Thursday 9:00 AM to 6:00 PM

Food Hampers, Halal

Muslim Families Network Society Halal Food Bank (16.1 km) Gives out Halal food hampers. **NOTE:** clients are required to provide an Alberta Health Services identification for every family member using the hamper, proof of rent, proof of income, and a bank statement of the last 2 months. If a client receives government assistance or Child Tax Benefit, proof of those also need to be shown

Eligibility: Anyone, although this food bank is targeted towards individuals requiring a Halal diet

Frequency: One request every 3 months

Hours: Hampers are scheduled by appointment only. Please call to set up a time

Phone: (403)-466-6367

Address: Unit 1129, 3961 52 Avenue NE, Calgary, AB T1J 0J7

Food Hampers, Kosher

Jewish Family Service Calgary Kosher Food Bank (15.6 km) provides their Wynne's Pantry that offers basic needs and food security to those affected by poverty or other emergency situations. Offers hampers that contain a kosher diet. **Note:** To access their service, please contact them via email or phone.

Eligibility: Accessible to peoples of all faiths and cultures, although this food bank is targeted towards individuals requiring a Kosher diet

Frequency: Appointments are walk-in only. Please call to check

Hours: Monday to Thursday: 8:30AM – 5:30PM | Friday: 8:30AM – 2PM

Phone: (403) 287-3510

Email: info@jfsc.org

Address: 420-5920 1A ST SW

Food Hampers, Students Only

University of Calgary: Student Union Campus Food Bank & Breakfast Program (0 km) offers 7 days emergency food hampers and free breakfast to U of C staff, current and past student (up to 2 years after graduation).

Eligibility: University of Calgary students, alumni, and staff

Frequency: 3 requests in fall/winter semesters each, and 1 request in spring/summer semesters each. Minimum 30 days between requests

Phone: (403) 220-8599

Address: Room 225 MacEwan Student Centre, 2500 University Drive NW

Hours: Monday to Friday 9:00 AM to 4:00 PM

SAIT Students' Association Food Bank (5.9 km) gives out up to one week's worth of food to students in need of emergency food relieve. They can also help you complete a referral to the Calgary Food Bank for longer term support.

Eligibility: Students from SAIT

Frequency:

Hours: Monday to Friday 8:30 AM to 4:30 PM

Phone: (403) 210-4323

Address: SAITSA Resource Centre, MC 107, Stan Grad Centre

Mount Royal University Students' Association Food Bank Depot (10.6 km) has a food cupboard that current students at Mount Royal University can choose items from as needed.

Eligibility: Students from Mount Royal Students

Frequency: Up to 7 times per year, with a minimum of 30 days between requests

Hours: Monday to Friday 9:00 AM to 3:00 PM fall and winter | 9:30 AM to 3:30 PM Spring and summer

Phone: (403) 440-8601

Address: Z210 Wyckham House, 4825 Mount Royal Gate SW

Free Meals

Youth Unlimited: Streetlight (Bowness) (7.3 km) serves hot dinner from a food truck and gives out food to take away for youth. Accepts food bank referrals.

Eligibility: Anyone who falls in the age ranges of 12-18 years

Frequency: As often as necessary

Hours: 7PM-8PM (Tuesdays)

Phone: (403) 291-3179

Address: 77th Street & 41st Avenue NW

Shepherd of the Hill Weekly Meals (7.5 km) offers free dinner every Wednesday and free lunch every Saturday.

Hours: Wednesday 6:00 PM to 7:30 PM | Saturday 12:00 PM to 1:00 PM

Phone: (403) 288-4646

Address: 8007 Bowness Road NW

Youth Unlimited Streetlight (Downtown) (10.5 km) serves hot dinner from a food truck and gives out food to take away for youth. Accepts food bank referrals.

Eligibility: Anyone who falls in the age ranges of 12-24 years

Frequency: As often as necessary

Hours: 7PM-9PM (Thursdays)

Phone: (403) 291-3179

Address: 10th Avenue & Macleod Trail SE

St. Mary's Cathedral Hall Feed the Hungry (10.6 km) serves dinner every Sunday to individuals who are either homeless or are in need. Each person may have a salad, 2 plates of food, and a dessert. Snack bags are also given, with a variety of foods that may change daily. Bags are generally 1 per person per day, depending on availability.

Eligibility: Anyone

Frequency: As often as necessary

Hours: Sunday 3:30 PM-5:00 PM

Phone: (403) 218-5532

Address: 221 18th Avenue SW

Other Notes: Single females can sit in a separate area from the general public if they have a preference

Youth Unlimited Streetlight (Forest Lawn) (18.8 km) serves hot dinner from a food truck and gives out food to take away bi-weekly for youth. Accepts food bank referrals

Eligibility: Anyone who falls in the age ranges of 12-19 years

Frequency: As often as necessary

Hours: 7PM-9PM (Mondays)

Phone: (403) 291-3179

Address: 1840 38 Street SE