

This is a list of services in Calgary that offer free food.

Some of the services are for anyone but some are only for certain groups of people. Please review the details for each service closely.

Each service has a phone number. **Please call the service to make sure the details are still correct or to ask any questions that you have.**

Food Hampers

Calgary Food Bank - Emergency Food Hampers

Address: 5000 - 11th Street SE | **Phone:** (403) 253-2055 | **Website:** www.calgaryfoodbank.com

How can they help?

- They give food hampers that have at least 7 days worth of food.
- They also have celiac, prenatal or vegetarian hampers.

Who can use it?

- People who meet the low income level set by the food bank.

When can you go?

- Monday and Wednesday from 1:00 pm to 3:30 pm and 6:30 pm to 7:30 pm.
- Tuesday and Thursday from 10:30 am to 3:30 pm and 6:30 pm to 7:30 pm.
- Friday 10:30 am to 3:30 pm.
- You must call to book your hamper before picking it up.

How often can you go?

- You can get a hamper once every 30 days, up to 7 times a year.
- You can go 3 times each year without a referral. You can go 4 more times each year with a referral.
- For prenatal hampers you can go once every 30 days while you are pregnant.

Other things you need to know:

- Bring your own bags to carry the food. Bring a big bag, backpack or suitcase if you can.
- You need to bring ID for each person in your house.

South East Community Resource Centre

Address: 2734 -76th Avenue SE | **Phone:** (403) 720-3322

How can they help?

- They give small food hampers that last about 3 days.

Who can use it?

- You must live South of Peigan Trail and East of Macleod Trail.
- You must already be a client of the Calgary Food Bank and meet the low income cut off level set by the centre.

When can you go?

- Monday, Wednesday, Friday 9:00 am to 12:00 pm. You need to call to set a time to go.

How often can you go?

- You can pick up a hamper once a week.

Other things you need to know:

- You must bring ID for all people who live in your home.
- You need to bring proof of your address and proof of income for all adults.

Salvation Army Community Support Services

Address: 1826 36 Street SE | **Phone:** (403) 220-0432

How can they help?

- They give out small food hampers. Hamper size is based on family size.

Who can use it?

- Anyone can use it.

When can you go?

- Walk in on Friday 3:30 pm to 4:40 pm. Call to set a time to go if you want to pick up a hamper at another time.

How often can you go?

- You can go once every 30 days.

Other things you need to know:

- You need to bring ID for all people in your home.
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Salvation Army Family Resource Centre

Address: 1731 29th Street SW | **Phone:** (403) 930-2700

How can they help?

- They give out small food hampers that last 2-3 days. Hamper size is based on family size.

Who can use it?

- Anyone can use it.

When can you go?

- You need to call to set a time to go.

How often can you go?

- You can go once every 30 days. You can go 4 times per year.

Other things you need to know:

- You need to bring ID for all people in your home.
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Salvation Army Centre of Hope

Address: 420 9th Ave SE | **Phone:** (403) 410-1111

How can they help?

- They give out food hampers.

Who can use it?

- Anyone can use it.

When can you go?

- Monday 1:00 pm to 3:00 pm.

How often can you go?

- You can go 3 times a year.

Other things you need to know:

- You must bring ID for the person picking up the hamper only, not for everyone in the house.
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Society St. Vincent De Paul

Phone: (403) 250-0319

How can they help?

- They are a group of churches that want to help people. Many of the churches give out food hampers.

Who can use it?

- Call to find the church nearest to your home. You can only go to that church.

When can you go? How often can you go?

- This can be different for each church. Call to find the church in your area and ask them.

Sunrise Community Link

Address: 3303 - 17 Avenue SE | **Phone:** (403) 204-8280

How can they help?

- They can give you a food hamper if you can't get one from the Calgary Food Bank.
- They also give extra free food when they have it (bread, fruit, vegetables).

Who can use it?

- You must live in the greater Forest Lawn area.
- You must have children under 18 years old living in your home.

When can you go?

- Monday, Tuesday, Wednesday, Friday 10:00 am to 1:00 pm and 2:00 to 4:00 pm.
- Thursday 5:00 pm to 8:00 pm.

How often can you go?

- You can go up to 3 times every 6 months.

Other things you need to know:

- You need to bring ID for all people in your home.
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St James Catholic Parish Food Bank

Address: 5504 - 20 Street SW | **Phone:** (403) 243-2680

How can they help?

- They give out food hampers. There are no hampers in January.

Who can use it?

- Anyone who lives in Altadore, Currie, Elbow Park, Garrison Woods, Lakeview and Lincoln Park.

When can you go?

- You can pick up a hamper on the 2nd, 3rd, or 4th Friday of each month from 9:30 am to 11:00 am.
- Call to ask for a hamper by 4:00 pm on the Wednesday before the Friday when you would like to pick it up.

How often can you go?

- You can go once a month.

Other things you need to know:

- You need to bring ID for all family members.
 - You must bring proof of your address when picking up your hamper.
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West Central Community Resource Centre

Address: 3507A - 17 Avenue SW | **Phone:** (403) 543-0555

How can they help?

- They give small hampers that last 1-2 days.

Who can use it?

- Anyone who lives in southwest Calgary.

When can you go?

- Monday, Tuesday, Thursday, Friday 10:00 am to 4:00 pm.
- Wednesday 10:00 am to 3:00 pm.

How often can you go?

- You can go once every 3 months.

Other things you need to know:

- They may not always have hampers because they can run out.
- Bring bags to carry the food if you can.

Aboriginal Friendship Centre

Address: 101, 427 – 51 Avenue SE | **Phone:** (403) 270-7379

How can they help?

- They give out a small number of food hampers.

Who can use it?

- The hampers are for people who are Aboriginal.

When can you go?

- Hamper pick up starts Thursdays at 10:30 am.
- Hampers usually run out the same day so go as soon as possible. They close at 4:00 pm.

How often can you go?

- You can go as often as you need.
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Hope Mission Food Pantry

Address: 4869 Hubalta Road SE | **Phone:** (403) 474-3237

How can they help?

- They give out small food hampers.

Who can use it?

- Anyone can use it.

When can you go?

- Monday to Friday 9:00 am to 5:00 pm.
- You need to call to set a time to go.

How often can you go?

- You can go as often as you need.
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Robert McClure United Church Food Pantry

Address: 5510 -26 Avenue NE | **Phone:** (403) 280-9500

How can they help?

- You can choose from the food items they have but every week the food is different.

Who can use it?

- Anyone can go to the food pantry.

When can you go?

- Thursdays from 10:30 am to 11:30 am.

How often can you go?

- You can go as often as you need.
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Bowness Community Resource Centre Food Link

Address: 7904 - 43 Avenue, NW | **Phone:** (403) 216-5348

How can they help?

- They give out small bags of fruits and vegetables.

Who can use it?

- It is for people who live in Bowness, Montgomery and Greenwood.

When can you go?

- Thursday 1:00 pm to 4:00 pm.

How often can you go?

- You can go as often as you need.

Other things you need to know:

- They run out of food quickly. Go at 1:00 pm or call first to make sure there is still food left.

Calgary Poppy Fund & Veterans Food Bank

Address: 4539 - 6th Street NE | **Phone:** (403) 265-6304

How can they help?

- They give food hampers and grocery store gift cards. They can deliver to your home if you can't pick it up.

Who can use it?

- You must be a war veteran, a dependant of a veteran or a widow/widower of a veteran.

When can you go?

- Monday to Friday from 10:00 am to 3:00 pm.

How often can you go?

- You can go once every 2 months.
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St. Edmund's Anglican Church

Address: 8336 - 34 Avenue NW | **Phone:** (403) 288-6330

How can they help?

- They give out small food hampers.

Who can use it?

- Anyone can use it. *Only people living in northwest Calgary can use it in December.

When can you go?

- Monday and Thursday 9:00 am to 12:00 pm.

How often can you go?

- You can go 4 times a year.
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Abundant Life Bread Basket

Address: 3325 - 49th Street SW | **Phone:** (403) 246-1804

How can they help?

- They give out food hampers.

Who can use it?

- People who live in Glenbrooke, Glendale and Glenmorgan.

When can you go?

- Every Tuesday 1:00 pm to 3:00 pm.
- During July and August it is only every second Tuesday. Call to find the dates before you go.

How often can you go?

- You can go as many times as you need.

Other things you need to know:

- Bring a big bag, backpack or suitcase if you can. There can be a lot of food to carry.
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Chinese Baptist Church

Address: 3907 44 Ave NE | **Phone:** (403) 590-4349

How can they help?

- They give out food hampers.

Who can use it?

- Anyone can use it.

When can you go?

- Every 2nd and 4th Wednesday of the month from 7:00 pm to 8:00 pm.

How often can you go?

- You can go as often as you need.

Halal Food Hampers

Muslim Families Network Society: Halal Food Bank

Address: 28 Crowfoot Terrace NW | **Phone:** (403) 466-6367

How can they help?

- They give out hampers that have halal foods.

Who can use it?

- People with a religious need to eat halal foods.

When can you go?

- You need to call to set a time to go.

How often can you go?

- You can go 3 times a year.

Other things you need to know:

- You must bring all five of these items:
 - 1) Proof of Government Assistance (if you receive it)
 - 2) Child Tax Benefit (if you receive it)
 - 3) 2 months of bank statements
 - 4) Proof of your income
 - 5) Proof of your rent
 - 6) ID for every person in your house

Kosher Food Hampers

Jewish Family Service Calgary - Kosher Food Bank

Address: 420-5920 1A ST SW | **Phone:** (403) 287-3510

How can they help?

- They give small hampers that have kosher foods.

Who can use it?

- People with a religious need to eat kosher foods.

When can you go?

- Monday, Tuesday, Thursday 8:30 am to 5:00 pm.
- Wednesday 8:30 am to 8:00 pm.
- Friday 8:30 am to 2:00 pm.
- You need to call to set a time to go.

How often can you go?

- You can go once a month.

Other things you need to know:

- You must bring ID to pick up hamper.
- You may need to bring other documents with you. They will let you know when you call.

Student Food Hampers

University of Calgary - Campus Food Bank

Address: Room 225 MacEwan Student Centre, 2500 University Drive NW | **Phone:** (403) 220-8599

How can they help?

- They give food hampers with 7 days of food.

Who can use it?

- You must be a student, staff or past student (up to 2 years ago) of the University of Calgary.

When can you go?

- Monday to Friday 9:00 am to 4:00 pm, September to April.
- They have different hours for May to August. Call for the hours.
- You must call to ask for the hamper 24 hours before you pick it up.

How often can you go?

- You can get a hamper every 30 days for a total of 8 hampers a year.
- You can have 3 hampers from September to December, 3 hampers from January to April, 1 hamper from May to June and 1 hamper from July to August.

Other things you need to know:

- You need to bring your university ID to pick up a hamper.
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SAIT Student's Association Food Bank

Address: SAITSA Resource Centre, MC107, Stan Grad Centre | **Phone:** (403) 210-4323

How can they help?

- They give out small bags of food that last 3-4 days.

Who can use it?

- Current students of SAIT can use it.

When can you go?

- Monday to Friday 8:30 am to 4:30 pm.

How often can you go?

- There is no set number of times. It depends on the situation.

Other things you need to know:

- You need to bring your university ID to pick up a bag of food.
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Mount Royal Student's Association

Address: Wyckham House, Z210, Mount Royal Campus | **Phone:** (403) 440-6269

How can they help?

- They have a food pantry. You can choose items from the pantry and can take as much as you need.

Who can use it?

- Current students of Mount Royal University can use it.

When can you go?

- Monday to Friday 9:00 am to 3:00 pm.

How often can you go?

- You can go as often as you need.

Other things you need to know:

- You need to bring your university ID to pick up a hamper.

Free Meals

Advent Lutheran Church Community Dinner

Address: 11 Scenic Acres Gate NW | **Phone:** (403) 239-6966

How can they help?

- They have a dinner on the last Friday of each month.

Who can use it?

- Anyone can go to the dinner.

When can you go?

- The dinner starts at 6:30 pm.

How often can you go?

- You can go as often as you need.

Other things you need to know:

- If you are using alcohol or drugs or are rude you may be asked to leave or to eat outside.
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Youth Unlimited - Streetlight

Address: Downtown - 10th Avenue & Macleod Trail SE | Bowness - 77th Street & 41st Avenue NW

Phone: (403) 291-3179

How can they help?

- They serve hot dinner from a food truck.
- They can also give you food to take away and eat later.

Who can use it?

- It is for youth ages 12-24 years old.

When can you go?

- 7:00 pm to 9:00 pm on Mondays & Thursdays at the Downtown site for 12-24 year olds.
- 7:45 pm to 9:30 pm on Tuesdays at the Bowness site for 12-18 year olds.

How often can you go?

- You can go as often as you need.
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Shepherd of the Hill Weekly Dinner

Address: 8007 Bowness Road NW | **Phone:** (403) 288-4646

How can they help?

- They have a meal every Wednesday.

Who can use it?

- The meal is for those living in Bowness, Montgomery and Greenwood.

When can you go?

- Wednesday from 6:00 pm to 7:30 pm.

How often can you go?

- You can go as often as you need.

Both Hampers and Meals

Victory Foundation - Eastside Victory Outreach

Address: 1840 - 38 Street SE | **Phone:** (403) 273-1050

How can they help?

- They have lunch every Sunday.
- They also give out food hampers.

Who can use it?

- Anyone can go to the lunch.
- You must live in Forest Lawn to get a hamper.

When can you go?

- Sunday lunch is at 12:00 pm.
- You can pick up a hamper on Tuesday from 10:00 am to 12:00 pm.
- Call them to leave your name and phone number to ask for a hamper. They will call you back on Monday to let you know if you can come Tuesday to get a hamper.

How often can you go?

- You can go to the lunch every week.
- You can have a hamper every 12 weeks.

Feed the Hungry - St. Mary's Parish

Address: 221 – 18th Avenue SW | **Phone:** (403) 218-5532

How can they help?

- They serve dinner on Sundays. Each person can have salad, 2 plates of food, and a dessert.
- They also give food hampers to take home.

Who can use it?

- Anyone can go to the dinner and anyone can get a hamper.

When can you go?

- Sunday from 3:30 pm to 5:00 pm for the meal and the hamper.

How often can you go?

- You can go to the dinner as often as you need.
- You can get a hamper once every 6 weeks.

Emmanuel Christian Reformed Church

Address: 3020 - 51 St. SW | **Phone:** (403) 246-0795

How can they help?

- They have a community dinner once a month.
- They also have a food pantry once a month where you can get 2 grocery bags of food.

Who can use it?

- Anyone who lives west of Crowchild Trail, north of Glenmore Trail and south of Bow Trail.

When can you go?

- Dinner is the last Friday of each month at 6:00 pm.
- The food pantry is the second Wednesday of each month from 9:00 am to 11:00 am.

How often can you go?

- You can go as often as you need.

Other things you need to know:

- You must bring proof of address and your ID to both the pantry and the meal.

Calgary Drop-in and Rehab Centre

Address: 1 Dermot Baldwin Way SE | **Phone:** (403) 266-3600

How can they help?

- They have meals and snacks every day.
- They can give you a bag lunch if you can't stay for the meal.
- They also give out food hampers.

Who can use it?

- Anyone can go to the meals and snacks.
- You must have a permanent home address to get a hamper.

When can you go?

- Breakfast is at 7:00 am to 8:00 am. Lunch is at 12:00 pm to 1:00 pm. Supper is at 6:00 pm to 7:00 pm.
- Snacks are at 9:30 am and 3:30 pm.
- Hamper pickup starts on Friday at 3:30 pm. There is no end time but you should come early to have the best chance of getting a hamper before they run out.

How often can you go?

- You can go to the meals and snacks as often as you need. There is a limit of one serving of food per person at each meal or snack time.
- You can get a hamper up to 3 times per year.

Other things you need to know:

- Bring a piece of ID to pick up a hamper.
- You must bring proof that you have a permanent home address to get a hamper.

EXIT Community Outreach and Resource Centre

Address: 117 - 7 Avenue SW | **Phone:** (403) 262-9953

How can they help?

- They have snacks, sandwiches and coffee.
- They give out small food hampers.

Who can use it?

- Youth 12-24 years old who are not staying at a shelter.

When can you go?

- Monday, Friday and Saturday from 9:00 am to 5:00 pm.
- Tuesday and Thursday from 9:00 am to 7:00 pm.
- Wednesday from 11:00 am to 7:00 pm.

How often can you go?

- There is a limit of 1 sandwich for each person per day.
- You can get a hamper once a month.

Other things you need to know:

- They may run out of hampers. Call to ask if they still have any before you go.
- They don't have sandwiches in July and August.
- You need to show proof of your age.

Please contact Nutrition Services at 403-943-6753 if you would like to have a copy of this handout sent to you by email, or if you need to update or correct the details for a service in this list.

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