## Pregnant Moms and Children

**Best Beginning**  
Ph: 403-228-8221  
- Support for pregnant women living on a low income  
- Free food, milk and vitamins  
- Free meals at weekly drop-in groups  
- Talk with nutritionists, nurses, and social workers  
- Connect to community resources  
- Meet other pregnant women at groups

**Calgary Inter-Faith Food Bank Prenatal Hampers**  
Ph: 403-253-2059  
- Prenatal hampers for women accessing a participating prenatal service provider - by referral only  
- Prenatal hampers are counted separately from regular hampers

**Children’s Milk Program**  
Ph: 403-253-2059  
- Calgary Inter-Faith Food Bank Society  
- Provides home delivery of fresh milk and formula to children and pregnant and nursing moms  
- Need referral by a health-based organization

**Healthy Babies Network**  
Ph: 403-777-7635  
- Need referral by other agency, cannot self-refer  
- Support service to help professionals find nutrition related resources for clients  
- Prenatal vitamins for pregnant women and vitamin D drops for breastfed infants  
- Pregnant women and families with children up to 12 months old  
- Counselling with a nutritionist and social worker

**ICU2 Program**  
Ph: 403-209-1930  
- NeighbourLink Calgary  
- Provides baby food, formula, diapers and supplies (based on need and availability)

**Salvation Army Community Support Services**  
Ph: 403-220-0432  
- Program called Infant Essentials  
- Provides formula, diapers, and cereal

### Youth

**EXIT Community Outreach & Resource Centre**  
Ph: 403-262-9953  
117-7th Avenue SW  
- Offers free sandwiches and coffee  
- For youth ages 12-24  
- Sunday - 1:00 pm - 5:00 pm  
- Monday to Friday - 9:00 am – 5:00 pm

**EXIT Youth Shelter**  
Ph: 403-509-2323  
112 16 Ave NE  
- Food, shelter, clothing & washing  
- Accommodation for youth ages 12-17  
- 7 days/week, 4:00 pm – 9:00 am

**Streetlight – Youth for Christ**  
Ph: 403-291-3179  
Parks at 10th Avenue and 1st Street SE  
- Mobile drop in centre serving hot dinner  
- Monday and Thursday 8:00 pm - 11:00 pm

### Individuals and Families

**Alex Community Health Centre**  
Ph: 403-266-2622  
Unit 101, 1318 Centre Street NE  
- Calgary Inter-Faith Food Bank referrals  
- Alex Spinz-Around Supplementary Food Program (available to individuals ages 16 and older only)  
  Thursdays only - 10:30 am; 610 - 8 Ave. SE

**Calgary Inter-Faith Food Bank**  
Ph: 403-253-2055  
- Food hampers up to 7 times a year  
- Hampers can be picked up from one of the 6 depots around Calgary and the main warehouse

**Muslim Families Network Society: Halal Food Bank**  
Ph: 403-466-6367  
www.MuslimFamiliesNetwork.com  
- Applicants can receive assistance 4-6 times a year through self-referral or referral by other organizations (Halal food bank operates 24/7)  
- Applicants must make an appointment and meet specific criteria to receive assistance  
- Two annual food and clothing distributions

**NeighbourLink Calgary**  
Ph: 403-209-1930  
- Emergency food hampers are available  
- Volunteers deliver Food Bank food hampers
Calgary Poppy Fund and Veterans Food Bank  
Ph: 403-265-6304  
#1 4539-6th Street NE  
- Food hampers for veterans and their dependents, including widows/widowers  
- Meals on Wheels vouchers for veterans in need for $5.00 each  
- Monday-Friday, 10:00 am - 3:00 pm  

Hampers for the Homeless  
Ph: 403-253-2059  
- Calgary Inter-Faith Food Bank provides food to various community agencies to deliver to homeless people  
- Food items provided are designed for easy consumption on the street  

Spinz-A-Round  
Ph: 403-275-0258  
- Perishable food is retrieved from retail outlets  
- Non-profit agencies can pick up food to deliver to clients in need  

St. Edmund’s Anglican Church  
Ph: 403-288-6330  
- Emergency food hampers for pick-up only  
- Monday and Thursday 9:00 am - 12:00 noon  
- Call in advance or walk-in  

Hampers for the Homeless  
Ph: 403-253-2059  
- Calgary Inter-Faith Food Bank provides food to various community agencies to deliver to homeless people  
- Food items provided are designed for easy consumption on the street  

Drop-In Programs  

Calgary Drop-In & Rehab  
Ph: 403-699-8240  
423-4th Avenue SE  
- Provides temporary overnight shelter, meals and snacks  
- Emergency food hampers available  
- For ages 16 and up  

CUPS (Calgary Urban Project Society)  
Ph: 403-221-8780  
128-7th Avenue SE  
- Food available for participants in CUPS programs  
- Emergency food given to clients when available  

Feed the Hungry  
Ph: 403-218-5532  
St. Mary’s Cathedral Hall, 221-18th Avenue SW  
- Sunday dinner from 3:30 pm - 5:00 pm  
- Food hampers for the homeless available at dinner; ID required  
- Fruit and bread are available after dinner to all attendants  

Inn from the Cold  
Ph: 403-263-8384  
#106-110-11th Avenue SE  
- Registration 4:00 pm - 5:30 pm daily for temporary overnight shelter  
- Hot dinner, breakfast and bagged lunch for clients staying at the shelter  
- Preference given to families  

Mustard Seed  
Ph: 403-269-1319 or 403-767-2400  
102-11th Avenue SE (Downtown)  
7025 44th St SE (Foothills Shelter)  
- Breakfast, lunch and supper for program guests at downtown location  
- 7:00 pm supper for program guests at foothills location  

Salvation Army Centre of Hope  
Ph: 403-410-1111  
420-9th Avenue SE  
- Free emergency accommodations including three meals each day  
- Low cost, nutritious meals available daily  
- Food hampers available weekly at the Centre of Hope  
- Food hampers are available to the absolute homeless in the community (non-clients only)  

Transportation Solutions  

Access Calgary  
Ph: 403-537-7770  
- Door-to-door shared-ride service  
- For people unable to take public transit  
- Must have an application completed by a doctor followed by an interview for qualification  
- All Calgary Transit bus passes and bus tickets can be used as methods of payment, cash is not accepted  

Calgary Transit  
Ph: 403-262-1000  
- Call for information on:  
  - How to get places without using a car  
  - Transit route maps and schedules  
  - Low-Income Monthly Transit Pass  
  - Yearly low cost seniors’ transit passes  

Additional Services Information  

The City of Calgary Street Survival Guide 2011  
- 403-268-CITY (2489) or www.calgary.ca  

Health Link  
(403) 943-5465 or 1-866-408-5465  
- Talk to a public health nurse about health related questions; 24 hours a day, 7 days a week  

Community Connection  
- www.211calgary.ca  
- Call 211 and get connected to the community services you need  

Alberta Health Services Website  
- www.albertahealthservices.ca  

This handout is for general information purposes only - contact Nutrition Services, Population & Public Health at 403-943-6753 to update information. Please call the resource you wish to access for specific service information.