Low Cost Food Programs

Blackfoot Farmers Market  
Ph: 403-243-0065  
5600 - 11th Street SE  
www.blackfootmarket.ca
- Low cost local produce
- Open May 21st to October 31st
- Market hours:  
  Saturday: 8:00 am – 5:00 pm  
  Sunday 10:00 am – 4:00 pm
- Easy bus route access

Calgary Urban Harvest Project  
Calgary Fallen Fruit Rescue Program  
Ph: 403-483-9797  
http://calgaryharvest.com
- Collects unused fruit from Calgary’s trees during the fall harvest season
- Donates fruit to volunteers and various community organizations

Calgary Meals on Wheels  
Ph: 403-243-2834
- Daily hot and cold meals delivered Monday-Friday,  
  11:00 am – 1:00 pm
- Chopsticks (traditional Chinese meals) on wheels available
- Call for prices and for more information on meal options

Good Food Box  
Ph: 403-275-0258  
www.ckpcalgary.ca
- Fresh fruits and vegetables at lower costs
- Check website for contact information for closest depot location
- 40-45 lbs food for $25.00.
- 30-40 lbs food for $20.00.
- 25-30 lbs (single/senior) food for $15.00.
- 150 sites around the city

Community/Collective Kitchens

Calgary’s Cooking  
Ph: 403-538-7380 or 403-538-7383  
www.ckpcalgary.ca
- Families meet to plan and make meals either once or twice a month
- Download application from website; waiting lists apply
- Over 27 kitchens in Calgary
- Costs under $2.00 per person per meal

Dashing Dishes  
Ph: 403-471-1395  
www.dashingdishes.com/calgary
- Provides ingredients and equipment to make a variety of meals (8-12 meals)
- Attend a session at a listed community centre to assemble meals for take home
- Costs average $3.50-$5.50 per person per meal
- Visit website for more information and to register

Collective Kitchens  
Ph: 403-943-6753
- Participants of collective kitchens meet to plan, shop and prepare low cost, healthy meals
- Training sessions for coordinators of Collective Kitchens
- Information on how to set up and run a Collective Kitchen

Junior Chef’s  
Ph: 403-276-9981
- The Boys and Girls Clubs of Calgary
- Teaches children food and kitchen safety and easy to cook recipes
- Boys and girls ages 6 - 17

Lunch Programs for Children

Brown Bagging for Calgary’s Kids  
Ph: 403-264-7979  
www.brownbaggingit.org
- The FEED KIDS program delivers free lunches to over 70 schools in Calgary

Tummy Tamers  
Ph: 403-275-0258
- At select Park N’ Play locations, open from July 1st to August 31st
- Provides a free hot lunch and snack
- Children learn about nutrition and healthy living
FANS (Food and Nutrition in Schools)
Ph: 403-520-1516
- The Boys and Girls Clubs of Calgary
- Provides food to hungry children in select schools across Calgary

Community Gardens

Calgary Horticultural Society – Community Garden Resource Network
Ph: 403-287-3469 ext. 227
E-mail: communitygardens@calhort.org
www.calhort.org
- Information on public and private community gardens in Calgary
- Low cost learning opportunities on how to grow vegetables, herbs and fruit in Calgary
- Resources on implementation of community gardens

Neighbourhood Supports

Access to low cost food programs such as the Good Food Box and C.A.N.S.

Alex Community Health Centre
Ph: 403-266-2622
Unit 101, 1318 Centre Street NE

Bow West Community Resource Centre
Ph: 403-216-5348 (Bowness)
Ph: 403-374-0448 (Ranchlands)
7904-43 Avenue NW, #14-1840 Ranchlands Way

Heart of the Northeast Resource Centre
Ph: 403-293-5467
2623-56 Street NE

Inner City Community Resource Centre
Ph: 403-536-6558
922–9 Avenue SE

Millican-Ogden Community Association Family Resource Centre
Ph: 403-720-3322
2734-76 Avenue SE

North Central Community Resource Centre
Ph: 403-275-6666
520-78 Avenue NW

North of McKnight Community Resource Centre
Ph: 403-293-0424
95 Falshire Drive NE

South West Communities Resource Centre
Ph: 403-238-9222
#42-2580 Southland Drive SW

Sunrise Community Link Resource Centre
Ph: 403-204-8280
701 Erin Woods Drive SE

West Central Community Resource Centre
Ph: 403-543-0555
3507A-17 Avenue SW

Transportation Solutions

Access Calgary
Ph: 403-537-7770
- Door-to-door shared-ride service
- Must have an application completed by a doctor followed by an interview for qualification
- Attendant pass for people accompanying passengers with special needs
- 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 2010
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.

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