

Free Food Resources Calgary

Name	Address / Contact	Hours	Eligibility	How to Access
Abundant Life Church	3325 49 Street SW 403-246-1804 e: info@alc-calgary.ca w: www.alc-calgary.ca	Tues 1PM - 1:45PM	Service targeted to individuals residing in SW Calgary - N of Glenmore Trail, S of Spruce Drive, W of Crowchild Trail	To access service, drop in. Registration is required at first visit. Bring your own bags.
Alexandra Centre	922 9 Avenue SE 403-269-5588 e: info@alexandracentersociety.org w: www.alexandracentersociety.org	Must contact	Service targeted to individuals residing in Inglewood, Ramsay, Beltline Victoria Park and East Village	To access service, contact organization either via telephone, email or visit the website for online registration forms.
Avenue 15 Youth Shelter - Boys and Girls Clubs of Calgary	938 15 Avenue SW 403-543-9651 w: www.boysandgirlsclubsofcalgary.ca	24hr Service	Service targeted to youth ages 12 to 17	First come first served. Dependent on suitable bed availability
Barbara Mitchell Family Resource Centre - The Salvation Army	1731 29 Street SW 403-930-2700 e: frcinfo@salvationarmycalgary.org w: www.salvationarmy.ca/alberta/	Must contact	Service targeted new Canadians, families, programs may have specific requirements - please visit website or call for more info	Walk in / Drop in service. Registration required - visit website
Basic Needs and Advocacy - Jewish Family Service Calgary	#420 5920 1A Street SW 403-287-3510 e:info@jfsc.org w: www.jfsc.org	Mon/Tues 8:30 - 5 Wed 8:30 - 8 Thurs 8:30 - 5 Friday 8:30 -2	Service targeted individuals in emergency financial situations or risk of homelessness	By Appointment No walk ins accepted
Basic Needs Program - Women's Centre of Calgary	39 4 Street NE 403-264-1155 e: info@womenscentrecalgary.org w: www.womenscentrecalgary.org	Mon-Thurs 9:30 - 8:30 Fri 9:30 - 1	Service targeted women only	Walk in / Drop in service
Basic Needs Support - Society of Saint Vincent de Paul	Various Locations 403-250-0319 e: svp.cdcc.president@outlook.com w: www.ssvpcalgary.ca	Must contact	Service targeted those in need	Call or email
Campus Food Bank - University of Calgary	#225 2500 University Drive NW 403-220-8599 e: foodbank@ucalgary.ca w: www.su.ucalgary.ca/foodbank	Must contact	Service targeted students, staff, faculty, alumni up to 2 years after graduation	Contact to make appointment, must have valid campus ID, can receive service once every 30 days

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Community Food Centre - The Alex	4920 17 Avenue SE 403-455-5792 e: peeradvocacy@thealex.ca e: goodfood@thealex.ca w: www.thealexafc.ca	Program hours vary, call or visit website	Service targeted low income Calgarians	Walk in /Drop in service
Community Hubs - Sunrise Community Link	Various Locations 403-874-8819	Must contact	Service targeted individuals, families and seniors needing support	Walk in /Drop in service or make appointment
Community Meals - Hope Mission Calgary	4869 Hubalta Road SE 403-474-3237 e: calgary@hopemission.com w: www.hopemission.com/kids/calgary	Must contact	Service targeted families in Radisson Heights and Forest Lawn	Registration required
Community Resource Centre - Sunrise Community Link	3303 17 Avenue SE 403-204-8280 e: info@sunriselink.org w: www.sunriselink.org w: www.facebook.com/SunriseCLRC	Mon - Wed 10 - 1 Thurs 5PM - 8 Fri 10 - 1	Service targeted residents of Abbeydale, Albert Park, Applewood, Belfast, Chateau Estates, Dover, Erin Woods, Forest Heights, Forest Lawn, Franklin Business Park, Hubalta, Marlborough, Marlborough Park, Mayland Heights, Meridian/Penbrook Meadows, Radisson Heights, Red Carpet, Southview and Vista Heights	Walk in /Drop in service or make appointment
Community Support Services - The Salvation Army	1731 29 Street SW 1826 36 Street SE 403-220-0432 w: www.salvationarmy.ca/alberta	Mon to Fri 9 - 5	Service targeted low income individuals	By Appointment No walk ins accepted
Eagle Spirit Survivors Group - Aboriginal Friendship Centre	223 12 Avenue SW / 4920 17 Avenue SE 403-270-7379 e: info@afccalgary.org w: www.afccalgary.org	Wed 12-1:30	Service targeted to the Urban Indigenous Community	Walk in /Drop in service
Emergency Beds - The Mustard Seed	7025 44 Street SE 403-723-9422 e: info@theseed.ca w: www.theseed.ca	Mon - Fri 4PM-8:30AM Sat/Sun - open all day	Service targeted those without housing	Registration required
Emergency Food and Clothing Programs - Victory Foundation	1840 38 Street SE 403-387-0587 w: www.victoryfoundation.ca	Must contact	Service targeted residents of Forest Lawn who require a food hamper in an emergency situation	By Appointment No walk ins accepted

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Emergency Food Hampers - Calgary Food Bank	Various Locations 403-253-2055 (Hamper Request Line) 403-253-2059 (Administration) w: www.calgaryfoodbank.com	Hamper Request Line: Mon - Thurs 10:30 - 7:15 Fri 10:30 - 3:30	Emergency hampers are for anyone. Baby hampers are for households with infants age 0 to 12 months. Celiac hampers are for individuals with Celiac Disease or low tolerance to gluten.	Application required. Contact Hamper Request Line to make an appointment
Emergency Housing - Calgary Drop In & Rehab Centre	1 Dermot Baldwin Way S 403-266-3600 w: www.thedi.ca	Emergency Housing runs 24 hrs. Sleeping facilities available starting at 6PM	Laundry, showers, haircuts, and hygiene products are available to anyone in need. Other services targeted to individuals age 16 and older	Most services are walk-in / drop in. Some services may require referrals; contact for details
Emergency Shelter - Inn from the Cold	110 11 Avenue SE 403-263-8384 (Administration) 403-389-4083 (After Hours) e: inn@innfromthecold.org w: www.innfromthecold.org	24hr Service Office hours: Mon to Fri 8 - 5:30	Service targeted individuals age 18 or older who are with a dependant or pregnant and have not consumed drugs or alcohol for 72 hours	Walk-in / Drop In Service To access service, call administration line for information. Daily intake and screening is 4:00 PM-5:30 PM.
EXIT Community Crisis Stabilization Program - Wood's Homes	112 16 Avenue NE 403-509-2323 Toll free: 1-800-563-6106 e: askus@woodshomes.ca w: www.woodshomes.ca/programs/exit-youth-shelter/	Mon - Sun 4PM - 9:30AM	Service targeted to youth ages 12 to 17	Walk-in / Drop In Service
Feed the Hungry Program - Roman Catholic Diocese of Calgary	221 18 Avenue SW 403-218-5532 e: feedthehungry@calgarydiocese.ca w: www.catholicyc.ca/outreach.html	Mon - Thurs 8:30 - 4:30 Sunday Dinners at St. Mary's Parish Hall 3:30 - 5PM	Service targeted individuals who are either homeless or are in need	Walk-in / Drop In Service
Food Collection and Distribution - Calgary Food Bank Main Warehouse	5000 11 Street SE 403-319-0827 (Food Collection) 403-253-2059 (Reception) e: info@calgaryfoodbank.com w: www.calgaryfoodbank.com	Mon - Fri 8:30 - 4:30	Service targeted to agencies or organizations involved in providing food to those in need.	By Appointment No walk ins accepted
Food Link Program - Calgary Food Bank	5000 11 Street SE 403-253-2059 w: www.calgaryfoodbank.com	Mon - Fri 7 - 2	Service targeted to charitable and not-for-profit agencies who serve people in need.	Agencies with an approved contract may come pick up food and supplies on a first come, first served basis.

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Free Meals - Calgary Drop In Centre	1 Dermot Baldwin Way S 403-266-3600 e: info@thedi.ca w: www.thedi.ca	Breakfast 7:00 AM Lunch 12:00 PM Dinner 6:00 PM	Service targeted anyone in need of a meal	Walk-in / Drop In Service
Hampers for the Homeless Program - Calgary Food bank	Various Locations 403-253-2059 e: info@calgaryfoodbank.com w: www.calgaryfoodbank.com	Mon - Fri 8:30 - 4	The Food Bank distributes hampers to service partner agencies. The service partners provide hampers to individuals experiencing or are at risk of experiencing homelessness.	To Receive food hamper contact: Aboriginal Friendship Centre, The Alex, Alpha House/DOAP Team, Calgary Catholic Charities, Calgary Drop In Centre, Calgary John Howard Society, Centre of Hope (Salvation Army), CMHA SOS Program, Elizabeth Fry Society, Native Network/Metis Calgary Family Services, Streelight, Wood's Homes
Housing Support Program - Potential Place Society	308 11 Avenue SE 403-216-9250 e: clubmail@potentialplace.org	Mon - Fri 8 - 4:30 Service is also available 10-3 on the first Saturday of each month and all statutory holidays.	Service targeted individuals with a diagnosed mental illness. Individuals able to live independently while participating in regular upkeep of the residential facility	Registration required
Lunches - Confederation Park 55 Plus Activity Centre	2212 13 Street NW 403-289-4780 e: info@yycseniors.com w: www.yycseniors.com	Mon - Fri 9 - 3 Soup and sandwiches are served Mon - Wed 10-1, Thurs 10:00 - 12	Service targeted individuals 55+ in need	Walk-in / Drop In Service No lunch service from mid-June to end of August.
Peer Support Centre - Students' Association of Mount Royal University	Z210, 2nd level; Wyckham House 4825 Mount Royal Gate SW 403-440-6269 e: peersupport@samru.ca w: www.samru.ca/supportservices/psc	Fall/Winter: Mon - Fri 10 - 4 Spring/Summer: Mon - Fri 9:30 - 3:30	Service targeted to current credit students of Mount Royal University. Programs such as Emergency Student Loans and food support programs may have additional eligibility criteria; contact for more information	Visit website for more information on accessing specific programs. Walk in or email to book appointment

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Programs and Services at SORCe	316 7 Avenue SE e: admin@scorce.ca w: www.scorce.ca	Mon - Fri 9 - 4:30 Food Hampers available Wednesdays at 9AM	Service targeted individuals at risk or experiencing homelessness. Vulnerable people with mental health and addiction disorders. Individuals that have disproportionate interactions with the justice/health system and live in poverty.	Individuals at risk or experiencing homelessness. Process includes completing a client profile questionnaire. Clients must acknowledge that intake information shared with SORCe will be shared with all agencies that are participating in the collaborative
Providing the Essentials - Muslim Families Network Society	#1129 3961 52 Avenue NE 403-466-6367 e: muslimfamiliesociety@yahoo.com w: www.muslimfamilynetwork.org/	Must contact	Service targeted individuals or families who are receiving social welfare assistance and / or employment insurance. Unemployed refugees and new immigrants	By Appointment No walk ins accepted
Robert McClure United Church Food Pantry	5510 26 Avenue NE 403-280-9500 e: office@robertmcclurechurch.org w: www.robertmcclurechurch.org	Thurs 10:30AM - 11:30PM	Service targeted to individuals and families living in the northeast quadrant.	Walk-in / Drop In Service
Social Services - Deer Park United Church	77 Deerpoint Road SE 403-278-8263 e: info@dpuc.ca w: www.dpuc.ca	Must contact	Service targeted to residents of southeast and southwest communities in Calgary.	By Appointment
Specialty Hampers - Calgary Food Bank	Various Locations 403-253-2055 w: www.calgaryfoodbank.com	Mon 10:30 - 7:15 Tues 10:30 - 3:30 Wed 10:30 - 3:30 Thurs 1 - 7:15 Fri 10:30 - 3:30	Prenatal hampers targeted to pregnant women. Renal hampers targeted to individuals with specific dietary restrictions.	Professional Referral Required. To access service, contact a community agency for referrals. All 7 hampers require referrals.
Spinz-A-Round - Community Kitchen Program of Calgary	Various Locations 403-537-7309 e: skennard@ckpcalgary.ca w: www.ckpcalgary.ca/index.php/program-services/spinz-a-round	Tues/Thurs 9AM - 10AM	Service targeted to low income Calgarians referred through an agency.	Referral must be made through an agency. Agencies looking to sign up should contact to register

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StreetLight - Youth Unlimited	1725 30 Avenue NE 403-291-3179 (Office) 403-710-2879 (Crisis Line - Sexually Exploited) 403-470-9322 (Crisis Line) e: carissa.lawton@yfcanada.org w: www.youthunlimited.ca	Mon 8PM - 10PM Tues 8AM - 10PM Thurs 8PM - 10PM Meal served during the above time on Monday, Tuesday and Thursday	Service targeted to troubled, neglected, disadvantaged, homeless, at-risk or sexually exploited youth. Focus on 12 - 24 years olds	Walk in / Drop in service 24 hr Crisis Line
Support Services - Care Connect Christian Society	Various Locations 403-264-2636	Mon - Thurs 11 - 4 Fri 11 - 3	Service targeted to anyone in need	Telephone Information Line
Tummy Tamers - Community Kitchen Program of Calgary	Various Locations 403-538-7383 e: ltrevino@ckpcalgary.ca w: www.ckpcalgary.ca/index.php/program-services/tummy-tamers	Must contact	Service targeted to children attending the City of Calgary's Park n' Play programs. Children between the ages of 5 and 12.	To access service children must be registered in a City of Calgary Park n' Play program
Weekends and More Program - Calgary Food Bank	5000 11 Street SE 403-253-2059 e: info@calgaryfoodbank.com w: www.calgaryfoodbank.com	Offered throughout school year only	Service targeted to school children in one of the ten identified elementary or junior high schools.	Contact by phone or email for more information. CBE school staff can contact the Corporate Sponsorship Specialist directly to find out how to be added to the waitlist
Welcome Home Hamper - Community Kitchen Program of Calgary	3751 21 Street NE 403-538-3778 e: jwood@ckpcalgary.ca w: www.ckpcalgary.ca/index.php/program-services/welcome-home	Tues - Thurs 8 - 3 Pick up times for hampers are Tues and Thurs 10 - 12 and 1 - 3	Service targeted to people transitioning from homelessness to a home	Professional Referral Required
Welcome Home Hamper Program - Calgary Food Bank	Various Locations 403-253-2059 e: info@calgaryfoodbank.com w: www.calgaryfoodbank.com	Mon - Thurs 8 - 4:30 Fri 8 - 4	Service targeted to people transitioning from homelessness to a home	To receive a food hamper, contact a service partner agency to request a referral.

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