

Food Resources in Calgary 2010

Low Cost Food



Low Cost Food Programs

Blackfoot Farmers Market

Ph: 403-243-0065

5600 - 11th Street SE

www.blackfootfarmersmarket.com

- ◆ Low cost local produce
- ◆ Open July 11th to October 31st
- ◆ Market hours: Friday & Saturday 9am- 5pm
- ◆ Easy bus route access

Good Food Box

Ph: 403-275-0258 www.communitykitchenprogram.com

- ◆ 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 food for \$15.00.
- ◆ 150 sites around the city

CANS

(Communities Accessing Nutritious Staples)

Ph: 403-253-2059

- ◆ Staple food items at lower prices
- ◆ For people using PATCH, Alex Friendship Centre or other community resource centres

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

Community/Collective Kitchens

Collective Kitchens

Ph: 403-943-6753

- ◆ Training sessions for coordinators
- ◆ Kitchens run with various agencies
- ◆ Ask about kitchens running in Calgary area
- ◆ Meet to plan, shop and prepare low cost, healthy meals

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 - 12

Calgary's Cooking

Ph: 403-275-0258 www.communitykitchenprogram.com

- ◆ Families meet to plan and make meals once a month
- ◆ Over 27 kitchens around Calgary
- ◆ Download application from website; Waiting lists apply
- ◆ Most kitchens run on Saturdays
- ◆ Costs average \$1.85 per person per meal

School Lunch Programs

Brown Bagging for Calgary's Kids

Ph: 403-264-7979

www.brownbaggingit.org

- ◆ Food for Thought program delivers brown bag lunches free to schools in Calgary

Tummy Tamers

Ph: 403-275-0258

- ◆ At select Park N' Play locations
- ◆ Provides a free hot lunch and snack
- ◆ Children learn about nutrition and healthy active lifestyles
- ◆ Open from July 1st – August 31st

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

Ph: 403-287-3469

- ◆ Work together to grow fresh fruits, vegetables and herbs
- ◆ Resources on implementation of community gardens
- ◆ Volunteers to present information on community gardens to the public
- ◆ Lots of gardens around the city
- ◆ Tuesday to Friday 9:00 am - 4:00 pm and Saturday 9:00 am - 1:00 pm

Neighbourhood Supports

Access to low cost food programs such as the Good Food Box and CANS

Alex Community Health Centre

Ph: 403-266-2622

Unit 101, 1318 Centre Street NE

Aboriginal Resource Centre

Ph: 403-268-5463

#210-1603 10 Avenue SW

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 Lane 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
- ◆ For people unable to take a bus or CTrain
- ◆ Must have an application completed by a doctor or other professional followed by an interview for qualification
- ◆ Attendant pass for people accompanying passengers with special needs

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 2009

- ◆ 403-268-CITY (2489) or www.calgary.ca

Health Link

(403) 943-5465 or 1-866-408-LINK

- ◆ 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
- ◆ Information about subsidies also available

Provincial Website

www.albertahealthservices.ca

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