

# Free Food in Calgary

This is a list of services in Calgary that offer free food. **Always call to make sure the details are still correct.**

## Food Hampers: Southeast Calgary

### Calgary Food Bank

Address: 5000 - 11th Street SE | Phone: (403) 253-2055

#### How can they help?

- They give food hampers that have at least 7 days of food.
- They can provide special hampers to people who are vegetarian or pregnant and to people who have celiac disease.
- They have depots in other areas so you can arrange to pick up a hamper closer to your home.

#### Who can use it?

- Anyone who meets the low income level set by the food bank.

#### When can you go?

- Monday 1:00 pm to 3:30 pm AND 6:30 pm to 7:30 pm.
- Tuesday - Thursday 10:30 am to 3:30 pm AND 6:30 pm to 7:30 pm.
- Friday 10:30 am to 3:30 pm.
- Call (403) 253-2055 to book your hamper before you pick it up.

#### How often can you go?

- Once every 30 days and up to 7 times a year.
- You can go 3 times each year without a referral and 4 more times each year with a referral.
- If you are pregnant, you can go every 30 days if you have a referral.

#### Other things you need to know:

- Bring a big bag, backpack or suitcase to carry the food.
- Bring ID for each person in your home who needs food.

### South East Community Resource Centre

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

#### How can they help?

- They give food hampers that last about 3 days.

#### Who can use it?

- Anyone who lives south of Peigan Trail and east of Macleod Trail.
- You do not need a referral, but you must be a client of the Calgary Food Bank.
- You must meet the low income level set by the centre.

#### When can you go?

- Call to set up a time to go.

#### How often can you go?

- Once per month.

#### Other things you need to know:

- Bring ID for each person in your home who needs food.
- Bring proof of your address and proof of income for all adults in your home.

## **Salvation Army Community Support Services**

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

### **How can they help?**

- They give food hampers based on family size.

### **Who can use it?**

- Anyone.
- You do not need a referral.

### **When can you go?**

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

### **How often can you go?**

- Once every 30 days.

### **Other things you need to know:**

- Bring ID for each person in your home who needs food.
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## **Salvation Army Centre of Hope**

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

### **How can they help?**

- They give food hampers.

### **Who can use it?**

- Anyone.
- You do not need a referral.

### **When can you go?**

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

### **How often can you go?**

- 3 times a year.

### **Other things you need to know:**

- Bring ID for the person who picks up the hamper.
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## **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 cannot get to the Calgary Food Bank.
- They give baked goods on Monday | Wednesday | Friday.
- They give fruit and vegetables on the days when they can get some from the Calgary Food Bank.

### **Who can use it?**

- Anyone who lives in the Greater Forest Lawn area.
- You do not need a referral.
- You must have children younger than 18 years old living in your home.

### **When can you go?**

- Monday | Tuesday | Wednesday | Friday 10:00 am to 4:00 pm.
- Thursday 5:00 pm to 8:00 pm.

### **How often can you go?**

- New clients need to create a file the first time they come for a hamper.
- Once you have a file, you can go as often as you need.

### **Other things you need to know:**

- Bring ID for each person in your home who needs food.
- New clients must come at least 1 hour before closing time.

## **Aboriginal Friendship Centre**

**Address:** 101, 427 - 51 Avenue SE | **Phone:** (403) 270-7379 x 221

### **How can they help?**

- They give food hampers.

### **Who can use it?**

- Anyone who is Aboriginal.
- You do not need a referral.

### **When can you go?**

- Thursday 10:30 am to 4:00 pm.
- Come early because they run out of hampers sometimes.

### **How often can you go?**

- As often as you need.
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## **Bonavista Church Food Pantry**

**Address:** 1509 Lake Ontario Drive SE | **Phone:** (403) 278-4518

### **How can they help?**

- You choose from the food items and fruit and vegetables they have, but every week the food is different.

### **Who can use it?**

- Anyone who lives in Bonavista Downs, Queensland, Deer Run or Acadia.
- You do not need a referral.

### **When can you go?**

- 2<sup>nd</sup> Thursday of each month 1:00 pm to 2:00 pm.
- They can deliver if those times do not work for you.

### **How often can you go?**

- As often as you need.

### **Other things you need to know:**

- Call the week you wish to come to the pantry so they can make sure they have enough food.
  - Leave a message if no one answers the phone.
  - You do not need to bring ID.
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## **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 lunch in a bag if you cannot stay for the meal.
- They give food hampers.

### **Who can use it?**

- Anyone can go to the meals and snacks.
- You need to have a permanent home address to get a hamper.
- You do not need a referral.

### **When can you go?**

- Breakfast 7:00 to 8:00 am | Lunch 12:00 to 1:00 pm | Supper 6:00 to 7:00 pm | Snacks 9:30 am and 3:30 pm
- Hampers Friday 3:30 pm until they run out. Come early.

### **How often can you go?**

- As often as you need for the meals and snacks.
- 1 serving of food per person at each meal or snack.
- 3 times per year for a hamper.

### **Other things you need to know:**

- Bring ID and proof of your permanent home address to get a hamper.

## **Deer Park United Church Food Pantry**

**Address:** 77 Deerpoint Rd SE | **Phone:** (403) 278-8263

### **How can they help?**

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

### **Who can use it?**

- Anyone who lives in the SE quadrant of Calgary.
- You do not need a referral.

### **When can you go?**

- During the summer: Monday to Thursday 9:00 am to 12:00 noon.
- During the fall, winter and spring: Monday to Thursday 9:00 am to 12:00 noon and 1:00 pm to 4:00 pm.

### **How often can you go?**

- Once a month.

### **Other things you need to know:**

- You need to fill out a short form.
  - You do not need to bring ID.
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## **Abbeydale Christian Fellowship Community Cupboard**

**Address:** 1352 Abbeydale Drive SE | **Phone:** (403) 273-6222

### **How can they help?**

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

### **Who can use it?**

- Anyone who lives in Abbeydale, Applewood or Penbrooke.
- You do not need a referral.

### **When can you go?**

- Tuesday 5:00 pm to 5:30 pm.

### **How often can you go?**

- As often as you need.

### **Other things you need to know:**

- Bring bags.
  - Bring ID to confirm your name and address.
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## **Victory Foundation Eastside Victory Outreach**

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

### **How can they help?**

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

### **Who can use it?**

- Anyone can go to the lunch.
- The hampers are for anyone who lives in Forest Lawn, Forest Heights, Penbrook, Dover, Southview, or Albert Park.
- You do not need a referral for the lunch or the hamper.

### **When can you go?**

- Sunday lunch 12:00 pm.
- Hampers every Tuesday 10:00 am to 12:00 pm.
- Call ahead 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 on Tuesday to get a hamper.

### **How often can you go?**

- Every week for lunch.
- Every 12 weeks for a hamper.
- You do not need to bring ID.

## **Food Hampers: Southwest Calgary**

### **St James Catholic Parish Food Bank**

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

#### **How can they help?**

- They give food hampers.

#### **Who can use it?**

- Anyone who lives in Altadore, Currie, Elbow Park, Garrison Woods, Lakeview or Lincoln Park.
- You do not need a referral.

#### **When can you go?**

- 2nd, 3rd, or 4th Friday of each month. The time varies.
- Call to ask for a hamper by 4:00 pm on Wednesday for pick up on Friday.

#### **How often can you go?**

- Once every two months.

#### **Other things you need to know:**

- Bring picture ID for the person who picks up the hamper
  - Bring ID for all the other people in the home who need food (such as an Alberta health care card).
  - Bring proof of your address.
  - There are no hampers in January.
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### **West Central Community Resource Centre**

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

#### **How can they help?**

- They give food hampers that last 1 day.

#### **Who can use it?**

- Anyone who lives in Aspen Ridge, Christie Park, Coach Hill, Cougar Ridge, Discovery Ridge, East Springbank, Glamorgan, Glenbrook and Glendale, Killarney, Lincoln Park, Patterson Hill, Shaganappi, Signal Hill, Springbank Hill, Spruce Cliff, Strathcona, Westgate, West Spring, Wildwood.
- You do not need a referral.

#### **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?**

- Once every 3 months.

#### **Other things you need to know:**

- Call before you go to make sure they have hampers.
  - Bring bags to carry the food.
  - You do not have to bring ID.
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### **Society St. Vincent De Paul**

**Phone:** (403) 250-0319

#### **How can they help?**

- They are a group of churches. Many give food hampers.

#### **Who can use it?**

- Call to find the church nearest to your home. You can only get a hamper from that church.

#### **When can you go? How often can you go?**

- This is different for each church. Ask the church in your area.

## **Salvation Army Family Resource Centre**

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

### **How can they help?**

- They give food hampers based on family size that last 2 to 3 days.

### **Who can use it?**

- Anyone.
- You do not need a referral.

### **When can you go?**

- Call to set up a time to pick up a hamper.

### **How often can you go?**

- Once every 30 days, up to 6 times per year.

### **Other things you need to know:**

- Bring ID for each person in your home who needs food.
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## **Abundant Life Church Bread Basket**

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

### **How can they help?**

- They give out food hampers.

### **Who can use it?**

- Anyone who lives west of Crowchild Trail, north of Glenmore Trail and south of Bow Trail.
- You do not need a referral.

### **When can you go?**

- September to June: Tuesday 1:00 pm.
- July and August: every second Tuesday 1:00 pm. Call to get the dates before you go.

### **How often can you go?**

- As often as you need.

### **Other things you need to know:**

- Bring a big bag, backpack or suitcase.
  - Bring ID for each person in your home who needs food.
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## **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 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.
- You do not need a referral.

### **When can you go?**

- Dinner last Friday of each month 6:00 pm.
- Food pantry second Wednesday of each month 9:00 am to 11:00 am.

### **How often can you go?**

- As often as you need.

### **Other things you need to know:**

- Bring proof of current address and your ID for the pantry.

**EXIT Community Outreach & Resource Centre** Address: 117 - 7 Avenue SW | Phone: (403) 262-9953

**How can they help?**

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

**Who can use it?**

- Youth ages 12-24 years old who are not staying at a shelter.
- You do not need a referral.

**When can you go?**

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

**How often can you go?**

- Every day for snacks and sandwiches.
- 1 sandwich for each person each day.
- Once a month for a hamper.

**Other things you need to know:**

- Call to ask if they still have any hampers before you go.
- No sandwiches in July and August.
- Need to show proof of your age.

**Food Hampers: Northwest Calgary**

**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, except only people living in northwest Calgary can use it in December.
- You do not need a referral.

**When can you go?**

- Monday | Thursday 9:00 am to 12:00 pm.
- If you can, please call and leave a message so they can make a hamper for you ahead of time.

**How often can you go?**

- 4 times a year.

**Other things you need to know:**

- Bring ID and your Alberta Health Card.

## **Food Hampers: Northeast Calgary**

### **Calgary 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 who lives in the NE quadrant of Calgary.
- You do not need a referral.

#### **When can you go?**

- Every 2nd and 4th Wednesday 6:30 pm.

#### **How often can you go?**

- As often as you need.

#### **Other things you need to know:**

- Bring ID that has your current address.
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### **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.

#### **Who can use it?**

- Veterans, a dependant of a veteran or a widow or widower of a veteran.

#### **When can you go?**

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

#### **How often can you go?**

- Once every 2 months.

#### **Other things you need to know:**

- They can deliver to your home if you cannot pick up the hamper.
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### **Robert McClure United Church Food Pantry**

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

#### **How can they help?**

- You choose your own food from the items they have, and every week the food is different.

#### **Who can use it?**

- Anyone.
- You do not need a referral.

#### **When can you go?**

- Thursday 10:30 am to 11:30 am.

#### **How often can you go?**

- As often as you need.

#### **Other things you need to know:**

- It is not possible to pick up food at other times.
- They do not deliver to your home.
- You do not need ID.



## Halal Food Hampers

### Muslim Families Network Society Halal Food Bank

**Address:** Unit 1129 3961 52 Avenue NE (Building 1000) | **Phone:** (403) 466-6367

#### How can they help?

- They give out hampers that have halal foods.

#### Who can use it?

- Anyone who has a religious need to eat halal foods.
- You do not need a referral.

#### When can you go?

- Call to set a time to go.

#### How often can you go?

- 6 times a year.

#### Other things you need to know:

- Bring all of these items:
  1. Proof of government assistance if you receive it (Income Support, AISH).
  2. Proof of Child Tax Benefit, if you receive it.
  3. 2 months of current bank statements.
  4. Proof of your income.
  5. Proof of your rent.
  6. ID for each person in your home who needs food.

## 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?

- Anyone who has a religious need to eat kosher foods.

#### When can you go?

- Call to set a time to go.

#### How often can you go?

- Once a month.

#### Other things you need to know:

- Bring ID.
- Bring proof of your income and expenses if you need long-term support.

## Food Hampers for Students

### University of Calgary: Students' Union Campus Food Bank & Free Breakfast

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

#### How can they help?

- They give food hampers that have 7 days of food. They offer a free breakfast (Room 210).

#### Who can use it?

- U of C staff, current students or past students (up to 2 years ago) for the hampers. You do not need a referral.
- Current students at U of C for the free breakfast.

#### When can you go?

*September to April:* Monday to Friday 9:00 am to 4:00 pm for a hamper. Call 24 hours before you pick it up.  
Tuesday | Wednesday 8:30 am to 9:45 am for the free breakfast.

*May to August:* Call for the hours to pick up a hamper. There is no free breakfast.

#### How often can you go?

- Every 30 days for a total of 8 hampers a year.
- 3 hampers September to December, 3 hampers January to April, 1 hamper May to June, 1 hamper July to August.
- Free breakfast once a day.

#### Other things you need to know:

- Bring your university ID.
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### SAIT Students' 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 to 4 days.

#### Who can use it?

- Current students at SAIT. You do not need a referral.

#### When can you go?

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

#### How often can you go?

- Depends on your needs.

#### Other things you need to know:

- Bring your SAIT student ID.
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### Mount Royal University Students' Association Food Bank Depot

**Address:** Z210 Wyckham House, 4825 Mount Royal Gate SW | **Phone:** (403) 440-8601

#### How can they help?

- They have a food cupboard. You choose items from the cupboard as needed.

#### Who can use it?

- Current students at Mount Royal University. You do not need a referral.

#### When can you go?

- Monday to Friday 9:00 am to 3:00 pm fall and winter | 9:30 am to 3:30 pm spring and summer.

#### How often can you go?

- As often as you need.

#### Other things you need to know:

- Bring your university ID.

## Free Meals

**St. Mary's Cathedral Hall Feed the Hungry**    **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.

**Who can use it?**

- Anyone.

**When can you go?**

- Sunday 3:30 pm to 5:00 pm.

**How often can you go?**

- As often as you need.
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**Youth Unlimited: Streetlight**

**Phone:** (403) 291-3179

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

**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?**

- Youth ages 12 to 24 years old.
- You do not need a referral.

**When can you go?**

- Monday | Thursday 7:00 pm to 9:00 pm at the Downtown site for 12 to 24 year olds.
- Tuesday 7:45 pm to 9:30 pm at the Bowness site for 12 to 18 year olds.

**How often can you go?**

- As often as you need.
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**Shepherd of the Hill Weekly Meals**

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

**How can they help?**

- They have a free dinner every Wednesday and a free lunch every Saturday.

**Who can use it?**

- Anyone.

**When can you go?**

- Wednesday 6:00 pm to 7:30 pm.
- Saturday 12:00 pm to 1:00 pm.

**How often can you go?**

- As often as you need.
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Please contact Nutrition Services at (403) 943-6753 if you would like to have a copy of this handout sent to you.

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