

**Resource availability may be limited at this time. Please check with the individual service to confirm.*

Calgary Grocery Resources

Affordable Produce/Food

- **Good Food Box**

Affordable fresh vegetables & produce for pickup at various Calgary depots monthly

<https://www.ckpcalgary.ca/program-services/good-food-box>

- **H & W Produce**

Low cost produce grocery store in NE Calgary; 441, 3508 32 Ave NE, Calgary <http://handwproduce.com/>

- **Free Stone Produce**

Low cost produce grocery store in NE Calgary; 2828 32 Ave NE, Calgary <https://freestoneproduce.com/>

- **Flashfood app**

Low cost food, buy surplus grocery items at discounts, up to 50% off without using digital coupons. Flash food is available in grocery stores like Loblaws (Real Canadian Superstore).

<https://apps.apple.com/ca/app/flashfood-grocery-deals/id1187314160>

- **The Alex Community Food Centre**

Welcoming place for people to come together to grow, cook, share and advocate for good food for all, provides people with access to high-quality food in a dignified setting through healthy meals and an affordable produce market. <https://thealexafc.ca/>

Free Food

- **Fresh Market Connections**

Free food offered to patient's in the Bow West catchment area

<https://www.bowwest.org/index.php?20-food-&-nutrition>

- **Calgary Food Bank**

Free food resources, patient can self-refer 3x/year, with a referral from a Social Worker access can increase to 7x/year

<https://www.calgaryfoodbank.com/>

Cooking

- **Calgary's Cooking**

Low budget, group cooking. Meets twice per month, once to plan and once to cook. Choose your serving size and fill your freezer www.ckpcalgary.ca

Grocery Delivery

Shop online and get groceries delivered right to your home. Prices vary by service/grocery totals.

- **Grocery Link Society (Superstore, Walmart or M & M Meats)** <https://thegrocerylink.com/>
- **Superstore Delivery** www.delivery.pcxpress.ca/
- **Save on Foods Delivery** www.saveonfoods.com/
- **Spud (Organic Grocery Delivery)** www.spud.ca
- **Inabuggy (multiple store offerings)**
<https://www.inabuggy.com/>

Meal Delivery – Ready Made Meals

Fill your fridge or freezer with ready made meals delivered to your door or available for pickup.

- **Meals on Wheels** www.mealsonwheels.com
- **Dashing Dishes** www.dashingdishes.com
- **Heart to Home** www.hearttohomemeals.ca
- **Made Foods** www.madefoods.com
- **Simple Simon Pies** www.simplesimonpies.com

Meal Delivery – Ingredients/Recipes to Cook

Prepare your own meals with provided recipes and pre-portioned ingredients. A great way to gain new cooking skills.

- **Hello Fresh** www.hellofresh.ca
- **Good Food Box** www.makegoodfood.ca
- **Chefs Plate** www.chefsplate.com