

Calgary COVID-19 Free and Low-Cost Food Resources

Resource	What they offer	Eligibility	Contact
Calgary Food Bank	<ul style="list-style-type: none"> • Hamper of free food including a fresh food item if available. • Available via drive through during COVID-19. • A 15-minute window will be provided to clients. Clients must arrive during that time frame, and hampers are delivered to the vehicle. • Available for 3 self-referral hampers and 4 professional referral hampers (Social Workers can accommodate this). • One hamper is offered every 30 days. • Pregnancy items, infant items, and pet food may be available upon request. 	<ul style="list-style-type: none"> • Eligible to low Income Calgarians or those currently experiencing a crisis. • Care Connect is eligible for those Calgarians with conditions that prevent them from coming to the food bank (illness or quarantine). Care Connect delivery is in operation, however there may be a wait time. 	<ul style="list-style-type: none"> • Contact the Food Bank to schedule a hamper: 403-253-2055 • If you need a social worker referral, please call the Calgary Foothills Primary Care Network: 587-774-9736
Good Food Box	<ul style="list-style-type: none"> • Low cost hampers of fresh fruits and vegetables. • Currently some depots are closed. Calgarians are asked to call to confirm which depots are open. • There is an option to order and pick up from the main warehouse location, located in the Northeast Calgary. • Exact cash is required during COVID-19. Pick up is scheduled up to one week after payment has been received. 	<ul style="list-style-type: none"> • All are eligible. • Available once per month by order only. 	<ul style="list-style-type: none"> • See website for order and pick up depot information: https://www.ckpcalgary.ca/program-services/good-food-box
Freshroutes YYC	<ul style="list-style-type: none"> • Mobile grocery store with affordable prices for fresh fruits and vegetables. • Free food boxes are delivered to client's homes during COVID-19. 	<ul style="list-style-type: none"> • Eligible to those affected by COVID-19 and/or low-income families. 	<ul style="list-style-type: none"> • General information: http://freshroutes.ca/

Samaritans Club	<ul style="list-style-type: none"> Provides drug prescriptions for 30 days OR a grocery voucher to individuals and families through the nearest Calgary Co-Op location. 	<ul style="list-style-type: none"> Referral required and can be made through a Community Social Worker. 	<ul style="list-style-type: none"> If you need a social worker referral, please call the Calgary Foothills Primary Care Network: 587-774-9736
St Vincent De Paul Society	<ul style="list-style-type: none"> Catholic Charity organization that provides hampers to the client's home on a quarterly basis throughout the year. 	<ul style="list-style-type: none"> All are eligible. 	<ul style="list-style-type: none"> Contact the main line to be connected with a local representative: 403-250-0319
Al Quaim	<ul style="list-style-type: none"> Organization bringing food hampers to the client's door. Separated into specific city quadrants for delivery. 	<ul style="list-style-type: none"> Eligible to those in quarantine, isolation, or low income Calgarians. 	<ul style="list-style-type: none"> For contact numbers please visit: https://www.al-qaim.org/al-qaim-covid-19-support-team/
Meals on Wheels	<ul style="list-style-type: none"> Low cost prepared meal delivery. Provides doorstep, non-contact delivery during COVID-19. Subsidy program for low income Calgarians. Meal plans are offered for different dietary needs. 	<ul style="list-style-type: none"> All are eligible. 	<ul style="list-style-type: none"> For more information or to order call: 403-243-2834 To order online please visit: https://www.mealsonwheels.com/my-choice
Heart to Home	<ul style="list-style-type: none"> Low cost prepared meal delivery. Provides doorstep, non-contact delivery during COVID-19. Meal plans are offered for different dietary needs. 	<ul style="list-style-type: none"> All are eligible. 	<ul style="list-style-type: none"> For more information or to order call: 1-866-933-1516
Salvation Army Community Support Services	<ul style="list-style-type: none"> Hampers available to Calgarians in need. Infant items are also provided upon request. Hampers available by appointment only during COVID-19. 	<ul style="list-style-type: none"> All are eligible. 	<ul style="list-style-type: none"> Call to book an appointment (no drop ins): 403-220-0432
Food Finder YYC	<ul style="list-style-type: none"> Connecting kids and teens to free lunches and snacks in Calgary. 	<ul style="list-style-type: none"> All kids and teens welcome. 	<ul style="list-style-type: none"> Text "FOOD" to 587-318-0232 Search for food using the website: https://www.foodfinderyyc.com/search

* Updated last: April 2, 2020.