

Calgary Grocery & Meal Resources

Affordable Produce/Food

- **Good Food Box**

Affordable fresh produce for pickup at various Calgary depots

<https://www.ckpcalgary.ca/goodfoodbox>

- **H & W Produce**

Low-cost produce grocery store: 441, 3508 32 Ave NE

<http://handwproduce.com/>

- **Free Stone Produce**

Low-cost produce grocery store: 2828 32 Ave NE

<https://freestoneproduce.com/>

- **Fresh Routes**

Mobile grocery stores offering healthy, fresh, affordable food

<https://freshroutes.ca/schedule-calgary/>

- **The Alex Community Food Centre**

A welcoming place to gather for free community meals and/or to garden, cook, and get active with others. Various programs including an affordable produce market. <https://thealexafc.ca/>

- **Flashfood app**

Buy surplus grocery items for up to 50% off without the need for coupons. Available in stores such as Real Canadian Superstore and No Frills. <https://apps.apple.com/ca/app/flashfood-grocery-deals/id1187314160>

Cooking

- **Calgary's Cooking**

Low budget cooking group. Meets twice per month, once to plan and once to cook (meals are freezable). www.ckpcalgary.ca

Free Food

- **Calgary Food Bank**

Free food hampers on a self-referral basis

(max 12/year) <https://www.calgaryfoodbank.com/>

Grocery Delivery

Shop online for groceries delivered to your home (fees vary).

- **Calgary Co-Op** <https://shoponline.calgarycoop.com/>
- **Save on Foods Delivery** www.saveonfoods.com/
- **Spud (Organic Grocery Delivery)** www.spud.ca
- **Superstore/No Frills Delivery** www.pcxpress.ca/

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** <https://simonspie.com/>
- **Inspired Go** www.inspiredgo.com
- **Nutrimeals** <https://nutrimeals.ca/>
- **S&E Meals** <https://semeals.com/>
- **Chef to Table** <https://cheftotable.ca/>
- **Healthy Chef Delivery** www.healthychefdelivery.com
- **Lean on Meals** <https://leanonmeals.ca>
- **Nutri-Go** www.nutri-go.ca
- **Live Fit Foods** <https://livefitfood.ca>
- **Chef's Earth** www.chefsearth.ca

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** www.makegoodfood.ca
- **Chefs Plate** www.chefsplate.com
- **Fresh Prep** www.freshprep.ca
- **Rooted** <https://www.rootedmealprep.com>