



Emergency Food Supports



Community Resource Centres

Bow West Community Resource Centre
Bowness: 403-216-5348 (Bowness,
<https://www.bowwest.org/>)

Heart of South Calgary Family Centre
403-452-1124

North East Family Connections
403-293-0424
<https://www.nefcs.ca/>

SouthEast Calgary Community Resource Centre
403-720-3322
<http://www.secalgarycrc.ca/>

Southwest Communities Resource Centre
403-238-9222
<http://swcrc.ca/>

Sunrise Community Link
403-204-8280
<https://www.sunriselink.org/>



Emergency Food Hampers and Pantries

Aboriginal Friendship Centre
Emergency Food Hampers
403-428-3361
www.afccalgary.org

The Alex Community Food Centre
403-455-5792 goodfood@thealex.ca
Drop-in Free Family Dinner Mondays 5:00 pm-6:30 pm Contact Ajoy at asehgal@thealex.ca or 403-510-4223
Drop-in Free Community Lunch Wednesdays 12:00 pm-1:00 pm Contact Bernadette at blumugdang@thealex.ca or 403-370-0807
Drop-in Free Community Breakfast Fridays 9:00 am-11:00 am Contact Ajoy at asehgal@thealex.ca or 403-510-4223

Al-Qaim Foundation
403-999-4614
www.al-qaim.org
No-cost food hampers and basic needs items are available for seniors and Calgarians in self-isolation, quarantine, or financial need.
Delivery is available. Call to request service



Awo Taan Healing Lodge Society
403-531-1880
www.awotaan.org
Emergency Food Hampers and non- food hampers being distributed from the hub

Bethany Chapel – Community Pantry
3333 Richardson Way SW
Mary (587)-969-8605
Church (403)-249-8605 ext. 236
Many families and individuals access the pantry and find it to be a welcome help in time of need. Self-serve pantry, just help yourself.

Calgary Food Bank Self-Referral Line (403) 253-2055
www.calgaryfoodbank.com
Access a hamper every 10 days no yearly limits. Drive-thru or delivery options are available. There is a safe and secure QR code so friends and family can pick up the hamper. They are open more hours in the week and on Saturdays. There are 18 satellite locations throughout the city.



City of Calgary
Additional support and assistance
Call 2-1-1
www.211.ca

Community Food Pantry outside The Bownesian Grocer
7948 Bowness Road NW
Outdoor Community Food Pantry.
Accessible 24/7

Emmanuel Community Church
403-272-1551
3003 28th Street SE

Emergency food pantry: if you are in immediate need of a bag of groceries.

Free Food Pantry at Knox Presbyterian Church
3704 37 St SW
Non-perishable food items and toiletries. Available 24/7.

Good Food Box
<https://www.ckpcalgary.ca/goodfoodbox>
The Good Food Box Program, (GFB) is a program under the Community Kitchen Program of Calgary, whereby anyone can purchase boxes of fresh fruits and vegetables at an affordable price. They offer all Calgarians and those in the surrounding areas access to sustainable nutritious boxes of fruits and vegetables to ensure no one is hungry. There are several depots throughout the city, see the website for the map.

Harvest Hills Cares Calgary
403-608-7224
info@harvesthillscare.ca
A non-profit organization based in Calgary, officially registered at the federal level. Their mission is to provide essential support to individuals who are facing challenges in accessing food, medicine, shelter, and other necessities required for daily living.



McDougall United Church – Acadia Food Pantry
 8516 Athabasca Street S
 Free food: for anyone in need. The pantry was originally designed for residents of Acadia and nearby neighbourhoods, but it will not turn anyone away. We continue a monthly distribution schedule on the third Tuesday of the month, 12 noon - 12:45pm.

Metis Calgary Family Services Society
 403-240-4642
<http://mcfcs.ca/>
 Providing food hampers to community members.

Miskanawah Community Services
 403-247-5003
info@miskanawah.ca
 Providing Food Bank referrals for children, youth, families, and Elders.
<https://miskanawah.ca/>

Robert McClure United Church – Community Food Pantry
 5510 26 Avenue NE
<https://robertmclurechurch.org>
 Thursdays from 12 until 2pm only. Food is available for anyone who needs this resource.
 They do not require referrals or appointments and do not screen participants. They request that only one person per family line-up in the designated line for food, if possible, not to bring children to the Food Pantry and bring own bags.

Salvation Army- Barbara Mitchell Family Resource Centre
 403-930-2700
frinfo@salvationarmycalgary.org
 By appointment:
 The pantry is open and available: Thursday or Friday between 12-4 p.m

Salvation Army – Centre of Hope
 403-410-1111
 Free bread daily at 1:45 p.m. and food hampers every Wednesdays at 1 p.m. No registration needed, identification required



Salvation Army - Berkshire Citadel
 403-275-1827
<https://www.salvationarmycalgary.org/>
 Open Wednesdays 9am-3pm
 No-cost, emergency food hampers are available with up to two days worth of non-perishable food and hygiene items. Delivery is available. Additional items can be requested including diapers, wipes and formula for infants or toddlers.

Samaritan's Club Samaritan Club of Calgary
 They are dedicated to helping those in Calgary who need assistance with groceries and prescriptions, made available within 24 hours.
Samaritanclubofcalgary@gmail.com

Society of Saint Vincent De Paul
 403-288-9040
www.ssvpcalgary.ca
 Society of Saint Vincent De Paul Supports individuals and families in need, regardless of their religion or faith, color and disability. Provides economically vulnerable people in Calgary with emergency food hampers and meeting basic needs.
 General number: 403-250-0319
 North and Northeast Calgary
ssvpeast@gmail.com
 South Calgary and Okotoks
ssvpsouthcalgary@gmail.com
 West Calgary and Canmore area
ssvpwest@gmail.com

St. James Catholic Parish
 403-243-2680
 St. James Catholic Church Food Bank
 5504 20th Avenue SW
 Responds to requests for assistance from people of all religious denominations living within our parish boundaries by providing food hampers on an emergency basis.
 The Food Bank can be accessed at any time by calling 403-243-2680 and pressing 3 for the food bank voice mail. When leaving a message please speak clearly stating your name, address and telephone number, and a volunteer will return your call to determine your needs and provide you with a date and time to pick up your food hamper.

The Salvation Army Community Services
 403-220-0432
cssinfo@salvationarmycalgary.org
 No-cost, emergency food hampers are available with up to two days' worth of non-perishable food and hygiene items. Delivery is available. Additional items can be requested including diapers, wipes and formula for infants or toddlers.

The Salvation Army – Helping with Essentials
 403-410-1111
<https://www.salvationarmycalgary.org/what-we-do/serving-families/>
 provides emergency food hampers and other aids. By relieving the burden and stress of figuring out where their next meal is coming from, we give individuals and families the freedom to focus on other areas where growth and support may be needed. We support in the moment, but also offer proactive and preventative solutions to the variety of barriers many Calgarians face.
 1) Serving Families – East Campus (403) 220-0432
 2) Serving Women – West Campus (403) 930-2711
 3) Serving Men – Centre of Hope (403) 410-1184



The Women's Centre of Calgary
 403-264-1155
<https://www.womenscentrecalgary.org>
 Will assist with monthly food emergency hampers. Open to the public on a drop in basis Mon-Thurs 930am-8pm and Friday 930 am-1pm.

Victory Outreach
 403-273-1050
<https://www.victoryoutreach.ca/food-splash-page>
 Emergency Hampers available through their Forest Lawn location. Food for 1 day per person. Limit of one per week per household. Fill out an application through their website.

