

# Food

## Hampers

### **Calgary Food Bank**

**(403)253-2055 Hamper Request Line**

**[www.calgaryfoodbank.com/need-food/](http://www.calgaryfoodbank.com/need-food/)**

**5000 11 St SE**

- Call the food hamper request line BEFORE visiting the food bank to pick-up.
- 3 self-referral food hampers per year
- 4 agency referral food hampers per-year
- Must allow 30 days between hampers
- Celiac, vegetarian, and pre-natal hampers available
- Hamper pick-up at main warehouse or other depots around Calgary
- Need ID for all people in the home
- Hours of operation:
  - Monday to Thursday: 8:30am - 4:30pm
  - Friday: 8:30am - 4:00pm