

YYC Free Food 2023

These services offer free food hampers and/or free meals

Last updated October 2023. Always call to make sure the details are correct

All of Calgary

Calgary Food Bank

5000 - 11th Street SE (403) 253-2055 www.calgaryfoodbank.com/needfood

Food hampers with a 7-day supply of food

- Pick-up points across city so you can receive a hamper closer to your home
- Delivery service for people with medical or mobility challenges
- Special hampers for people with babies, celiac, or renal disease (renal hampers need AHS renal clinic referral)
- Family or friends can pick-up hamper on behalf of client with QR code (see website)

Who can use it?	Anyone who meets the food bank's low-income level
When can you go?	Appointments required and available during the following times: Monday – Thursday between 8 am – 7:30 pm Friday: 8am – 4pm Saturday: 9 am – 2:30 pm
How often?	Every 11 days. No yearly limits to receiving hampers
Other things to know	<ul style="list-style-type: none">• Operates via a drive-thru and curb side hamper pick-up• You must call ahead to book your hamper at (403) 253-2055 or book online (available for the main location only)• Bring a big bag, backpack or suitcase to carry the food• Bring ID for each person in your home who needs food

Society St. Vincent De Paul

(403) 250-0319 www.ssvpcalgary.ca

Food hampers

Who can use it?	Anyone. No referral needed
When can you go? How often?	Call the number to find out if there is a SSVP in your area. Each works within a pre-set region of the city. Food hamper frequency differs from parish to parish

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North Calgary

Centre For The City - Well Café

4210 Centre St North* (403) 293-3900

Moving to: 3900 2nd St NE call for info

www.cschurch.ca/centre-for-the-city

Hot meals & Calgary Food Bank depot

Offer hot meals and pantry items. Call for information about Calgary Food Bank hampers

Who can use it?

Anyone

When can you go?

- Mondays and Wednesdays 5:30 pm - 7:30 pm (except statutory holidays)
- You can go as often as you need

Hillhurst-Sunnyside Community Centre

1320 5 Avenue NW (403) 283-0554

www.hsca.ca/community-food-program

Fresh Choices

Who can use it?

- All residents of the Hillhurst Sunnyside area
- No referral, ID, or appointment needed

When can you go?

- Mondays from 4 pm - 6 pm
- You can go weekly

Robert McClure United Church Food Pantry

5510 - 26 Avenue NE (403) 280-9500

www.robertmclurechurch.org

Food hampers (choose from items offered)

Who can use it?

Anyone. No referral or ID needed

When can you go?

- Thursdays 12 pm - 2 pm (it is not possible to pick-up at other times)
- You can go as often as you need

Muslim Families Network Society Halal Food Bank

Unit 1129 3961 52 Avenue NE (Building 1000) (403) 466-6367

www.muslimfamilynetwork.org

Halal food hampers

Who can use it?

Anyone who has a religious need to eat halal foods. No referral needed

When can you go?

- By appointment only, call to make an appointment. Available 4 times a year.

Other things to know

Bring all of these items:

- Proof of government assistance if you receive it (Income Support, AISH)
- Proof of Child Tax Benefit, if you receive it
- 2 months of current bank statements
- Rental agreement that shows the rent is being paid
- ID for each person in your home who needs food

Southeast Calgary

Salvation Army Community & Family Services

428 9th Ave SE *Moving to Unit 100 5115 17th Ave SE by Jan 2024* (403) 220-0432

www.salvationarmycalgary.org

Food hampers based on family size with food for 2 days

Who can use it?	Families in Greater Forest Lawn including south of McKnight Blvd
When can you go?	Once a month, call office to book appointment for hamper pickup
Other things to know	Bring ID for the person picking up the hamper. Intake process for new clients

Rise Calgary

3303 - 17 Avenue SE (403) 204-8280

www.sunriselink.org

Calgary Food Bank referrals

	<ul style="list-style-type: none">• Offer baked goods like bread on Wednesdays (Drop in 1-4 pm)• Help with referrals for clothing, furniture, and finding free food resources in their community
Who can use it?	Low-income Calgarians
When can you go?	Drop-in hours for access to basic needs referrals: *closed between 12 - 1 pm • Wednesday, Thursday, Friday 1 pm - 4 pm
How often can you go?	• New clients complete an intake. After intake go as often as you need
Other things to know	• Bring ID for each person in your home if you want a referral to the Calgary Food Bank • Bring proof of income (required for some referrals but not all)

Aboriginal Friendship Centre

316 7 Avenue SE (403) 270-7379 x 221

www.afccalgary.org

Food hampers

Who can use it?	Anyone. No referral needed. New members must fill out a disclosure form
When can you go?	<ul style="list-style-type: none">• Tuesdays anytime (while supplies last)• You can go as often as you need

Fish Creek United Church

77 Deerpoint Rd SE (403) 278-8263 www.fishcreekunitedchurch.ca

Food hampers & Calgary Food Bank depot and referrals

<ul style="list-style-type: none">• Food pantry fully stocked with non-perishable foods• Depot and referrals for the Calgary Food Bank• Free bread every Thursday	
Who can use it?	Anyone in South Calgary. No referral needed. No ID needed
When can you go? How often?	<ul style="list-style-type: none">• Food Pantry is available Monday to Thursday 9 am – 12 pm and 1 pm to 4 pm• You can go as often as you need

Eastside Victory Outreach

1840 - 38 Street SE (403) 273-1050 www.victoryfoundation.ca

Food hampers, free hot lunches, & Calgary Food Bank depot

<ul style="list-style-type: none">• Also offer women's clothing and showers	
Who can use it?	Anyone. No referral needed.
When can you go?	<ul style="list-style-type: none">• Tuesday, Wednesday, and Thursday from 12 pm - 2pm• You can go as often as you need

Ogden Victory Outreach

7012 Ogden Road SE (403) 273-1050 www.victoryfoundation.ca

Food hampers & free hot lunches

<ul style="list-style-type: none">• Also offer showers, and small clothing bank	
Who can use it?	Anyone. No referral needed.
When can you go?	<ul style="list-style-type: none">• Fridays from 2 pm - 5 pm• You can go as often as you need

Youth Unlimited: Streetlight

5105 8 Ave SE (403) 291-3179 www.youthunlimited.ca

Hot meal from a food truck

<ul style="list-style-type: none">• Mobile drop-in centre for street youth that parks at Jack James• Free takeaway meal from mid-October until December 4th 2023• January 2024 hope to offer hot meals again (please call to confirm)	
Who can use it? When can you go?	<ul style="list-style-type: none">• Ages 12 - 24 years old. No referral needed• Mondays 8pm - 10pm• You can go as often as you need

The Alex Community Food Centre

4920 17 Avenue SE (403) 455-5792 www.thealexcfc.ca

Drop-in community meals 3 x week & Calgary Food Bank referrals

<ul style="list-style-type: none">• Food and garden skills programs• Fresh and Fare Community Market (affordable produce)• Also offer civic engagement programs and community building projects	
Who can use it?	Anyone. No referral needed
When can you go?	<ul style="list-style-type: none">• Monday: Dinner 5 - 6:30 pm (families only - kids and their favorite adults)• Wednesday: Lunch 12 pm - 1 pm• Friday: Breakfast & Market 9 am - 11 am• You can go as often as you need

Calgary Drop-in and Rehab Centre

1 Dermot Baldwin Way SE (403) 263-5707 www.calgarydropin.ca

Daily meals

Who can use it?	Anyone. No referral needed		
When can you go?	Breakfast 7 - 8 am	Lunch 12 noon - 1 pm	Supper 6 - 7 pm
How often?	As often as you need (1 serving per person at each meal)		

Southwest Calgary

Abundant Life Church Bread Basket

3343 - 49th Street SW (403) 246-1804 www.alc-calgary.ca

Food hampers

Who can use it?	<ul style="list-style-type: none"> No referral needed. Must live west of 14 St, between Spruce Drive & North Glenmore Park (66 Ave)
When can you go?	<ul style="list-style-type: none"> Contact the church by phone or email (info@alc-calgary.ca) to make an appointment Appointments are Thursdays between 12 pm - 12:30 pm
How often?	Up to twice per month
Other things to know	<ul style="list-style-type: none"> ID and proof of address needed first time \$1 fee per box If walking or taking transit, bring bags, backpack or a cart

St. Mary's Cathedral Hall Feed the Hungry

221 - 18th Avenue SW (403) 218-5532 www.feedthehungrycalgary.ca

Free lunch on Sundays

Salad, main entree, a dessert, and beverages per person, with "to-go" option	
Who can use it?	Anyone
When can you go? How often?	<ul style="list-style-type: none"> Sunday 1:30 pm - 3:30 pm You can go as often as you need

JFSC (Jewish Family Service Calgary)

(403) 287-3510 www.jfsc.org

Food hampers and kosher food hampers

<ul style="list-style-type: none"> Assistance accessing the Calgary Food Bank 	
Who can use it?	Anyone needing food and basic needs support
When can you go?	<ul style="list-style-type: none"> By appointment only, call or email (info@jfsc.org) for more information You can go as often as you need
Other things to know	<ul style="list-style-type: none"> You must make an appointment, call our intake line Bring ID to your first appointment

Kerby Centre Unison Free Food Market

1133 7th Ave SW (403) 265-0661 www.unisonalberta.com/calgary-thrive/

Free Food Market and delivery

- Free Food Market: Bread, baked goods and other items such as sandwiches, frozen meals, produce, dairy products and non-perishable canned and packaged food, as available, for older adults to pick up at Unison at Kerby Centre
- Pop-up Markets: Bread available for pick up in community locations across Calgary
- Food Basket Delivery: frozen meals, bread, baked goods and other items can be delivered by volunteers to homebound older adults; with friendly visits
- Grocery Delivery: Grocery shopping and delivery by volunteers for homebound older adults; with friendly visits as requested

Who can use it?	<ul style="list-style-type: none">• Low-income older adults 50+• Registration required
When can you go?	For more information about specific program days and times, call (403) 705-3222 or visit https://unisonalberta.com/calgary-thrive/
How often can you go?	Frequency depends on program. Please call the Thrive team for more info

For information about other services:

Call 2-1-1
Or visit ab.211.ca



[Calgary Community Food Resources by Quadrant - Google Docs](#)



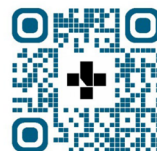
www.InformAlberta.ca



[Calgary Community Food Map](#)



Have a nutrition question? **Call Health Link at 8-1-1** and ask to talk to a dietitian or **self-refer using the QR code**



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