

Resources for you

Food or Groceries

If your family is concerned about **Food or Groceries**, here are some resources that may be able to help.

Resource	Contact Info	Details	How to Get Help
Calgary Food Bank	403-253-2055	Food hampers: You can get up to 7 hampers every 12 months. There must be a 30-day gap between requests.	Call: the first 3 hampers you can get through calling the Food Bank yourself (self-referral). After that, you need a referral - ask the Food Bank about how and where to get a referral.
Community Kitchen Program of Calgary	403-275-0258	Helps families to learn how to prepare nutritious meals. Helps with budgeting for groceries. Provides affordable nutritious food. Good Food Box program	Call.
The Alex Community Food Centre	403-455-5792 goodfood@thealex.ca 4920 17 Ave SE	Provides: Drop-in community meals Affordable produce market Healthy eating and cooking education	Drop-in for meals. To register for programs, call, email, or come in person.

There are many additional emergency food resources in Calgary. Check this list of resources: <http://www.acadsa.ca/wp-content/uploads/2016/09/Free-Food-in-Calgary-September-2016.pdf>

