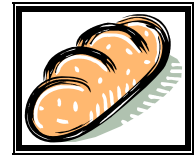


Food Resources in Calgary 2011 Emergency Food



Pregnant Moms and Children

Best Beginning

Ph: 403-228-8221

- ◆ Support for pregnant women living on a low income
- ◆ Free food, milk and vitamins
- ◆ Free meals at weekly drop-in groups
- ◆ Talk with nutritionists, nurses, and social workers
- ◆ Connect to community resources
- ◆ Meet other pregnant women at groups

Calgary Inter-Faith Food Bank Prenatal Hampers

Ph: 403-253-2059

- ◆ Prenatal hampers for women accessing a participating prenatal service provider - by referral only
- ◆ Prenatal hampers are counted separately from regular hampers

Children's Milk Program

Ph: 403-253-2059

- ◆ Calgary Inter-Faith Food Bank Society
- ◆ Provides home delivery of fresh milk and formula to children and pregnant and nursing moms
- ◆ Need referral by a health-based organization

Healthy Babies Network

Ph: 403-777-7635

- ◆ Need referral by other agency, cannot self-refer
- ◆ Support service to help professionals find nutrition related resources for clients
- ◆ Prenatal vitamins for pregnant women and vitamin D drops for breastfed infants
- ◆ Pregnant women and families with children up to 12 months old
- ◆ Counselling with a nutritionist and social worker

ICU2 Program

Ph: 403-209-1930

- ◆ NeighbourLink Calgary
- ◆ Provides baby food, formula, diapers and supplies (based on need and availability)

Salvation Army Community Support Services

Ph: 403-220-0432

1826 36 St. SE

- ◆ Program called Infant Essentials
- ◆ Provides formula, diapers, and cereal

Youth

EXIT Community Outreach & Resource Centre

Ph: 403-262-9953

117-7th Avenue SW

- ◆ Offers free sandwiches and coffee
- ◆ For youth ages 12-24
- ◆ Sunday - 1:00 pm - 5:00 pm
- ◆ Monday to Friday - 9:00 am – 5:00 pm

EXIT Youth Shelter

Ph: 403-509-2323

112 16 Ave NE

- ◆ Food, shelter, clothing & washing
- ◆ Accommodation for youth ages 12-17
- ◆ 7 days/week, 4:00 pm – 9:00 am

Streetlight – Youth for Christ

Ph: 403-291-3179

Parks at 10th Avenue and 1st Street SE

- ◆ Mobile drop in centre serving hot dinner
- ◆ Monday and Thursday 8:00 pm - 11:00 pm

Individuals and Families

Alex Community Health Centre

Ph: 403-266-2622

Unit 101, 1318 Centre Street NE

- ◆ Calgary Inter-Faith Food Bank referrals
- ◆ Alex Spinz-Around Supplementary Food Program (available to individuals ages 16 and older only)
- ◆ Thursdays only - 10:30 am; 610 - 8 Ave. SE

Calgary Inter-Faith Food Bank

Ph: 403-253-2055

- ◆ Food hampers up to 7 times a year
- ◆ Hampers can be picked up from one of the 6 depots around Calgary and the main warehouse

Muslim Families Network Society: Halal Food Bank

Ph: 403- 466-6367

www.MuslimFamiliesNetwork.com

- ◆ Applicants can receive assistance 4-6 times a year through self-referral or referral by other organizations (Halal food bank operates 24/7)
- ◆ Applicants must make an appointment and meet specific criteria to receive assistance
- ◆ Two annual food and clothing distributions

NeighbourLink Calgary

Ph: 403-209-1930

- ◆ Emergency food hampers are available
- ◆ Volunteers deliver Food Bank food hampers

Calgary Poppy Fund and Veterans Food Bank

Ph: 403-265-6304
 #1 4539-6th Street NE

- ◆ Food hampers for veterans and their dependents, including widows/widowers
- ◆ Meals on Wheels vouchers for veterans in need for \$5.00 each
- ◆ Monday-Friday, 10:00 am - 3:00 pm

Hampers for the Homeless

Ph: 403-253-2059

- ◆ Calgary Inter-Faith Food Bank provides food to various community agencies to deliver to homeless people
- ◆ Food items provided are designed for easy consumption on the street

Spinz-A-Round

Ph: 403-275-0258

- ◆ Perishable food is retrieved from retail outlets
- ◆ Non-profit agencies can pick up food to deliver to clients in need

St. Edmund's Anglican Church

Ph: 403-288-6330
 8336-34th Avenue NW

- ◆ Emergency food hampers for pick-up only
- ◆ Monday and Thursday 9:00 am - 12:00 noon
- ◆ Call in advance or walk-in

Drop-In Programs

Calgary Drop-In & Rehab

Ph: 403-699-8240
 423-4th Avenue SE

- ◆ Provides temporary overnight shelter, meals and snacks
- ◆ Emergency food hampers available
- ◆ For ages 16 and up

CUPS (Calgary Urban Project Society)

Ph: 403-221-8780
 128-7th Avenue SE

- ◆ Food available for participants in CUPS programs
- ◆ Emergency food given to clients when available

Feed the Hungry

Ph: 403-218-5532

St. Mary's Cathedral Hall, 221-18th Avenue SW

- ◆ Sunday dinner from 3:30 pm - 5:00 pm
- ◆ Food hampers for the homeless available at dinner; ID required
- ◆ Fruit and bread are available after dinner to all attendants

Inn from the Cold

Ph: 403-263-8384
 #106-110-11th Avenue SE

- ◆ Registration 4:00 pm - 5:30 pm daily for temporary overnight shelter
- ◆ Hot dinner, breakfast and bagged lunch for clients staying at the shelter
- ◆ Preference given to families

Mustard Seed

Ph: 403-269-1319 or 403-767-2400
 102-11th Avenue SE (Downtown)
 7025 44th St SE (Foothills Shelter)

- ◆ Breakfast, lunch and supper for program guests at downtown location
- ◆ 7:00 pm supper for program guests at foothills location

Salvation Army Centre of Hope

Ph: 403-410-1111
 420-9th Avenue SE

- ◆ Free emergency accommodations including three meals each day
- ◆ Low cost, nutritious meals available daily
- ◆ Food hampers available weekly at the Centre of Hope
- ◆ Food hampers are available to the absolute homeless in the community (non-clients only)

Transportation Solutions

Access Calgary

Ph: 403-537-7770

- ◆ Door-to-door shared-ride service
- ◆ For people unable to take public transit
- ◆ Must have an application completed by a doctor followed by an interview for qualification
- ◆ All Calgary Transit bus passes and bus tickets can be used as methods of payment, cash is not accepted

Calgary Transit

Ph: 403-262-1000

Call for information on:

- ◆ How to get places without using a car
- ◆ Transit route maps and schedules
- ◆ Low-Income Monthly Transit Pass
- ◆ Yearly low cost seniors' transit passes

Additional Services Information

The City of Calgary Street Survival Guide 2011

- ◆ 403-268-CITY (2489) or www.calgary.ca

Health Link

(403) 943-5465 or 1-866-408-5465

- ◆ Talk to a public health nurse about health related questions; 24 hours a day, 7 days a week

Community Connection

- ◆ www.211calgary.ca

- ◆ Call 211 and get connected to the community services you need

Alberta Health Services Website

- ◆ www.albertahealthservices.ca

This handout is for general information purposes only - contact Nutrition Services, Population & Public Health at 403-943-6753 to update information. *Please call the resource you wish to access for specific service information.*