

# Food Resources in Calgary 2011

## Low Cost Food



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### Low Cost Food Programs

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#### Blackfoot Farmers Market

Ph: 403-243-0065  
5600 - 11th Street SE  
[www.blackfootmarket.ca](http://www.blackfootmarket.ca)

- ◆ Low cost local produce
- ◆ Open May 21<sup>st</sup> to October 31<sup>st</sup>
- ◆ Market hours:  
Saturday: 8:00 am – 5:00 pm  
Sunday 10:00 am – 4:00 pm
- ◆ Easy bus route access

#### Calgary Meals on Wheels

Ph: 403-243-2834

- ◆ Daily hot and cold meals delivered Monday-Friday, 11:00 am – 1:00 pm
- ◆ Chopsticks (traditional Chinese meals) on wheels available
- ◆ Call for prices and for more information on meal options

#### Calgary Urban Harvest Project Calgary Fallen Fruit Rescue Program

Ph: 403-483-9797  
<http://calgaryharvest.com>

- ◆ Collects unused fruit from Calgary's trees during the fall harvest season
- ◆ Donates fruit to volunteers and various community organizations

#### Good Food Box

Ph: 403-275-0258  
[www.ckpcalgary.ca](http://www.ckpcalgary.ca)

- ◆ Fresh fruits and vegetables at lower costs
- ◆ Check website for contact information for closest depot location
- ◆ 40-45 lbs food for \$25.00.
- ◆ 30-40 lbs food for \$20.00.
- ◆ 25-30 lbs (single/senior) food for \$15.00.
- ◆ 150 sites around the city

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### Community/Collective Kitchens

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#### Calgary's Cooking

Ph: 403-538-7380 or 403-538-7383  
[www.ckpcalgary.ca](http://www.ckpcalgary.ca)

- ◆ Families meet to plan and make meals either once or twice a month
- ◆ Download application from website; waiting lists apply
- ◆ Over 27 kitchens in Calgary
- ◆ Costs under \$2.00 per person per meal

#### Collective Kitchens

Ph: 403-943-6753

- ◆ Participants of collective kitchens meet to plan, shop and prepare low cost, healthy meals
- ◆ Training sessions for coordinators of Collective Kitchens
- ◆ Information on how to set up and run a Collective Kitchen

#### Dashing Dishes

Ph: 403-471-1395  
[www.dashingdishes.com/calgary](http://www.dashingdishes.com/calgary)

- ◆ Provides ingredients and equipment to make a variety of meals (8-12 meals)
- ◆ Attend a session at a listed community centre to assemble meals for take home
- ◆ Costs average \$3.50-\$5.50 per person per meal
- ◆ Visit website for more information and to register

#### Junior Chef's

Ph: 403-276-9981

- ◆ The Boys and Girls Clubs of Calgary
- ◆ Teaches children food and kitchen safety and easy to cook recipes
- ◆ Boys and girls ages 6 - 17

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### Lunch Programs for Children

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#### Brown Bagging for Calgary's Kids

Ph: 403-264-7979  
[www.brownbaggingit.org](http://www.brownbaggingit.org)

- ◆ The FEED KIDS program delivers free lunches to over 70 schools in Calgary

#### Tummy Tamers

Ph: 403-275-0258

- ◆ At select Park N' Play locations, open from July 1<sup>st</sup> to August 31<sup>st</sup>
- ◆ Provides a free hot lunch and snack
- ◆ Children learn about nutrition and healthy living

## **FANS (Food and Nutrition in Schools)**

Ph: 403-520-1516

- ◆ The Boys and Girls Clubs of Calgary
- ◆ Provides food to hungry children in select schools across Calgary

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## **Community Gardens**

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### **Calgary Horticultural Society – Community Garden Resource Network**

Ph: 403-287-3469 ext. 227

E-mail: [communitygardens@calhort.org](mailto:communitygardens@calhort.org)

[www.calhort.org](http://www.calhort.org)

- ◆ Information on public and private community gardens in Calgary
- ◆ Low cost learning opportunities on how to grow vegetables, herbs and fruit in Calgary
- ◆ Resources on implementation of community gardens

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## **Neighbourhood Supports**

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Access to low cost food programs such as the Good Food Box and C.A.N.S.

### **Alex Community Health Centre**

Ph: 403-266-2622

Unit 101, 1318 Centre Street NE

### **Bow West Community Resource Centre**

Ph: 403-216-5348 (Bowness)

Ph: 403-374-0448 (Ranchlands)

7904-43 Avenue NW, #14-1840 Ranchlands Way

### **Heart of the Northeast Resource Centre**

Ph: 403-293-5467

2623-56 Street NE

### **Inner City Community Resource Centre**

Ph: 403-536-6558

922-9 Avenue SE

### **Millican-Ogden Community Association Family Resource Centre**

Ph: 403-720-3322

2734-76 Avenue SE

### **North Central Community Resource Centre**

Ph: 403-275-6666

520-78 Avenue NW

### **North of McKnight Community Resource Centre**

Ph: 403-293-0424

95 Falshire Drive NE

### **South West Communities Resource Centre**

Ph: 403-238-9222

#42-2580 Southland Drive SW

### **Sunrise Community Link Resource Centre**

Ph: 403-204-8280

701 Erin Woods Lane SE

### **West Central Community Resource Centre**

Ph: 403-543-0555

3507A-17 Avenue SW

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## **Transportation Solutions**

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### **Access Calgary**

Ph: 403-537-7770

- ◆ Door-to-door shared-ride service
- ◆ Must have an application completed by a doctor followed by an interview for qualification
- ◆ Attendant pass for people accompanying passengers with special needs
- ◆ 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

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## **Additional Services Information**

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### **The City of Calgary Street Survival Guide 2010**

- ◆ 403-268-CITY (2489) or [www.calgary.ca](http://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](http://www.211calgary.ca)
- ◆ Call 211 and get connected to the community services you need

### **Alberta Health Services Website**

- ◆ [www.albertahealthservices.ca](http://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.**