



Calgary Community Food Resources by Quadrant

Places where people can access low and no-cost food in Calgary.




- Please contact the organization or refer to their website for the most up-to-date information on eligibility, food availability, and how to access the resource.
- Some organizations are listed under City-wide Resources *and* within the quadrant they are located.
- See also printout resources for each quadrant (NE, SE, NW, SW)





Last edited July 18, 2024: If you know of additional resources to add or changes that need to be made, please email Abby.Landon@calgary.ca

3. SE Quadrant



	<u>Food hampers and baskets</u>
	<p><u>Aboriginal Friendship Centre of Calgary</u> Providing food hampers to anyone in need with no referral needed. Available while supplies last. New members must fill out a disclosure form. Contact Information: Phone: 403-270-7379 (ext. 221) Email: info@afccalgary.org Address: 316 7 Ave SE</p>
	<p><u>Awo Taan Family Wellness Centre</u> Providing Food hampers to families in need in Forest Lawn on a monthly basis, while available. In order to qualify for a hamper, you must be one of the following: in isolation due to Covid; Indigenous; or already a participant in an existing program at Awo Taan. Contact Information: Phone: 403-531-1880, ext. 100 Address: 4518 17 Ave SE</p>
 	<p><u>Calgary Food Bank</u> The Calgary Food Bank provides baby hampers alongside emergency food hampers for households with children up to 12 months old. Baby hampers include diapers, wipes, and formula, all based on availability.</p> <p>You must call ahead to book a hamper before picking up. Once you have been approved, volunteers will book you a specific time to pick-up your hamper.</p> <p>Hampers can be picked-up at the main location (5000 11 St. S.E.) or one of our satellite locations. Other specialty hampers available include celiac and renal (renal must be requested by Alberta Health Services Renal Program) Contact Information: Hours: Monday to Thursday, 8:30am-7pm; Friday 8:30am-4:00pm Phone: 403-253-2055</p>








	<p><u>CFB Depot - First Alliance Church</u></p> <p>Calgary Food Bank Depot location: people order their hamper through the Calgary Food Bank and request this satellite location for pick up. Hampers can be requested Monday through Thursday from 8:15am-7pm and Fridays 8:15am-3:30pm by phoning the Calgary Food Bank at 403-253-2055.</p> <p>Pick up times at First Alliance church are Mondays 4:30pm-6:00pm and Saturdays from 9:30-11:30am.</p> <p>Address: 12345 40 St SE (at East Entrance)</p>
	<p><u>CFB Depot - Eastside Victory Outreach</u></p> <p>Calgary Food Bank Depot location: people order their hamper through the Calgary Food Bank and request this satellite location for pick up. Hampers can be requested Monday through Thursday from 8:15am-7pm and Fridays 8:15am-3:30pm by phoning the Calgary Food Bank at 403-253-2055.</p> <p>https://www.calgaryfoodbank.com/needfoodform/</p> <p>Contact Information:</p> <p>Phone:</p> <p>403-253-2055 (Call Food Bank directly to request hamper)</p> <p>403-273-1050 (Call Eastside for referral or questions)</p> <p>Address: 1840 38 St SE</p>
	<p><u>Eastside Victory Outreach</u></p> <p>Emergency hampers on a drop-in basis on Tuesdays, Wednesdays, and Thursdays from 12-2pm. Hot lunches, free clothing, and hot showers available.</p> <p>Contact Information:</p> <p>Phone: 403-273-1050</p> <p>Address: 1840 38 St SE</p>
	<p><u>Feed it Forward</u></p> <p>Food hampers are available to anyone who needs support, no matter their situation and without judgement. We will do our best to meet specific food preferences based on donation availability. Contact by email, phone, or Facebook to request a hamper.</p> <p>Contact Information:</p> <p>Phone: 587-731-0905</p> <p>Email: feeditforwardyyc@gmail.com</p> <p>Address: Pick-up locations located throughout SE Calgary. Contact for details.</p>
	<p><u>Fish Creek United Church</u></p> <p>Calgary Food Bank Depot: pick up times are Thursday 5-6:30pm. Call the Food Bank directly to arrange a pick-up.</p> <p>Contact Information:</p> <p>Phone:</p> <p>403-253-2055 (Food Bank: Food Bank Hampers)</p> <p>403-278-8263 (Fish Creek: Good Food Box, Free Pantry, Bread Giveaway)</p> <p>Email: info@fishcreekunitedchurch.ca</p> <p>Address: 77 Deerpoint Rd SE</p>
	<p><u>Metis Calgary Family Services Society</u></p> <p>Providing food hampers to community members.</p> <p>Contact Information: For more information</p> <p>Phone: 403-240-4642, ext. 303</p> <p>Address: 352 Sunvale Dr SE</p>







	<p><u>Ogden Victory Outreach</u> Emergency hampers on a drop-in basis on Fridays from 2-5pm. Hot lunches, free clothing, and hot showers available. Call for more details.</p> <p>Contact Information: Phone: 403-273-1050 Address: 7012 Ogden Road SE</p>
	<p><u>Potential Place</u> Providing hampers for members of Potential Place. Address: #210, 308 11 Ave SE</p>
	<p><u>Rise Calgary</u> Emergency food: Available for residents who have already accessed the Calgary Food Bank, or require a little food to see them through to their next pay. Food is available based on donations. Call to book an appointment to pick up an emergency food hamper.</p> <p>Free Bread: Rise Calgary has free bread available on Mon and Wed based on availability, at the Forest Lawn location at 3303-17 Ave SE. We are open from Mon-Fri 10am-1pm and 2-4pm. Bread is available on a drop in first-come-first-served basis and items are limited to 3 per household.</p> <p>Food Bank Referrals: Rise Calgary Community advocates are available to complete agency referrals to the Calgary Food Bank for all clients who have accessed all of their self referrals. To have a referral completed, residents call us.</p> <p>Contact Information: To request a hamper or Food Bank referral Phone: 403-204-8280 Email: info@risecalgary.ca Address: 3303 17 Ave SE (Forest Lawn) Address: 2737 76 Ave SE (Millican/Ogden)</p>
	<p><u>SSVP Depot - St. Albert the Great Parish</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries.</p> <p>Contact Information: Phone: 403-257-6054 Email: ssvpsouthcalgary@gmail.com Address: 10 Prestwick Dr SE</p>
	<p><u>SSVP Depot - St. Bernadette Church</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries.</p> <p>Contact Information: Phone: 403-236-2979 Email: ssvpsouthcalgary@gmail.com Address: 7103 20a St SE</p>
	<p><u>SSVP Depot - St. Bonaventure Church</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries.</p> <p>Contact Information: Phone: 403-278-7556 Email: ssvpsouthcalgary@gmail.com Address: 1600 Acadia Dr SE</p>

	<p><u>SSVP Depot - St. Cecilia Roman Catholic Church</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries.</p> <p>Contact Information: Phone: 403-252-2790 Email: ssvpsouthcalgary@gmail.com Address: 321 90 Ave SE</p>
	<p><u>SSVP Depot - Holy Trinity Church/Our Lady of Fatima</u> Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, formula for infants and toiletries.</p> <p>Contact Information: Phone: 403-663-0044 Email: ssvpsouthcalgary@gmail.com Address: 1525 45 St SE</p>
	<p><u>The Alex Community Food Centre</u> Drop-in Family Dinner (Mondays 5-6:30pm). Drop-in Community Lunch (Wednesdays 12-1pm). Drop-in Community Breakfast (Fridays 9-11am). Affordable Produce Market (Fridays 9-11 am). Address: 4920 17 Ave SE</p>
	<p><u>The Salvation Army - Greater Forest Lawn</u> No cost, emergency food hampers are available with up to two days worth of non-perishable food and hygiene items. No delivery. Additional items can be requested including diapers, wipes and formula for infants or toddlers. Hampers for those who are experiencing homelessness - a day's supply of food. Hampers available Monday-Friday 1pm-4pm. Also providing Food Bank referrals.</p> <p>Contact Information: Phone: 403-220-0432 Email: CSCalgary.Info@salvationarmy.ca Address: Unit 100, 5115 17th Ave SE</p>
	<p><u>Community Food Pantries</u></p>
	<p><u>Abbeydale Christian Fellowship - Community Cupboard</u> We are excited to be able to serve our community with free food! Every week, we collect surplus food donated by grocery stores and give it away to families in our neighbourhood. Staffed by volunteers from our church, neighbouring churches and the community, the program serves an average of 30 families per week.</p> <p>To be eligible, you must live within the Abbeydale, Applewood or Penbrooke communities, or attend one of these three churches: Abbeydale Christian Fellowship church, Love in Action church, or Eastside City Church. Proof of address is required.</p> <p>Doors are open from 5-5:30pm on Tuesday afternoons. Address: 1352 Abbeydale Dr SE</p>
	<p><u>Chabad Lubavitch of Alberta - Kosher Pantry</u> Faigel Shapiro Kosher Pantry Outreach Program:</p>

	<p>Subsidized and gifted kosher food packages are available to those in need. People of all faiths can request support. Availability is based on donations. To request support or refer a friend/family member, fill out the form online.</p> <p>Address: 134 Forge Rd SE</p>
	<p><u>Eastside Victory Outreach - Greater Forest Lawn Food Pantry</u> Outdoor food pantry - available 24/7 for everyone. Address: 1840 38 St SE</p>
	<p><u>Erin Woods: Community Association - My Little Pantry</u> Outdoor food pantry is available 24/7 for those in need. Address: 83 Erin Park Dr SE</p>
	<p><u>Forest Heights - Greater Forest Lawn Food Pantry</u> Outdoor food pantry - available 24/7 for everyone. Address: 4909 Forego Ave SE</p>
	<p><u>Fish Creek United Church</u> Free Pantry: non-perishable food available anytime. Bread Giveaway: Thursdays 9-12 and 1-4. Gift cards available on a limited monthly basis for families with children aged 0-18. Contact Information: Phone: 403-253-2055 (Food Bank: Food Bank Hampers) 403-278-8263 (Fish Creek: Good Food Box, Free Pantry, Bread Giveaway) Email: info@fishcreekunitedchurch.ca Address: 77 Deerpoint Rd SE</p>
	<p><u>Penbrooke Meadows Community Association - Greater Forest Lawn Food Pantry</u> Outdoor food pantry - available 24/7 for everyone. Address: 6100 8 Ave SE</p>
	<p><u>Single Mom Strategies - Pop-up Pantry</u> Stop by for free bread and baking. Check our Facebook page for weekly pop-up location and times in Inglewood (typically Sunday afternoons). Everyone is welcome. Address: 1740 24 Ave SE</p>
	<p><u>Food Bank Referrals and Connections to Basic Needs Support</u></p>
	<p><u>Aboriginal Friendship Centre of Calgary</u> Providing Food Bank referrals for families and individuals. Contact Information: Phone: 403-270-7379 Email: info@afccalgary.org Address: 316 7 Ave SE</p>
	<p><u>Eastside Victory Outreach</u> Food bank referrals by phone, email, or drop-in. Contact Information: Phone: 403-273-1050 (Food Bank) Address: 1840 38 St SE</p>

	<p><u>First Alliance Church - Deerfoot</u> Provides Calgary Food Bank referrals and a Food Bank satellite location on Monday evenings (i.e. after you have ordered your food bank hamper, you can request FAC as your pick up location).</p> <p>Contact Information: Phone: 403-212-8847 Email: mpeters@faccalgary.com or bsoutherland@faccalgary.com Address: 12345 40 St SE</p>
	<p><u>Patch - Bannister</u> Food Bank referrals. Emergency food is available for those that are registered with Patch and accessing our services.</p> <p>Contact Information: Phone: 403-201-3152 Address: 18 Bannister Manor SE</p>
	<p><u>Rise Calgary</u> Emergency Food: Available for residents who have already accessed the Calgary Food Bank, or require a little food to see them through to their next pay. Food is available based on donations. Call to book an appointment to pick up an emergency food hamper.</p> <p>Free Bread: Rise Calgary has free bread available on Mon and Wed based on availability from Sobeys at Forest Lawn location at 3303-17 Ave SE. We are open from Mon-Friday 10AM-1 PM, 2PM-4PM. Bread is available on a drop in First come and First served basis and items are limited to 3 per household.</p> <p>Food Bank Referrals: Rise Calgary Community advocates are available to complete agency referrals to the Calgary Food Bank for all clients who have accessed all of their self referrals. To have a referral completed, residents can connect with Rise Calgary by phone.</p> <p>Contact Information: Phone: 403-204-8280 Address: 3303 17 Ave SE (Forest Lawn) Address: 2737 76 Ave SE (Millican/Ogden)</p>
	<p><u>SE Calgary Community Resource Centre</u> Providing Food Bank referrals and other supports.</p> <p>Contact Information: Phone: 403-720-3322 Address: 2734 76 Ave SE</p>
	<p><u>Patch - West Dover</u> Food Bank referrals. Emergency food is available for those that are registered with Patch and accessing our services.</p> <p>Contact Information: Phone: 403-273-3984 Address: 3203 31a Ave SE</p>
	<p><u>Women in Need (WINS) Family Resource Centre</u> The WINS FRC Team provides services, including Food Bank referrals, at our Dover location only (3525 26 Avenue SE), Monday to Friday (by appointments only).</p> <p>Contact Information: Phone: 403.255.5102, ext. 226 Email: frccordinator@winsyyc.ca</p>

	Address: 3525 26 Avenue SE
	<u>Affordable Good Food Box Locations</u>
	<p><u>Alexandra Centre Society</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please email us! Email: info@alexandracentresociety.org Address: 922 9 Ave SE</p>
	<p><u>Fish Creek United Church</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call or email us. Contact Information: Phone: 403-278-8263 Email: info@fishcreekunitedchurch.ca Address: 77 Deerpoint Rd SE</p>
	<p><u>Phoenix Foundation</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please call us! Phone: 403-265-7701 Address: 320 19 St SE</p>
	<p><u>Queensland Diamond Cove Community Association</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please call us! Phone: 403-278-3366 Address: 649 Queensland Dr SE</p>
	<p><u>Rise Calgary - Forest Lawn</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please call us! Phone: 403-204-8280 Address: 3303 17 Ave SE</p>
	<p><u>SE Community Resource Centre</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please call us! Phone: 403-720-3322 Address: 2734 76 Ave SE</p>
	<u>Affordable Food Markets</u>
	<p><u>Fresh & Fare Community Market: The Alex Community Food Centre</u> Purchase affordable fresh fruits and vegetables on Fridays from 9-11am. Address: 4920 17 Ave SE</p>

	<p><u>Fresh Routes - Downtown: Bow Valley College</u></p> <p><u>CLOSED FOR SUMMER</u></p> <p>Affordable and mobile fresh food market running Wednesdays from 11am-1pm. Located in the second floor atrium. Most locations run weekly, but please check our website for the most current schedule.</p> <p>Address: 345 6 Ave SE</p>
	<p><u>Fresh Routes - East Village: Murdoch Manor</u></p> <p>Affordable and mobile fresh food market running Wednesdays 2:30-4pm. Most locations run weekly, but please check our website for the most current schedule.</p> <p>Address: 808 5 St SE</p>
<p><u>Free and Low Cost Meals</u></p>	
	<p><u>Eastside Victory Outreach</u></p> <p>Free hot lunches available Tuesdays, Wednesdays, and Thursdays from 12-2pm. Also offering showers and women's clothing. Call for more details.</p> <p>Contact Information: Phone: 403-273-1050 Address: 1840 38 St SE</p>
	<p><u>First Alliance Church - Deerfoot</u></p> <p>Frozen meals are available during office hours - please arrange a pick-up time.</p> <p>Contact Information: Phone: 403-212-8847 Email: mpeters@faccalgary.com or bsoutherland@faccalgary.com Address: 12345 40 St SE</p>
  	<p><u>Greater Forest Lawn 55+ Society</u></p> <p>Serving seniors in Greater Forest Lawn Communities including Dover, Forest Lawn, Erin Woods, Albert Park/Radisson Heights, Forest Heights, Southview, and Penbrook Meadows.</p> <p>Meal options for \$5, including soups and stews, healthy meals and desserts, with free contactless delivery. Gluten-free options are available.</p> <p>Payment can be made via e-transfer, credit card, cheque or cash. If payment is not an option, meals may be delivered at no cost.</p> <p>Hours: Monday-Friday, 8am-4pm.</p>
	<p><u>Ogden House Senior Citizen Club</u></p> <p>Provide breakfast and dinner once a month for a fee.</p> <p>Contact Information: Phone: 403-279-2003, ext. 2 Address: 2102 69 Ave SE</p>

	<p><u>Ogden Victory Outreach</u> Free hot lunches available Fridays from 2-5pm. Also offering showers and a small clothing bank. Call for more details. Contact Information: Phone: 403-273-1050 Address: 7012 Ogden Road SE</p>
	<p><u>The Alex Community Food Centre</u> Drop-in Family Dinner (Mondays 5-6:30pm), Drop-in Community Lunch (Wednesdays 12-1pm), Drop-in Community Breakfast (Fridays 9-11am). See website for details and other programs. Contact Information: Phone: 403-455-5792 Email: goodfood@thealex.ca Address: 4920 17 Ave SE</p>
	<p><u>Youth Centres of Calgary - Ogden</u> Come for grab-and-go meals, groceries, and snack items. Available Monday to Thursday 3-5pm and Fridays 12:30 -4pm No registration required. Just drop by! Contact Information: Email: Jane Wachowich - jane@youthcentresofcalgary.com Address: 7400 23 St SE</p>
	<p><u>Gift Card Programs</u></p>
	<p><u>Calgary Immigrant Women's Association</u> We continue to support immigrant women who are in dire need of food through our food supplies depending on availability. We provide gift cards to immigrant women who are facing situations that may potentially result in their inability to meet the food needs of their families. In order to access these services, clients need to connect with a settlement counsellor to determine their eligibility. Address: 138 4 Ave SE #200</p>
	<p><u>Grocery Delivery Services</u></p>
	<p><u>Ogden House Senior Citizen Club</u> Providing grocery and medication delivery for Ogden seniors. Contact Information: Phone: 403-279-2003, ext. 2 Address: 2102 69 Ave SE</p>