

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. SW Quadrant







	<u>Food Hampers and Baskets</u>
	<p><u>Abundant Life Church - Break Basket</u></p> <p>The BreadBasket program ensures the people in our community have the food they need. On Thursdays, our volunteers prepare and distribute all kinds of food, from produce to canned goods and everything in between. Cost is \$1 per hamper.</p> <p>This program is designed for the people living within the Glenbrook, Glendale and surrounding communities. Please phone the church to make an appointment for Thursday hamper pick-up between 12pm-12:30pm.</p> <p>Contact Information: Phone: 403-246-1804 Email: info@alc-calgary.ca Address: 3343 49 Street SW</p>
	<p><u>CFB Depot - Grace Presbyterian Church</u></p> <p>Calgary Food Bank satellite location: people order their hamper through the Calgary Food Bank and request this location for pick up.</p> <p>Hampers can be requested Monday through Thursday from 8:15am-7:00pm, Friday from 8:15am-3:30pm by phoning 403-253-2055.</p> <p>Pick up hours at Grace Presbyterian Church are Thursdays 4-6pm.</p> <p>Address: 1009 15 Ave SW</p>
	<p><u>CFB Depot - St. Andrews Presbyterian 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.</p> <p>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 hours at St. Andrews are Saturdays from 2:00pm-4:00pm.</p> <p>Address: 703 Heritage Dr SW</p>

	<p><u>Emmanuel Christian Reformed Church</u></p> <p>Providing hampers for their community members and those living in the neighbourhood (Glenbrook area - West of 37th Street, East of 85th Street, South of Bow Trail and North of Glenmore Trail). The food pantry runs the second Wednesday of every month from 9am–11am.</p> <p>Contact Information: Phone: 403-246-0795 Address: 3020 51 St SW Email: office@emmanuelcrc.org</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: Phone: 587-731-0905 Email: feeditforwardyyc@gmail.com Address: Pick-up locations located throughout SW Calgary. Contact for details.</p>
	<p><u>Lincoln Park Housing Complex</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 8:15am-7pm and Fridays 8:15am-3:30pm by phoning the Calgary Food Bank at 403-253-2055. Pick up hours at Lincoln Park Housing Complex are Wednesdays 9:30am-11:00am.</p> <p>Address: 36 Lincoln Way SW</p>
	<p><u>Salvation Army - Barbara Mitchell Family Resource Centre</u></p> <p>This is a Calgary Food Bank Depot location: order your hamper through the Calgary Food Bank and request this satellite location for pick up.</p> <p>Contact Information: Address: 1731 29 St SW</p>
	<p><u>Southwinds Church</u></p> <p>Emergency food support is available, as resources allow. Contact us for more information.</p> <p>Contact Information: Phone: 403-703-9920 Email: office@southwindschurch.ca Address: 11 Cranarch Rd SE (Call before visiting)</p>
	<p><u>St. James Catholic Parish</u></p> <p>For anyone living in Altadore, Currie, Elbow Park, Garrison Woods, Lakeview or Lincoln Park. Referrals are not required. Food hampers are available every 2nd, 3rd and 4th Friday of the month (except January). Requests must be made by 5pm the Wednesday prior.</p> <p>Contact Information: Phone: 243-2680 Address: 5504 20 St SW</p>
	<p><u>SSVP Depot - Sacred Heart Church</u></p> <p>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: 403-244-2741</p>

	<p>Email: ssvpsouthcalgary@gmail.com Address: 1307 14 St SW</p>
	<p><u>SSVP Depot - St. Anthony's Catholic 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. Contact Information: Phone: 403-252-6658 Email: ssvppantry@stanthonysyc.ca Address: 5340 4 St SW</p>
	<p><u>SSVP Depot - St. Gerards 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. Contact Information: Phone: 403-253-2251 Email: ssvpsouthcalgary@gmail.com Address: 8944 Elbow Dr SW</p>
	<p><u>SSVP Depot - St. Marys Cathedral</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. Contact Information: Phone: 403-397-6028 Email: ssvpsouthcalgary@gmail.com Address: 219 18 Ave SW</p>
	<p><u>SSVP Depot - St. Michael Catholic Community</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. Contact Information: Phone: 403-249-0423 ext. 122 Email: ssvpsouthcalgary@gmail.com Address: 800 85 St SW</p>
	<p><u>SSVP Depot - St. Patricks Parish 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. Contact Information: Phone: 403-254-6878 Email: ssvpsouthcalgary@gmail.com Address: 1414 Shawnessy Blvd SW</p>
	<p><u>Umoja Community Mosaic</u> Umoja Community Mosaic provides families in need with food to cook with, fruit, vegetables, and diapers, ensuring that families have access to food in a safe and secure manner. Umoja Community Mosaic is the next evolution of Soccer Without Boundaries. Contact Information: Phone: 403-618-0457 Email: hello@soccerwithoutboundaries.org</p>

	<u>Community Food Pantries</u>
	<p><u>Beltline - Community Fridge & Pantry</u> The Beltline community fridge-pantry is a volunteer-led project that enables food to be shared within a community. Anyone can bring food or take food without limits or barriers. It is maintained by a network of residents and local businesses and not only reduces food insecurity in our community but mitigates food waste as well. Contact Information: Email: beltlineneighbourhoodfridge@gmail.com Address: 221 12 Ave SW</p>
	<p><u>Bethany Chapel</u> Food pantry program providing non-perishable goods that is open to families that live in a close proximity to the church. We do however allow anyone that has a need to access it as well. Contact Information: Phone: 403-249-8605, ext. 236 (Mary) Email: mary@bethanychapel.com Address: 3333 Richardson Way SW</p>
	<p><u>Jewish Family Service - Wynne's Pantry (Miriam's Well)</u> We offer a Basic Needs Program. Contact Information: Phone: 403-287-3510 Email: info@jfsc.org Address: #420 5920 1a St SW</p>
	<p><u>Knox Presbyterian Church - Free Food Pantry</u> Come visit the free food pantry located at Knox Presbyterian Church. This pantry is located on the southwest side of the property and is stocked with non-perishable food items and toiletries. Available 24/7. Address: 3704 37 St SW</p>
	<p><u>Rosscarrock - Community Fridge</u> We provide 24/7 access to free, fresh, and nutritious food for anyone who may need it - without judgement. The fridge is a partnership between the Rosscarrock Community Association and mutual aid group, The Hatch. Address: 4411 10 Ave SW (Located outside the community hall)</p>
	<p><u>Unison at Kerby Centre - Free Food Market</u> Bread and baked goods are available for older adults to pick up. There are often other items available such as frozen meat, pre-made frozen meals, sandwiches, produce, and dairy products. Available to adults 50+. See our website calendar for alternative market days and locations. Contact Information: Phone: 587-441-0118 Email: ThriveD@unisonalberta.com Hours: Tuesday & Friday, 11am-12pm Address: 1133 7 Ave SW</p>
	<p><u>Unison at Kerby Centre - Community Pantry</u> Our Unison community pantry is run on a "Give what you can, Take what you need" model - community members are able to donate to the community pantry and take what they need from</p>

	<p>Monday-Friday between 8am-4 pm. The Thrive department stocks the pantry Mondays and Wednesdays at 1pm. Available to those 50+. Located near the Kerby Centre main reception.</p> <p>Contact Information: Phone: 587-441-0118 Email: ThriveD@unisonalberta.com Hours: Monday to Friday, 8am-4pm Address: 1133 7 Ave SW</p>
	<p><u>Food Bank Referrals and Connections to Basic Needs Support</u></p>
	<p><u>Calgary Catholic Immigration Society</u> Crisis Response Teams have been organized to support immigrants and refugees. Crisis Response Teams can help with accessing food, housing, financial resources, and supports for mental wellness, health, and family violence. To access support, complete a referral form online. Contact Information: If you need help to fill out the form, please call. Phone: 403-978-2972 Address: 1111 11 Ave SW</p>
	<p><u>carya</u> Able to provide referrals and support over the phone or by email. Contact Information: Phone: 403-269-9888 between 8:30am-5pm Email: info@caryacalgary.ca Address: 180, 839 5 Ave SW</p>
	<p><u>CUPS Calgary Society</u> Providing Food Bank referrals and hamper delivery. Support is available over the phone Monday-Friday, 8am-4pm. Contact Information: Phone: 403-221-8780 Address: 1001 10 Ave SW</p>
	<p><u>HIV Community Link</u> Providing support and Food Bank referrals and delivery for clients. Address: 1603 10 Ave SW</p>
	<p><u>Immigrant Services Calgary</u> Providing Food Bank referrals. Contact Information: Phone: 403-265-1120 Address: 1200, 910 7 Ave SW</p>
	<p><u>Jewish Family Service Calgary</u> Providing Food Bank referrals. Contact Information: Phone: 403-287-3510 Email: info@jfsc.org Address: 5920 1a St SW</p>

	<p><u>Patch - Woodridge</u> Food Bank referrals, Emergency food is available for those that are registered with Patch and accessing our services.</p> <p>Contact Information: Phone: 403-281-4905 Address: 249 Woodridge Dr SW</p>
	<p><u>Affordable Good Food Box Locations</u></p>
	<p><u>Bethany Chapel</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 or visit our website!</p> <p>Contact Information: Phone: 403-249-8605 Address: 3333 Richardson Way SW</p>
	<p><u>First Lutheran Church</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please call or email.</p> <p>Contact Information: Phone: 403-242-4544, ext. 207 (Kelly) Email: Kelly@makingfaithmatter.ca Address: 7102 14 Ave SW</p>
	<p><u>Grace Lutheran Church</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!</p> <p>Contact Information: Phone: 403-249-8562 Address: 3610 Sarcee Rd SW Email: office@calgarygracelutheran.ca</p>
	<p><u>Knox Presbyterian Church</u> Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box please call, email, or visit our website to complete the form.</p> <p>Contact Information: Phone: 403-242-1808 Email: office@knoxcalgary.ca Address: 3704 37 Ave SW</p>
	<p><u>Manchester Tower</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!</p> <p>Contact Information: Phone: 403-850-2149 Address: 5757 2 St SW</p>

	<p><u>Sunalta Community Hub</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 or email us! Contact Information: Phone: 403-852-8703 Email: Tamara.Baldwin@calgary.ca Address: 1627 10 Ave SW</p>
	<p><u>Affordable Market Locations</u></p>
	<p><u>Fresh Routes - Manchester: Housing Building</u> Affordable and mobile fresh food market running Thursdays from 6-7:30pm. Most locations run weekly, but please check our website for the most current schedule. Address: 5757 2 St SW</p>
	<p><u>Fresh Routes - Mount Royal University</u> CLOSED FOR SUMMER Affordable and mobile fresh food market running Mondays from 11am-1pm. Find us in the Wyckham House Food Court. Most locations run weekly, but please check our website for the most current schedule. Address: 4825 Mt Royal Gate SW</p>
	<p><u>Fresh Routes - Sunalta: Community Association</u> Affordable and mobile fresh food market running Tuesdays from 3:30-5:30pm. Most locations run weekly, but please check our website for the most current schedule. Address: 1627 10 Ave SW, across the road from the train station.</p>
	<p><u>Fresh Routes - Spruce Cliff: Shaganappi Village</u> Affordable and mobile fresh food market running Wednesdays from 10am-12pm. Most locations run weekly, but please check our website for the most current schedule. Address: 3528 Balsam Dr SW</p>
	<p><u>Open Market - Meadowlark Park: Community Association</u> Shop for fresh produce through a Pay What You Want pricing model. Choose to pay the suggested price, pay less, or pay more to pay it forward to your community! Stop by Thursdays between 5-7pm. Address: 623 58 Ave SW</p>
	<p><u>Free and Low Cost Meals</u></p>
	<p><u>St Mary's Hall - Feed the Hungry</u> We offer a family-style, sit down lunch each Sunday in an atmosphere of community, warmth, safety, dignity, and respect. Meals provide a salad, main entree, dessert, and beverage. To-go options available. Sundays from 1:30-3pm. Contact Information: Phone: 403-218-5532 Address: 221 18 Ave SW</p>

	<u>Grocery Delivery Services</u>
	<p><u>Unison at Kerby Centre - Grocery Delivery & Friendly Visits</u> Grocery shopping, delivery and friendly visits by Unison volunteers. Eligibility: 50+, low-income, and homebound older adults (in some cases, Thrive can support short-term support to individuals returning home from the hospital or recovering from illness or surgery). \$4 delivery fee in addition to the cost of groceries.</p> <p>Contact Information: Phone: 403-234-6571 Email: ThriveD@unisonalberta.com Address: 1133 7 Ave SW</p>