



Calgary Community Food Resources by Quadrant

Places where people can access free and low-cost food in Calgary.

- Information about food resources can change often. Please contact the organization or visit their website for the most current information about who can access food and how to access food.
- See also printout resources for each quadrant (NE, SE, NW, SW)
- For more info, please google “**Food Access - City of Calgary**” or visit <https://www.calgary.ca/social-services/low-income/access-to-food.html>

Last updated Spring 2026: If you know of additional resources to add or changes that need to be made, please email food@calgary.ca.

SW Quadrant

Free: Food Hampers and Baskets

Aboriginal Friendship Centre of Calgary

Providing food hampers to anyone in need with no referral needed. Available while supplies last. New members must fill out a disclosure form.

Phone: 403-270-7379 (ext. 221)

Email: info@afccalgary.org

Address: 1944 10 Ave SW

Abundant Life Church - Bread Basket

This program is designed for people living within Glenbrook, Glendale and surrounding communities. Come pick out your food items on Thursdays from 12–12:45pm. Bring bags or a cart to carry your food. Coffee available while you wait. There is a voluntary \$3 fee.

Phone: 403-246-1804

Email: info@alc-calgary.ca

Address: 3343 49 Street SW

Calgary Food Bank - Southeast Satellites

CFB Satellite - Downtown Neoma Location

Shopping-style hamper distribution where you will be given points to spend on items of your choosing. Book your pick-up time for this location by phoning the Calgary Food Bank Mon-Thurs (8:15am-7pm) and Fri (8:15am-4pm).

There is only street parking available at this location, and we strongly advise coming by transit. Please arrive at your assigned pick-up time! Pick-up Mon-Thurs (8am-7:30pm), Fri (8am-4pm), or Sat (8:30am-3pm). Enter through the "Welcome" door to get checked in.

Phone: 403-253-2055

Address: 655 6 St SW

CFB Satellite - Grace Presbyterian Church

Call the Calgary Food Bank Monday-Thursday (8:15am-7pm), Friday (8:15am-4pm) to request your hamper at this location. Pick up Tuesdays from 2:30-4:30pm or Thursdays from 4-6pm (located a block away from 17th Ave SW).

Phone: 403-253-2055

Address: 1009 15 Ave SW

CFB Satellite - St. Andrew's Presbyterian Church

Call the Calgary Food Bank Monday-Thursday (8:15am-7pm), Friday (8:15am-4pm) to request your hamper at this location. Pick up Saturdays from 2-4pm (enter on the East side of the building down a ramp off the parking lot).

Phone: 403-253-2055

Address: 703 Heritage Dr SW

CFB Satellite - Salvation Army - Barbara Mitchell Family Resource Centre

Call the Calgary Food Bank Monday-Thursday (8:15am-7pm), Friday (8:15am-4pm) to request your hamper at this location. Pick up Thursdays from 3-5pm and Fridays from 1-3pm (pick-up on the right side of the building, receiving/loading door).

Phone: 403-253-2055

Address: 1731 29 St SW

Emmanuel Christian Reformed Church

Providing hampers for those living in the neighbourhood (Glenbrook area - West of 37th Street, East of 85th Street, South of Bow River, and North of Glenmore Trail).

The food pantry runs the second Wednesday of the month (Sept-June) from 9am-10:30am on a drop-in basis. Please bring your own bags.

Phone: 403-246-0795

Address: 3020 51 St SW

Email: office@emmanuelcrc.org

Oak Park Church - Helping Hands Program

We provide free groceries every Thursday from 9am to approx. 10:30am (doors open at 8:30am). Food options vary weekly. Most food is non-perishable but sometimes includes fresh produce, eggs, and dairy. You can choose your own items (limits on amounts). We also offer a variety of clothing and household goods.

Registration is required (use registration link on website). Spaces are limited, so we recommend registering right when it opens every Wednesday at 9am. Register on behalf of your entire household (not one registration per person).

Address: 11263 Oakfield Dr SW



St. James Catholic Church

For people of all faiths living in Altadore, Currie Barracks, Garrison Green/Woods, Lakeview, Lincoln Park, Mount Royal University, North Glenmore Park, and Richmond. Food hampers are available every Thursday (closed in January). Requests must be made by 3pm the Tuesday prior.

In December, Christmas hampers replace Food Bank assistance. Orders must be made weeks in advance. Watch the website for 2026 Christmas hamper deadlines.

Phone: 243-2680 (ext.3)

Address: 5504 20 St SW

Society of St. Vincent de Paul – Southwest locations

Emergency food hampers and assistance to meet basic needs. Additional items may be requested based on need and availability, including diapers, infant formula, and toiletries. See [our website](#) for a list of the communities we serve. If you are not sure which location is best, call for help in finding an SSVV location near you.

SSVP - Sacred Heart Church

Phone: 403-244-2741 ext. 106

Email: hampers@sacredheartcalgary.ca

Address: 1307 14 St SW

SSVP - St. Anthony's Catholic Parish

Phone: 403-252-6658

Email: ssvppantry@stanthonysyc.ca

Address: 5340 4 St SW

SSVP - St. Gerard's Parish

Phone: 403-253-4297

Email: ssvpsouthcalgary@gmail.com

Address: 8944 Elbow Dr SW

SSVP - St. Mary's Cathedral

Phone: 403-397-6028

Email: info@ssvpstmarys.ca

Address: 219 18 Ave SW

SSVP - St. Michael Catholic Community

Phone: 825-417-1720

Email: ssvp@stmichael.ca

Address: 800 85 St SW

SSVP - St. Patrick's Parish Church

Phone: 403-254-6878 (Leave a message)

Email: ssvp@stpatrickcalgary.com

Address: 1414 Shawnessy Blvd SW

The Salvation Army - Glenmore Temple

Our church food bank is here to support individuals and families in need within our community. We provide nutritious groceries and essentials. Everyone is welcome—no questions asked. For more information, please contact Gladis at Gladis.Koshkarian@salvationarmy.ca or call the church office at 403-253-1700.

Phone: 403-253-1700

Email: Gladis.Koshkarian@salvationarmy.ca

Address: #921 68 Ave SW

Umoja Community Mosaic

Umoja Community Mosaic provides culturally familiar food including fruit and vegetables, and diapers. The program offers doorstep delivery and pickup at program hubs in the communities of Glenbrook and Temple, ensuring families have safe and secure access to food. Phone us between 9am-4pm to book an appointment and for a specific pick-up location. Serving low-income families.

Phone: 403-708-9031

Email: wedad@umojamosaic.org

Free: Community Food Pantries

Bethany Chapel

Food pantry program providing non-perishable goods serving families that live near the church, however available to anyone who needs food.

Phone: 403-249-8605, ext. 236 (Mary)

Email: mary@bethanychapel.com

Address: 3333 Richardson Way SW

JFSC - Wynne Thal Pantry

Food and basic needs pantry with perishable and non-perishable food items, personal hygiene products, and pet food, for those in need. Located in the SW - contact for pick-up information.

Phone: 403-287-3510

Email: info@jfsc.org

Love with Humanity: Kelvin Grove - Community Outdoor Free Food Bank

Love with Humanity Association's Community Outdoor Free Food Bank. Available 24/7. Everyone is welcome.

Address: 7107 Elbow Dr SW

Rosscarrock - Community Fridge

Access free, fresh, and nutritious food anytime at the community fridge. Food is for anyone who may need it - without judgement. Availability varies based on donations. The fridge is a partnership between the Rosscarrock Community Association and The Hatch.

Address: 4411 10 Ave SW (Located outside the community hall)

Unison at Kerby Centre - Kerby Centre Market

Calgary’s only senior-specific food bank. Visit our no-cost food market that offers choice through our grocery store model.

Eligibility: Adults 50+, registration required. Please call or email to book an appointment.

Phone: 403-705-3222

Email: thrived@unisonalberta.com

Address: 1133 7 Ave SW

Food Bank Referrals & Connections to Basic Needs Support

Aboriginal Friendship Centre of Calgary

Providing Food Bank referrals for families and individuals.

Phone: 403-270-7379

Email: info@afccalgary.org

Address: 1944 10 Ave SW

CUPS Calgary Society

Providing Food Bank referrals. Support is available over the phone, by email, or in-person - Monday-Friday from 8:30am-3pm. See our other food resources under CUPS Calgary Society.

Phone: 403-221-8780

Email: info@cupscalgary.com

Address: 1001 10 Ave SW

Immigrant Services Calgary

We provide referrals to various resources and services in Calgary, including the Food Bank. The Food Link Program also provides food donations for clients attending on-site programming. Newcomers can request an appointment by filling out an online form at

<https://gatewayconnects.ca/gatewayconnects/>

Phone: 403-265-1120

Email: info@immigrantservicescalgary.ca

Address: 1200, 910 7 Ave SW

JFSC

Working one-on-one with clients to provide connection to community resources. We meet clients in the community, in their homes or at our offices.

Phone: 403-287-3510

Email: info@jfsc.org

Patch - Woodridge

Food Bank referrals, Emergency food is available for those that are registered with Patch and accessing our services.

Phone: 403-281-4905

Address: 249 Woodridge Dr SW

Women in Need (WINS) Community Resource Hub

WINS Teams provide services, including Food Bank referrals, at our Community Hub locations, Tuesday to Friday (by appointment only). Email us for an appointment.

Email: hubs@winsyyc.ca

Address: Beltline - 1003 11 Ave SW

Low-cost: Good Food Box Locations

Altadore Church

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 us!

Phone: 403-540-7529 (Spencer)

Email: goodfood@altadorebaptistchurch.com

Address: 4304 16 St SW

Bethany Chapel

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: 403-249-8605 (Shawntel)

Address: 3333 Richardson Way SW

Braeside Community Association

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: 403-253-4232 (Kimberley)

Address: 11024 Braeside Dr SW

Canyon Meadows Community Association

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 order online!

Phone: 403-251-1715 (Colleen)

Email: gm@cmca.ca

Address: 848 Cantabrian Drive SW

Crestmont Depot

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: 403-975-7996 (Wendy)

Address: 12400 Crestmont Blvd SW

First Lutheran Church

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.

Phone: 403-242-4544, ext. 207 (Kelly)

Email: Kelly@makingfaithmatter.ca

Address: 7102 14 Ave SW

Grace Lutheran Church

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: 403-249-8562 (Shara)

Email: office@calgarygracelutheran.ca

Address: 3610 Sarcee Rd SW

Haysboro Community Association

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: 403-903-3958

Email: goodfoodbox@haysboro.org

Address: 1204 89 Ave SW

Knox Presbyterian Church

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 us!

Phone: 403-242-1808 (Marlene or Mary)

Email: office@knoxcalgary.ca

Address: 3704 37 Ave SW

Manchester Depot

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: 403-801-7644 (Christine)

Address: 5757 2 St SW

Oak Park Church of Christ

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 us!

Phone: 403-251-5150

Email: office@oakpark.ca

Address: 11263 Oakfield Dr SW

Rosscarrock Church of Christ

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 order online!

Phone: 587-224-4340 (Lauretta)

Email: rosscarrockgfbdepot@gmail.com

Address: 1140 40 St SW

Student's Association: Mount Royal University

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 us, order online, or order in-person at reception.

Phone: 403-440-6077 (Lisa)

Email: reception@samru.ca

Address: Mount Royal Gate SW

Sunalta Community Association

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: 403-305-7992

Email: goodfoodbox@sunalta.net

Address: 1627 10 Ave SW

West Springs Church

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 us!

Phone: 403-249-2838 (AI)

Email: office@westsprings.church

Address: 816 78 St SW

Woodcreek Community Association

Low-cost boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please call us, visit in-person, or order online!

Phone: 403-238-1611

Address: 1991 Woodview Dr SW

Low-cost: Food Markets

Fresh Routes - Manchester: Housing Building

Low-cost mobile fresh food market running Wednesdays from 6-7:30pm. Most locations run weekly, but please check our website for the most current schedule.

Address: 5757 2 St SW

Fresh Routes - Mount Royal University

Low-cost mobile fresh food market running Thursdays 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

Free & Low-cost: Meals

St Mary's Hall - Feed the Hungry

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.

Phone: 403-218-5532

Address: 221 18 Ave SW

CUPS Calgary Society

Free meal: Drop-in for a sandwich, fruit, and juice. We also provide hygiene products. This resource is open to anyone. Available daily starting at 8:30am as supplies last.



Free coffee: Drop-in for a free coffee and snacks. This resource is open to anyone. Available Thursdays from 8:30am-12pm.

Phone: 403-221-8780

Email: info@cupscalgary.com

Address: 1001 10 Ave SW

Grocery Delivery Services

Unison at Kerby Centre - Grocery Delivery & Friendly Visits

Grocery shopping, delivery and friendly visits by Unison volunteers. Orders can be placed once every 2 weeks.

Eligibility: 50+, low-income, and homebound. Requires initial home visit.

Cost: \$5 delivery fee in addition to the cost of groceries.

Phone: 403-705-3222

Email: thrived@unisonalberta.com

Address: 1133 7 Ave SW