



## 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](mailto:food@calgary.ca).**

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### NE Quadrant

#### **Free: Food Hampers and Baskets**

##### **Calgary Seniors' Resource Society**

**Practical Kindness Program:** Provides short-term assistance (e.g. one-time food hamper delivery and transportation to grocery stores). Available to adults aged 65+.

**Pet Assist Program:** Providing practical pet care support (walking, pet hampers, vet transport) to ensure seniors can maintain their companionship with their animals. Available to adults aged 60+.

**Eligibility:**

- Complete an intake and assessment with a program coordinator.
- All requests must be completed over the phone.

**Phone:** 403-266-6200

**Address:** Located in NE Calgary. Please phone to request a hamper and address.

##### **Calgary Food Bank - Northeast Satellites**

##### **CFB Satellite - Centre Street Church**

Call the Calgary Food Bank Monday-Thursday (8:15am-7pm), Friday (8:15am-4pm) to request your hamper at this location. Pick up Mondays and Wednesdays from 6-7:30pm or Tuesdays and Thursdays from 10-11:30am (enter from the NW side of the building).

We also invite you to The Well Cafe for a free hot meal and warm community. Find details under "Free and Low Cost Meals".

**Phone:** 403-253-2055 (Food Bank)

**Address:** 3900 2nd St NE

**CFB Satellite - Genesis Centre**

Call the Calgary Food Bank Monday-Thursday (8:15am-7pm), Friday (8:15am-4pm) to request your hamper at this location. Pick up Mondays from 4:30-6:30pm or Tuesdays and Wednesdays from 9-11am (pick-up at SW corner of the building).

**Phone:** 403-253-2055 (Food Bank)

**Address:** 10, 7555 Falconridge Blvd NE

**Dashmesh Culture Centre**

**Food bank:** No-cost, non-perishable food and hygiene items available for pick-up (pasta, sauce, beans, soap, toothpaste, toothbrush, etc.). Pick-up Wednesday-Sunday from 12-4pm. Everyone is welcome to receive food services. If you are unable to visit in-person, please email [Food@Dashmesh.ca](mailto:Food@Dashmesh.ca). See our other food programs under Dashmesh Culture Centre.

**Phone:** 403-590-0970

**Email:** [Food@Dashmesh.ca](mailto:Food@Dashmesh.ca)

**Location:** 135 Martindale Blvd NE

**Muslim Families Network Society - Halal Food Bank**

Halal Food Bank is available by appointments only. Provides food assistance 4-6 times a year, or more often in exceptional cases. Please call to book an appointment.

**Phone:** 403-466-6367

**Email:** [muslimfamilyociety@yahoo.com](mailto:muslimfamilyociety@yahoo.com)

**Address:** Unit 1129, 3961 52 Ave NE (Building 1000)

**Society of St. Vincent de Paul – Northeast 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 SSVP location near you.

**SSVP - Mary, Mother of the Redeemer/Our Lady of Grace**

**Phone:** 587-401-5970

**Email:** [ssvpeast@gmail.com](mailto:ssvpeast@gmail.com)

**Address:** 1714 14 Ave NE

**SSVP - St. Mark Catholic Church**

Grocery gift cards may be available to help with purchase of perishable items such as milk, eggs, fruit, and vegetables. Available once every 4 months.

**Phone:** 403-204-8918

**Email:** [ssvpeast@gmail.com](mailto:ssvpeast@gmail.com)

**Address:** 5552 Madigan Dr NE

**SSVP - St. Thomas More Catholic Church**

**Phone:** 403-975-4318

**Email:** [ssvp.stthomasmore@outlook.com](mailto:ssvp.stthomasmore@outlook.com)

**Address:** 15 Templebow Rd NE

**Veterans Association Food Assistance**

We offer basic needs support including no-cost groceries, non-food items, gift cards, and special holiday hampers. Available to military veterans and RCMP veterans. Pet Promise Program can help with pet needs and supplies. Phone or email for support.

**Phone:** 1-833-422-8387 (for food support or 24-hour crisis line)

**Email:** [info@vafb.ca](mailto:info@vafb.ca)

**Address:** #10 820 28 St NE

**Canadian Veteran Services Society - Food Bank**

Food support for current and retired veterans and first responders. Clients can choose food items specific to what they need for themselves and their families. Clients will receive enough food for 10-14 days. Phone or email to request support.

**Hours:** Monday-Friday: 8am-4pm  
Saturday-Sunday: 8am-12pm

**Phone:** 403-277-8387

**Email:** [info@cavss.ca](mailto:info@cavss.ca)

**Address:** #114 - 4303 26 St NE

**Free: Community Food Pantries**

**Guru Nanak - Free Kitchen Calgary**

We provide free grocery pick-ups at various locations throughout Calgary. Please follow our Facebook page for updates on the times, locations, and types of food available. Available to anyone 18 years or older.

**Email:** [gurunanakfreekitchen@gmail.com](mailto:gurunanakfreekitchen@gmail.com)

**Love with Humanity: Falconridge - Community Outdoor Free Food Bank**

Free Community Outdoor Food Bank located beside the Free Little Library. Everyone is welcome to take what they need. Available 24/7.

**Address:** 360 Falshire Dr NE

**Love with Humanity: Saddle Ridge - Community Outdoor Free Food Bank**

Love with Humanity Association's Community Outdoor Free Food Bank. Available 24/7. Everyone is welcome! This location also carries pet food.

**Address:** 75 Saddlelake Way NE

**Love with Humanity: Taradale - Community Outdoor Free Food Bank**

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

**Address:** 156 Taracove Estate Dr NE

**Love with Humanity: Whitehorn - Community Outdoor Free Food Bank**

Love with Humanity Association's Community Outdoor Free Food Bank. Available 24/7. Everyone is welcome. This location also carries pet food.

**Address:** 631 Whitewood Road NE

### **Maria's Food & Pantry Foundation**

The pantry offers canned goods such as beans, soups, and vegetables, as well as dry staples like pasta, rice, and cereals. There is also pet food for our dogs and cats. Email for pick-up times.

**Phone:** 403-829-0966

**Address:** 631 Whitewood Road NE

**Facebook:** @Maria's Food & Pantry Foundation

**Email:** [mariasfoodpantry@outlook.com](mailto:mariasfoodpantry@outlook.com)

### **Robert McClure United Church**

Food Pantry is open every Thursday, 12-2pm. You do not need a referral or appointment, and we do not screen participants.

- Only one person per family line-up in the designated line for food.
- If possible, do not bring children to the Food Pantry.
- Please bring your own bags.
- If you are unwell, please stay home. We work with vulnerable people, and we want everyone to stay healthy and well.

**Phone:** 403 280-9500

**Address:** 5510 26 Ave NE

### **Trellis East Hub - Pantry**

Located inside the Trellis East Hub, this pantry runs on a give-and-take model, stocked by community members. It is open to anyone in the community and can be accessed during business hours (10am-4pm Monday to Friday).

**Phone:** 403-821-3131

**Email:** [easthub@growwithtrellis.ca](mailto:easthub@growwithtrellis.ca)

**Address:** 6098 Penbrooke Dr SE

**Hours:** Monday to Friday, 10am-4pm

## **Food Bank Referrals & Connections to Basic Needs Support**

### **Closer to Home's North Central Family Resource Network**

Providing support and Food Bank referrals.

**Phone:** 403-543-0555

**Email:** [familyresourcenetwork@closerhome.com](mailto:familyresourcenetwork@closerhome.com)

**Address:** 176 Bedford Dr NE

### **Miskanawah – Northeast Hub**

Providing Food Bank referrals for children, youth, families, and Elders. Please phone or email us if you need support.

**Email:** [info@miskanawah.ca](mailto:info@miskanawah.ca)

**Phone:** 403-247-5003

**Address:** 2335 30 Ave NE

**[The Mustard Seed Community Impact Centre](#)**

Call our advocate for support with basic needs referrals including food and baby hampers, clothing, furniture, ID, housing, income support applications etc.

**Phone:** 403-615-9214

**Email:** [MarlboroughParkCIC@Theseed.ca](mailto:MarlboroughParkCIC@Theseed.ca)

**Address:** #24 6060 Memorial Drive

**[The Women’s Centre of Calgary](#)**

The Women's Centre offers a safe place for women and their families to access resources and referrals. Call to arrange a referral to the Food Bank.

**Phone:** 403-264-1155

**Address:** 39 4 Street NE

**[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](mailto:hubs@winsyyc.ca)

**Address:** Temple - 16 Templemont Lane NE

**Low-cost: Good Food Box Locations**

**[Abbeydale Community Association](#)**

**Low-cost** boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please order online on our website!

**Phone:** 403-483-9042 (Shantelle)

**Address:** 821 Abbeydale Drive NE

**[Calgary Custom Brokers Ltd.](#)**

**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:** 403-815-2480

**Address:** 10B, 1323-44th Ave NE

**[Community Kitchen Program](#)**

**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:** 403-538-3779 (Ian) or 403-538-7386 (Lorrie)

**Address:** 3751 21 St NE

**[Crossroads Community Association](#)**

**Low-cost** boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call us or complete an order form online.

**Phone:** 403-926-4730 (Bonnie)

**Address:** 1803 14 Ave NE

**[Falconridge/Castleridge 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 or email us!

**Phone:** 403-280-4422 (Anita or Helen)

**Email:** [fccabk@telus.net](mailto:fccabk@telus.net)

**Address:** 95 Falshire Dr NE

### **Marlborough Park 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:** 403-248-1775 (Denyse)

**Address:** 6021 Madigan Dr NE

### **Martindale Depot**

**Low-cost** boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call us!

**Phone:** 587-917-3156 (Hannah)

**Address:** 25 Martinview Close NE

### **Northern Hills Community Association**

**Low-cost** boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call us or complete an order form online.

**Phone:** 403-226-0990

**Email:** [info@nhca.ca](mailto:info@nhca.ca)

**Address:** 10099 Harvest Hills Blvd NW

### **Renfrew Baptist Church**

**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, or order online!

**Phone:** 403-277-2292

**Email:** [office@renfrewbaptist.ca](mailto:office@renfrewbaptist.ca)

**Address:** 1204 Renfrew Dr NE

### **Temple Child's Way Daycare**

**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:** 403-293-9293 (Suman)

**Address:** 6823 43 Ave NE

### **Thorncliffe Greenview Community Association**

**Low-cost** boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, email us or complete an order form online.

**Email:** [v.gillard@tgcacalgary.com](mailto:v.gillard@tgcacalgary.com) (Vanessa)

**Phone:** 403-538-3779

**Address:** 5600 Centre St N

## **Low-cost: Food Markets**

### **Fresh Routes - Bridgeland Columbus Manor**

**Low-cost** mobile fresh food market running Mondays from 11am to 1pm. Most locations run weekly, but please check our website for the most current schedule.

**Address:** 40 11a St NE

## **Free & Low-cost: Meals**

### **Centre Street Church - Centre for the City: The Well Cafe**

Come to The Well Cafe for a free hot meal and warm community. This is a dine-in café only. To access the cafe, please use the entrance at the Northwest corner of the building.

Mondays: 5:30-7:30pm

Wednesdays: 5:30-7:30pm

**Phone:** 403-293-3900

**Address:** 3900 2 St NE

### **Dashmesh Culture Centre**

**Langar:** No-cost, hot vegetarian meals are served in the Langar Hall of the Gurdwara from 5am-10pm daily. Everyone is welcome. See our other food programs under Dashmesh Culture Centre.

**Phone:** 403-590-0970

**Email:** [info@dashmesh.ca](mailto:info@dashmesh.ca)

**Location:** 135 Martindale Blvd NE