

# 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](mailto:Abby.Landon@calgary.ca)**

## 4. NW Quadrant

| <b><u>Food Hampers and Baskets</u></b> |   |
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|  | <p><b><u>CFB Depot - Skyview Community Church</u></b><br/>           Calgary Food Bank satellite location: people order their hamper through the Calgary Food Bank and request this location for pick up.<br/>           Hampers can be requested Monday through Thursday from 8:15am-7:00pm, Friday from 8:15am-3:30pm by phoning.<br/>           Pick up hours at Skyview Community Church are Tuesdays 6-7:15pm.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-253-2055 (Food Bank)<br/> <b>Address:</b> 9685 Harvest Hills Blvd NW</p>  |
|  | <p><b><u>CFB Depot - Westview Baptist Church</u></b><br/>           Calgary Food Bank satellite location: people order their hamper through the Calgary Food Bank and request this location for pick up.<br/>           Hampers can be requested Monday through Thursday from 8:15am-7:00pm, Friday from 8:15am-4:00pm by phoning.<br/>           Pick up hours at Westview Baptist Church are Wednesdays between 11 am-12:30 pm and the specific time, within that window, is assigned to each client by the Calgary Food Bank.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-253-2055 (Food Bank)<br/> <b>Address:</b> 1313 Ranchlands Way NW</p> |
|  | <p><b><u>CFB Depot - Shepherd of the Hills Lutheran Church</u></b><br/>           This is a Calgary Food Bank Depot location: order your hamper through the Calgary Food Bank and request this satellite location for pick up.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-253-2055 (Food Bank)<br/> <b>Address:</b> 1313 Ranchlands Way NW</p>   |
|  | <p><b><u>CFB Depot - Thornhill Baptist Church</u></b><br/>           This is a Calgary Food Bank Depot location: order your hamper through the Calgary Food Bank and request this satellite location for pick up.<br/> <b>Contact Information:</b></p>  |



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|   | <p><b>Phone:</b> 403-253-2055 (Food Bank)<br/> <b>Address:</b> 128 Tache Ave NW</p>  |
|   | <p><b><u>CFB Depot - Westminster Presbyterian Church</u></b><br/>         This is a Calgary Food Bank Depot location: order your hamper through the Calgary Food Bank and request this satellite location for pick up.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-253-2055 (Food Bank)<br/> <b>Address:</b> 290 Edgepark Blvd NW</p>  |
|  | <p><b><u>Confederation Park 55+ Activity Centre</u></b><br/> <b>Free Bread Market:</b><br/>         Available every 4th Thursday from 12:00-1:15pm at the Triwood Community Centre (Collingwood Room). Eligibility: 50+, no proof of income or registration required.</p> <p><b>Pantry Program:</b><br/>         Our Pantry Program helps alleviate financial pressures by providing about a week's worth of food. Items are mainly non-perishable food such as pasta, canned fruits/veggies/beans/soups, oils, cereals or snacks. Place an order by calling us before Tuesday at 3pm. Pick-up your food on Fridays from 10am-12pm. Eligibility: 55+.</p> <p><b>Contact Information:</b><br/> <b>Phone:</b> 403-289-4780<br/> <b>Address:</b> 2244 Chicoutimi Dr NW</p>  |
|   | <p><b><u>Feed it Forward</u></b><br/>         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><b>Contact Information:</b><br/> <b>Phone:</b> 587-731-0905<br/> <b>Email:</b> <a href="mailto:feeditforwardyyc@gmail.com">feeditforwardyyc@gmail.com</a><br/> <b>Address:</b> Pick-up locations located throughout NW Calgary. Contact for details.</p>   |
|   | <p><b><u>Harvest Hills Cares Calgary</u></b><br/>         Harvest Hills Cares Calgary is a non-profit organization that helps any Calgarian regardless of income or status. We do not discriminate against anyone who may come to us for help. We are first and foremost both Calgarians and Albertans and as such, we will help and support any Calgarian who needs it.</p> <ul style="list-style-type: none"> <li>○ To request support, please go to our website (click on need assistance. Make sure that all fields are filled in and that you explain exactly what your need is).</li> <li>○ To request Emergency Assistance, you can contact us at any one of the forms of contact below.</li> </ul> <p>Please note: We are a completely volunteer run organization that only has two full time volunteers. We process assistance requests as they come in. Making multiple requests may put your request for assistance at risk and your request may be denied.</p> <p><b>Contact Information:</b><br/> <b>Phone:</b> 403-608-7224 (or text)<br/> <b>Email:</b> <a href="mailto:Info@HarvestHillsCaresCalgary.ca">Info@HarvestHillsCaresCalgary.ca</a><br/> <b>Hours:</b> Tuesday 12pm-7pm; Wednesday 12pm-7pm; Thursday 12pm-7pm. Outside these hours, we are available by email or text only as we also do outreach during extreme weather conditions!<br/>         Or visit their Facebook page.</p> |



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|    | <p><b><u>Made by Momma</u></b><br/>         Providing food and baby essentials to new moms and moms of small children who are in need. To request support, please fill out the form on our website!<br/> <b>Address:</b> 66 21 St NW<br/> <b>Phone:</b> 587-890-3869</p>  |
|   | <p><b><u>Pathway Church - Cambrian</u></b><br/>         For information about our Food Hamper program, please call us!<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-456-6860<br/> <b>Email:</b> <a href="mailto:admin@pathwaychurch.ca">admin@pathwaychurch.ca</a><br/> <b>Address:</b> 240 Cardiff Drive NW</p>   |
|   | <p><b><u>Rise Calgary - Bowness</u></b><br/>         Rise Calgary, formerly Sunrise and BowWest Community Resource Centre. Rise Calgary has 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 and residents are encouraged to call to book an appointment to pick up the food hamper. In addition, Rise Calgary Community Advocates are able to complete agency referrals to Calgary Food Bank for all clients who have accessed their self referrals. Subsidies for Good Food Box orders may be available.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-204-8280.<br/> <b>Hours:</b> Mon-Fri, 10am-1pm and 2-4pm<br/> <b>Address:</b> Bowness Office - 7904 43 Ave NW<br/> <b>Address:</b> Ranchlands Office - 14 - 1840 Ranchlands Way NW</p> |
|  | <p><b><u>SSVP Depot - Ascension Catholic Parish</u></b><br/>         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.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 587-755-3855<br/> <b>Email:</b> <a href="mailto:ssvp.ascension@gmail.com">ssvp.ascension@gmail.com</a><br/> <b>Address:</b> 1100 Berkshire Blvd NW</p>   |
|  | <p><b><u>SSVP Depot - Canadian Martyrs Church</u></b><br/>         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.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-284-3311<br/> <b>Email:</b> <a href="mailto:ssvpeast@gmail.com">ssvpeast@gmail.com</a><br/> <b>Address:</b> 835 Northmount Dr NW</p>   |
|  | <p><b><u>SSVP Depot - Corpus Christi Catholic Church</u></b><br/>         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.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-275-0994<br/> <b>Email:</b> <a href="mailto:ssvpeast@gmail.com">ssvpeast@gmail.com</a><br/> <b>Address:</b> 404 Northmount Pl NW</p>  |



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|    | <p><b><u>SSVP Depot - St. Bernards Church</u></b><br/>                 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.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-970-8107<br/> <b>Email:</b> <a href="mailto:ssvpeast@gmail.com">ssvpeast@gmail.com</a><br/> <b>Address:</b> 711 37 St NW</p>  |
|    | <p><b><u>SSVP Depot - St. Joseph Catholic Church</u></b><br/>                 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.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-457-4966<br/> <b>Email:</b> <a href="mailto:ssvpstjosephcalgary@gmail.com">ssvpstjosephcalgary@gmail.com</a><br/> <b>Address:</b> 640 19 Ave NW</p>  |
|    | <p><b><u>SSVP Depot - St. Pius X Parish</u></b><br/>                 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.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-289-3602<br/> <b>Email:</b> <a href="mailto:ssvp@stpiusx.ca">ssvp@stpiusx.ca</a><br/> <b>Address:</b> 2424 24 Ave NW</p>  |
|    | <p><b><u>SSVP Depot - St. Peter's Roman Catholic Church</u></b><br/>                 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.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-288-9040<br/> <b>Email:</b> <a href="mailto:ssvp@st-peters.ca">ssvp@st-peters.ca</a><br/> <b>Address:</b> 541 Silvergrove Dr NW</p>   |
|   | <p><b><u>Student Union Campus Food Bank</u></b><br/>                 Students are eligible to receive a hamper of fresh and non-perishable foods up to 3x per semester. Food items depend on what is available and what you prefer. We try our best to provide nutritionally-balanced hampers, with vegetarian, vegan, halal, and gluten free options often available. Hampers are always packed with the students' allergies in mind. We also provide cookbooks for recipe ideas, meal planning tools, grocery shopping lists, and more. Email or phone to request a hamper.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-220-8599<br/> <b>Email:</b> <a href="mailto:foodbank@ucalgary.ca">foodbank@ucalgary.ca</a><br/> <b>Address:</b> Rm 225 MacEwan Hall (MH), 2500 University Drive NW<br/> <b>Hours:</b><br/>                 Sept to April (Mon-Thur 10am-4pm &amp; Fri 12pm-6pm);<br/>                 May to August (Mon-Fri 10am-2pm)</p> |
|   | <p><b><u>The Salvation Army - Berkshire Citadel Community Church</u></b><br/>                 No-cost, emergency food hampers are available with up to two days worth of non-perishable food and hygiene items. Open Wednesdays 9am-3pm.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-275-1827<br/> <b>Address:</b> 222 Sandarac Dr NW</p>  |



| <b><u>Community Food Pantries</u></b>   |  |
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|   | <p><b>Awaken Church - Common Cupboard</b><br/>                     A 24/7 free fridge, freezer, pantry for all Bownesians. Help us stock the fridge so we might help to end food insecurity together.<br/> <b>Address:</b> 6508 Bowwood Dr NW</p>  |
|   | <p><b>Bowness - Community Food Pantry</b><br/>                     Outdoor Community Food Pantry. Accessible 24/7. Located outside Bowest Appliances (previously Bownesian Grocer).<br/> <b>Address:</b> 7948 Bowness Road NW</p>  |
|   | <p><b><u><a href="#">Brentview Baptist Church - Community Pantry</a></u></b><br/>                     Non-perishable food items are available to anyone who needs. Stop by anytime. Our pantry works on a "Take what you need, leave what you can" basis. Availability of items can vary depending on donations.<br/> <b>Contact Information:</b><br/> <b>Address:</b> 3512 Charleswood Drive<br/> <b>Email:</b> <a href="mailto:mail@brentviewbaptist.com">mail@brentviewbaptist.com</a><br/> <b>Instagram:</b> @forcalgary</p>   |
|   | <p><b><u>Brentwood - Little Free Pantry</u></b><br/>                     Available 24/7. If you are in need of food, please stop by whenever you are able. Please note, if you are interested in helping stock the Little Free Pantry, please only bring food items. All non-food items are being donated.<br/> <b>Address:</b> 3624 Boulton Road NW</p>   |
|   | <p><b><u>Capitol Hill - Food Pantry</u></b><br/>                     Available 24/7. Outdoor community pantry with non-perishable food items and toiletries. Located by the dinosaur playground on the corner of 15th St and 20th Ave NW.<br/> <b>Address:</b> 1531 21 Ave NW</p>  |
|   | <p><b><u><a href="#">Hillhurst Sunnyside Community Association (HSCA)</a></u></b><br/>                     Fresh Choices: HSCA offers residents of Hillhurst and Sunnyside experiencing food insecurity with resources and assistance, including access to our Free Table. No proof of income required. Visit Mondays from 4-6pm or email <a href="mailto:alex.w@hsc.ca">alex.w@hsc.ca</a>.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-283-0554 ext 248<br/> <b>Email:</b> <a href="mailto:tolu.o@hsc.ca">tolu.o@hsc.ca</a><br/> <b>Address:</b> 1320 5 Avenue NW</p> |
|   | <p><b><u>Hillhurst United Church - Food Pantry</u></b><br/> <b>Address:</b> 1227 Kensington Close NW</p>   |
|  | <p><b><u>Kensington Commons Church - Community Cupboard</u></b><br/>                     Community Cupboard is located on the Southwest side of the church, directly behind the bus stop for the route #1 westbound.<br/>                     Items include: non-perishable food, warm clothing and child/baby items, such as diapers and formula.<br/>                     Everything in the cupboard is free and available to anyone 24/7.<br/> <b>Address:</b> 2404 Kensington Road NW</p>  |



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|   | <p><b><u>Love with Humanity: Ranchlands - Community Outdoor Free Food Bank</u></b><br/>                 Love with Humanity Association's Community Outdoor Free Food Bank. Available 24/7. Everyone is welcome.<br/> <b>Address:</b> 1216 Ranchview Road NW</p>  |
|   | <p><b><u>Maranatha Christian Reformed Church - Community Food Pantry</u></b><br/>                 Outdoor Community Food Pantry, accessible 24/7. Located outside the Maranatha Church near Home Road.<br/> <b>Address:</b> 2111 52 Street NW</p>  |
|   | <p><b><u>Mount Pleasant – Community Pantry</u></b><br/>                 Located at the MPCA Community Hall (North Side), the Community Pantry is an initiative to advocate for food security and support a sharing economy within the community. The pantry is run on a volunteer 'leave what you can and take what you need' basis. The pantry is available for community members to leave non-perishable food items and toiletries. Available 24/7.<br/> <b>Address:</b> 602 22 Avenue NW</p>  |
|   | <p><b><u>Pathway Church - Food Pantry</u></b><br/>                 Offering a Food Pantry at the Church for those in need by appointment. Please call the church office for more information or visit our website.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-456-6860<br/> <b>Address:</b> 240 Cardiff Drive NW</p>  |
|   | <p><b><u>Ranchlands - Food Pantry</u></b><br/>                 Welcome to the Ranchlands Food Pantry! The Ranchlands Community Association operates a non-perishable food pantry for residents of Ranchlands who might be facing financial hardship or food insecurity. If you live in the community, you can request a hamper by filling out the <a href="#">request form</a>.<br/> <b>Contact Information:</b><br/> <b>Email:</b> <a href="mailto:ranchlandscommunity@outlook.com">ranchlandscommunity@outlook.com</a><br/> <b>Phone:</b> 403-241-0335<br/> <b>Hours:</b> Wednesday from 6:30-7:30pm<br/> <b>Address:</b> 7713 Ranchview Dr NW</p> |
| <p><b><u>Food Bank Referrals and Connections to Basic Needs Support</u></b></p> |  |
|   | <p><b><u>Rise Calgary - Bowness</u></b><br/>                 Rise Calgary, formerly BowWest Community Resource Center - Bowness Location. All support and Food Bank referrals are available by phone.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-204-8280<br/> <b>Hours:</b> Mon-Fri 10am-1pm and 2pm-4pm<br/> <b>Address:</b> 7904 43 Ave NW</p>   |
|   | <p><b><u>Rise Calgary - Ranchlands</u></b><br/>                 Rise Calgary, Ranchlands location. All support and Food Bank referrals are available by phone.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-204-8280<br/> <b>Hours:</b> Mon-Fri 10am-1pm and 2pm-4pm<br/> <b>Address:</b> 1840 Ranchlands Way NW #14</p>  |



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|   | <p><b><u>Miskanawah - West</u></b><br/>         Providing Food Bank referrals for children, youth, families, and Elders. If you are in need of support, please email or call us!<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-247-5003<br/> <b>Email:</b> <a href="mailto:info@miskanawah.ca">info@miskanawah.ca</a><br/> <b>Address:</b> 2340 1 Ave NW</p>  |
| <p><b><u>Affordable Good Food Box Locations</u></b></p>                             |   |
|    | <p><b><u>Confederation Park 55+ Activity Centre</u></b><br/> <b>Low-cost</b> boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call or email.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-289-4780<br/> <b>Address:</b> 2244 Chicoutimi Dr NW</p>   |
|    | <p><b><u>Edgemont Community Association</u></b><br/> <b>Low-cost</b> boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call us!<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-239-1211<br/> <b>Email:</b> <a href="mailto:gfb@edgemont.ab.ca">gfb@edgemont.ab.ca</a><br/> <b>Address:</b> 33 Edgevalley Cir NW</p>  |
|  | <p><b><u>Highland Park Community Centre</u></b><br/> <b>Low-cost</b> boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call us!<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-276-6969<br/> <b>Address:</b> 3716 2 St NW</p>  |
|  | <p><b><u>Hillhurst Sunnyside Community Association</u></b><br/> <b>Low-cost</b> boxes of fruits and vegetables are available for pick-up to all Calgarians. To place an order, please visit our website.<br/> <b>Address:</b> 1320 5 Ave NW</p>   |
|  | <p><b><u>Pathway Church - Cambrian</u></b><br/> <b>Low-cost</b> boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please email Gwen and Terry James.<br/> <b>Contact Information:</b><br/> <b>Email:</b> <a href="mailto:tandg_james@yahoo.ca">tandg_james@yahoo.ca</a> (Gwen or Terry)<br/> <b>Address:</b> 240 Cardiff Dr NW</p>  |
|  | <p><b><u>Rise Calgary - Bowness</u></b><br/>         Rise Calgary, formerly known as BowWest Community Resource Centre. Subsidies may be available for Good Food Box orders. To order a Good Food Box of <b>affordable</b> fresh produce, call us!<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-204-8280<br/> <b>Hours:</b> Mon-Fri 10am-1pm and 2pm-4pm<br/> <b>Address:</b> 7904 43 Ave NW (located at the Bowness Community Association).</p> |



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|    | <p><b><u>Rise Calgary - Ranchlands</u></b><br/>                 Rise Calgary, formerly known as BowWest Community Resource Centre. Subsidies may be available for Good Food Box orders. To order a Good Food Box of <b>affordable</b> fresh produce, call us!<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-204-8280<br/> <b>Address:</b> 1840 Ranchlands Way NW</p>   |
|    | <p><b><u>St James Anglican Church</u></b><br/> <b>Low-cost</b> boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call us!<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-239-0104<br/> <b>Address:</b> 6351 Ranchview Dr NW</p>   |
|    | <p><b><u>Student Union Campus Food Bank – University of Calgary</u></b><br/>                 The Good Food Box program (Community Kitchen Program of Calgary) aims to provide community members with greater access to affordable, nutritious, and sustainable fresh fruits and vegetables. Come to the Volunteer Services Office in MacEwan Hall (MH 225) between 8:30am – 4:30pm weekdays. We will help you fill out a form and submit your order. Payment is required at the time of order. Cash only. See the website for prices and order deadlines.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-220-6551<br/> <b>Email:</b> <a href="mailto:reception@su.ucalgary.ca">reception@su.ucalgary.ca</a><br/> <b>Address:</b> Rm 225 MacEwan Hall (MH), 2500 University Drive NW</p> |
|  | <p><b><u>The Salvation Army Berkshire Citadel Community Church</u></b><br/> <b>Low-cost</b> boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, please call or drop-in.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-275-1827 (Sylvia)<br/> <b>Hours:</b> Tuesday-Thursday 9am-3pm or Friday 9am-12pm<br/> <b>Address:</b> 222 Sandarac Dr NW</p>   |
|  | <p><b><u>Varsity Acres Presbyterian Church</u></b><br/> <b>Low-cost</b> boxes of fruits and vegetables are available for pick-up to all Calgarians. To order a Good Food Box, call or email.<br/> <b>Contact Information:</b><br/> <b>Phone:</b> 403-288-0544<br/> <b>Email:</b> <a href="mailto:office@vapc.ca">office@vapc.ca</a><br/> <b>Address:</b> 4612 Varsity Dr NW</p>  |
| <p><b><u>Affordable Food Markets</u></b></p>  |  |
|  | <p><b><u>Fresh Routes - Alberta University of the Arts</u></b><br/> <b>Affordable</b> and mobile fresh food market running Fridays from 11:30am-1:30pm. Most locations run weekly, but please check our website for the most current schedule.<br/> <b>Address:</b> 1407 14 Ave NW</p>   |
|  | <p><b><u>Fresh Routes - Foothills Hospital: Health Sciences Centre</u></b></p>   |



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|   | <p><b>Affordable</b> and mobile fresh food market running Wednesdays from 11am-1pm. Most locations run weekly, but please check our website for the most current schedule.</p> <p><b>Address:</b> 3330 Hospital Dr NW</p>   |
|    | <p><b><u><a href="#">Fresh Routes - Hillhurst Sunnyside: Community Association</a></u></b><br/> <b>Affordable</b> and mobile fresh food market running Mondays from 4-6pm. Most locations run weekly, but please check our website for the most current schedule.</p> <p><b>Address:</b> 1320 5 Ave NW</p>  |
|    | <p><b><u><a href="#">Fresh Routes - SAIT: Peer Support Centre</a></u></b><br/> <b>Affordable</b> and mobile fresh food market running Tuesdays from 11am-1pm. Find us in Room NJ105. Most locations run weekly, but please check our website for the most current schedule.</p> <p><b>Address:</b> 1301 16 Ave NW (Room NJ105)</p>  |
|    | <p><b><u><a href="#">Fresh Routes - University of Calgary: The Nest 102</a></u></b><br/> <b>Affordable</b> and mobile fresh food market running Thursdays from 11:30am to 1:30pm. Most locations run weekly, but please check our website for the most current schedule.</p> <p><b>Address:</b> 250 Collegiate Blvd NW</p>  |
| <p><b><u>Free and Low-Cost Meals</u></b></p>  |   |
|  | <p><b><u><a href="#">Confederation Park 55+ Activity Centre</a></u></b><br/>         Providing Lunch-To-Go Boxes and Frozen Lunches! Lunch To Go Boxes contains a sandwich, vegetables and dip, a fruit cup, and a small dessert. Boxes are available on Mondays, Tuesdays, Wednesdays, and Fridays. All boxes must be preordered at least 2 days prior to picking up. Call Richard at the number below to place an order.</p> <p><b>Contact Information:</b><br/> <b>Phone:</b> 403-289-4780 ext. 200<br/> <b>Address:</b> 2244 Chicoutimi Dr NW</p> |
|   | <p><b><u><a href="#">The Pelican Foundation Mission (The Pelican Kitchen)</a></u></b><br/>         Visit us on Saturdays from 12-1pm for a free meal. All are welcome.</p> <p><b>Address:</b> 8007 Bowness Road NW<br/> <b>Email:</b> <a href="mailto:2thepelican@gmail.com">2thepelican@gmail.com</a><br/> <b>Phone:</b> 403-926-4433</p>  |
|  | <p><b><u><a href="#">University of Calgary: Campus Food Hub - Ladle UP!</a></u></b><br/>         Visit us on Wednesdays from 12-2pm for a bowl of hearty soup and a bun for only \$2. The soup menu changes weekly and we try to meet dietary restrictions when possible. Credit and debit cards are accepted. No cash, please.</p> <p>See our website for additional programs and resources from the Campus Food Hub.</p> <p><b>Address:</b> 2500 Collegiate Blvd NW</p>   |