



## 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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### City-wide Resources

#### [211](#)

If you need support and resources, please reach out to 211 via phone, text or online chat. A Community Resource Specialist can help you to see what community resources and services are available and help you connect with support. 211 has a Basic Needs Fund to help with rent, utilities, and damage deposits.

**Hours:** 24 hours, 7 days a week

**Phone or text:** 211

#### [Provincial Emergency Financial Assistance](#)

You can apply for emergency assistance when you are in a situation that you cannot control and:

- it presents a severe health risk, and
- you cannot access other resources or wait until your next paycheque or Income Support benefit cheque.

This allowance can cover the costs of food, clothing, childcare, transportation, damage deposit, temporary accommodation, utility arrears, or eviction payments.

**Phone:** 24/7 Emergency Income Support Centre: (Toll-free) 1-866-644-5135

**Online:** Or visit [Alberta Supports | Alberta.ca](https://www.alberta.ca/alberta-supports)

#### [Calgary Food Bank](#)

The Calgary Food Bank offers food hampers with a 7-day supply of food. Delivery service is available for people with medical or mobility challenges. Families with infants can request a baby hamper with their emergency food hamper. Food for certain dietary requirements is offered, such as celiac (gluten-free), lactose intolerance, halal and vegetarian. Everyone can access up to 3 hampers per year. Accessing hampers more than 3 times per year requires income information and ID. See website for more details.



Book your hamper ahead of time. Distribution is by appointment only. Please call to request your food hamper or book online:

<https://www.calgaryfoodbank.com/needfoodform/>. Satellite locations available for pick-up (see individual listings and call to request your hamper).

**Hours:** Appointments required and available:

Monday to Thursday, 8am–7:30pm

Friday 8am–4pm

Saturday 8:30am–3:00pm

**Phone:** 403-253-2055

**Main Address:** 5000 11th St SE

**Satellite Locations:** See individual listings and phone to request a hamper.

- Eastside Victory Outreach (SE: Forest Lawn)
- First Alliance Church (SE: Douglasdale/McKenzie Towne)
- Fish Creek United Church (SE: Deer Ridge)
- Salvation Army Community Resource Centre (SE: Forest Lawn)
- Victory Foundation (SE: Ogden)
- Centre Street Church (NE: Highland Park)
- Genesis Centre (NE: Martindale)
- Children’s Cottage Society (NW: Montgomery)
- Shepherd of the Hills Lutheran Church (NW: Bowness)
- Skyview Community Church (NW: Country Hills)
- Thornhill Baptist Church (NW: Thorncliffe)
- Westminster Presbyterian Church (NW: Edgemont)
- Westview Baptist Church (NW: Ranchlands)
- Grace Presbyterian Church (SW: Beltline)
- St. Andrew's Presbyterian Church (SW: Haysboro)
- Salvation Army - Barbara Mitchell Family Resource Centre (SW: Killarney)
- Downtown Neoma (Downtown)

## **Brown Bagging for Calgary’s Kids**

We support kids in Calgary with lunches in school. Fill out the form on our website to inquire.

**Phone:** 403-462-7979

**Email:** [lunches@bb4ck.org](mailto:lunches@bb4ck.org)

## **Calgary Meals on Wheels**

Nutritious and affordable meals delivered to anyone in Calgary, regardless of age or income. When you have a lot on your plate, let us do the cooking. Choose from:

- **Our Chef's Daily Special:** Offers Lunch & Supper with accommodation for special diets and texture modifications. Price based on income. Available 3-7 days/week.
- **My Choice Menu:** Frozen meals, family-size entrees, soups, and baked goods at set prices. Offers flexibility, choice, and convenience with online ordering. Place an order before noon and have meals delivered for free to your doorstep 2 business days later.

**Phone:** 403-243-2834

**Email:** [info@mealsonwheels.com](mailto:info@mealsonwheels.com)

**Website:** [www.mealsonwheels.com](http://www.mealsonwheels.com)



## 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 specific address.

## Community Kitchen Program of Calgary: Good Food Box

Purchase boxes of fresh fruits and vegetables at an affordable price.

- Small Box: \$35 (20-25lbs\* of fruits and vegetables)
- Medium Box: \$40 (25-30lbs\* of fruits and vegetables)
- Large Box: \$45 (35-40lbs\* of fruits and vegetables)

Each box contains a variety of fruits and vegetables based on seasonal availability.

\*weights are approximate.

To order a Good Food Box, contact by phone or email. Pick-up locations are available across Calgary.

**Phone:** 403-538-3780

**Email:** [gfb@ckpyyc.ca](mailto:gfb@ckpyyc.ca)

**Website:** <https://www.ckpcalgary.ca/goodfoodbox>

## 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.
- **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).

**Phone:** 403-590-0970

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

**Location:** 135 Martindale Blvd NE

## JFSC

Focused on providing food to people in financial need and have not been able to be assisted by other basic need supports. Please call for more info.

**Phone:** 403-287-3510



### [Muslim Families Network Society - Halal Food Bank](#)

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

**Phone:** 403-466-6367

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

**Location:** Office at Unit 1129, 3961 52 Ave NE (Building 1000)

### [Réseau en immigration francophone de L'Alberta \(RIFA\)](#)

Providing referrals and support to Calgary francophone communities. For support please contact us.

**Email:** [projetcalgary@rifalberta.com](mailto:projetcalgary@rifalberta.com)

### [Salvation Army Community Services - Calgary](#)

Providing Food Bank referrals, emergency food pantries, and various other programs and resources. Call, email, or visit our website for more information.

**Phone:** 403-410-1111

**Email:** [CSCalgary.Info@salvationarmy.ca](mailto:CSCalgary.Info@salvationarmy.ca)

**Address:** Unit 100, 5115 17th Ave SE

### [Society of St. Vincent de Paul](#)

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 your local Society of St. Vincent de Paul. Please check either the [Community Food Map](#) for locations or the [Society of St. Vincent de Paul website](#).

**Phone:** 403-250-0319

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

### [The Alex Community Food Centre](#)

- **Drop-in Family Dinner (Mondays 5-6:30pm):** Kids and teens, bring your favourite adults for a family dinner! Halal and veggie options available.
- **Drop-in Community Lunch (Wednesdays 12-1pm):** Drop-in and join us for a free, nutritious lunch. Adults and supervised children are welcome.
- **Drop-in Community Cafe (Fridays 9-11am):** Drop-in and connect with friends for a good coffee, conversations, and a nutritious seasonal cafe snack. Adults and supervised children are welcome.

See website for details and other programs to learn how to grow food, build community, cook new recipes, and avoid food waste.

**Phone:** 403-455-5792

**Email:** [goodfood@thealex.ca](mailto:goodfood@thealex.ca)

**Address:** 4920 17 Ave SE

### [The Way-In/403-SENIORS](#)

Providing support and referrals for seniors in Calgary.

**Phone:** 403-736-4677



### Unison at Kerby Centre

- **Kerby Centre Market:** Calgary's only senior-specific food bank. We offer a supplemental no-cost food market through our grocery store model.  
Eligibility: Adults 50+, registration required. Please call or email for an appointment.
- **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 older adults.  
Cost: \$5 delivery fee in addition to the cost of groceries.  
**Phone:** 403-705-3222  
**Email:** [senira@unisonalberta.com](mailto:senira@unisonalberta.com)  
**Address:** 1133 7 Ave SW

### 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