

## What is Access to Food in Alberta?

Access to Food in Alberta lists information about where to find emergency food, lower cost foods, cooking programs and other community food programs. Examples include food banks, Meals on Wheels, community gardens, group cooking and Canadian Prenatal Nutrition Programs. This resource describes the programs and how to contact them. The information in this resource was prepared Fall 2013.

The information is organized by community.

To find programs in your community, look for your community's name and click on it.

## Who is Access to Food in Alberta for?

Access to Food in Alberta is for:

- anyone working with individuals or families who need help getting food or learning simple cooking or gardening skills
- individuals or families who need help getting food or learning simple cooking or gardening skills.

Most of the programs listed are open to the public and anyone who can benefit is welcome to participate. If there are any restrictions, they are indicated in the description.

## Who prepared this list?

Access to Food in Alberta is created and updated by Registered Dietitians in Alberta Health Services.

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# Alberta Health Services Zone Map



ACCESS TO FOOD IN ALBERTA - BY COMMUNITY

A	<a href="#">AIRDRIE</a> <a href="#">ALIX</a> <a href="#">ALTARIO</a> <a href="#">AMISK, HUGHENDEN, CZAR</a> <a href="#">ATHABASCA</a>	E	<a href="#">EDSON</a> <a href="#">ELNORA</a> <a href="#">ENTWISTLE</a> <a href="#">EVANSBURG</a>	P	<a href="#">PEACE RIVER</a> <a href="#">PENHOLD</a> <a href="#">PICTURE BUTTE</a> <a href="#">PINCHER CREEK</a> <a href="#">PONOKA</a> <a href="#">PROVOST CHAUVIN HUGHENDEN</a>
B	<a href="#">BANFF</a> <a href="#">BARRHEAD</a> <a href="#">BASHAW</a> <a href="#">BEAUMONT</a> <a href="#">BEAVERLODGE</a> <a href="#">BENTLEY</a> <a href="#">BERWYN</a> <a href="#">BLACKFALDS</a> <a href="#">BLAIRMORE</a> <a href="#">BON ACCORD</a> <a href="#">BONNYVILLE</a> <a href="#">BOW ISLAND</a> <a href="#">BOWDEN</a> <a href="#">BOYLE</a> <a href="#">BRETON</a> <a href="#">BROOKS</a> <a href="#">BRUDERHEIM</a>	F	<a href="#">FORT MACLEOD</a> <a href="#">FORT MCMURRAY</a> <a href="#">FORT SASKATCHEWAN</a> <a href="#">FOX CREEK</a>	R	<a href="#">RAYMOND</a> <a href="#">RED DEER</a> <a href="#">REDWATER</a> <a href="#">RIMBEY</a> <a href="#">ROCKY MOUNTAIN HOUSE</a>
C	<a href="#">CALGARY</a> <a href="#">CAMROSE</a> <a href="#">CANMORE</a> <a href="#">CARDSTON</a> <a href="#">CAROLINE</a> <a href="#">CARSTAIRS</a> <a href="#">CASTOR</a> <a href="#">CHESTERMERE</a> <a href="#">CLANDONALD</a> <a href="#">CLARESHOLM</a> <a href="#">COALDALE</a> <a href="#">COCHRANE</a> <a href="#">COLD LAKE</a> <a href="#">CONSORT</a> <a href="#">CORONATION</a> <a href="#">CREMONA</a> <a href="#">CROWSNEST PASS</a>	G	<a href="#">GIBBONS</a> <a href="#">GRANDE CACHE</a> <a href="#">GRANDE PRAIRIE</a>	S	<a href="#">SEDGEWICK</a> <a href="#">SHERWOOD PARK</a> <a href="#">SLAVE LAKE</a> <a href="#">SMOKY LAKE</a> <a href="#">SPRUCE GROVE</a> <a href="#">ST. ALBERT</a> <a href="#">ST. PAUL</a> <a href="#">STANDOFF/BLOOD TRIBE</a> <a href="#">STETTLER</a> <a href="#">STONY PLAIN</a> <a href="#">STRATHMORE</a> <a href="#">SUNDRE</a> <a href="#">SWAN HILLS</a> <a href="#">SYLVAN LAKE</a>
D	<a href="#">DEVON</a> <a href="#">DIDSBURY</a> <a href="#">DRAYTON VALLEY</a> <a href="#">DRUMHELLER</a>	H	<a href="#">HANNA</a> <a href="#">HIGH LEVEL</a> <a href="#">HIGH PRAIRIE</a> <a href="#">HIGH RIVER</a> <a href="#">HINTON</a> <a href="#">HOLDEN</a>	T	<a href="#">TABER</a> <a href="#">THREE HILLS</a> <a href="#">TOFIELD</a> <a href="#">TROCHU</a> <a href="#">TURNER VALLEY-BLACK DIAMOND</a> <a href="#">TWO HILLS</a>
E	<a href="#">ECKVILLE</a> <a href="#">EDMONTON</a>	I	<a href="#">INNISFAIL</a> <a href="#">IRRICANA</a>	V	<a href="#">VALLEYVIEW</a> <a href="#">VAUXHAULL</a> <a href="#">VEGREVILLE</a> <a href="#">VERMILION</a> <a href="#">VETERAN</a> <a href="#">VULCAN</a>
		J	<a href="#">JASPER</a>	W	<a href="#">WAINWRIGHT</a> <a href="#">WESTLOCK</a> <a href="#">WETASKIWIN</a> <a href="#">WHEATLAND</a> <a href="#">WHITECOURT</a>
		K	<a href="#">KILLAM</a> <a href="#">KITSCOTY</a>		
		L	<a href="#">LA CRETE</a> <a href="#">LAC LA BICHE</a> <a href="#">LACOMBE</a> <a href="#">LAMONT</a> <a href="#">LANGDON</a> <a href="#">LEDUC</a> <a href="#">LETHBRIDGE</a> <a href="#">LLOYDMINSTER</a>		
		M	<a href="#">MAGRATH</a> <a href="#">MANNING</a> <a href="#">MANNVILLE</a> <a href="#">MAYERTHORPE</a> <a href="#">MEDICINE HAT</a> <a href="#">MORINVILLE</a> <a href="#">MUNDARE</a>		
		N	<a href="#">NANTON</a>		
		O	<a href="#">OKOTOKS</a> <a href="#">OLDS</a> <a href="#">ONOWAY</a> <a href="#">OYEN</a>		

<b>AIRDRIE</b>			
<p><b>Canadian Prenatal Nutrition Program</b>            Best Beginnings            Airdrie Community Health Centre            604 Main Street South, Airdrie, AB T4B 2B9            Tel: (403) 912-8400            Fax: (403) 912-8410</p>	<p><b>Hours</b>            Monday to Friday            8:30 am-4:30 pm</p>	<p><b>Comments</b>            Support services for pregnant women who qualify.            Areas of service: Airdrie, Beiseker, Crossfield and Irricana.            Coupons for milk, vitamins provided free of charge.            Group sessions may be available.            Monthly hampers provided to participants by Airdrie Food Bank.            Counselling with nurse, outreach worker and dietitian.</p>	
<p><b>Community Garden</b>            Airdrie Community Garden            Contact: Tyler Brabury (403) 912-0559 (Tel)  <a href="http://www.airdriehortsociety.com">www.airdriehortsociety.com</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>            Offers plot rentals and a children's garden.            Quality water and soil are available with full sun conditions in a secure area.            Operates May to October.</p>	
<p><b>Community Meals</b>            Manna House            Airdrie Alliance Church            1604 Summerfield Boulevard, Airdrie, AB T4B 1C7            Tel: (403) 948-3818  <a href="mailto:mannahouse@live.ca">mannahouse@live.ca</a>  <a href="http://www.airdriealliance.com/manna-house">www.airdriealliance.com/manna-house</a></p>	<p><b>Hours</b>            Two Mondays per month            Supper is served            at 6:00 pm</p>	<p><b>Comments</b>            Offered 10 months per year (not offered in July-August).            Hot buffet-style supper and entertainment provided to all who attend.            Free of charge.            Everyone is welcome.            Play area for children.</p>	
<p><b>Community Support Services</b>            Airdrie Family and Community Support Services            Social Planning Unit            400 Main Street SE, Airdrie, AB T4B 3C3            Tel: (403) 948-8800 ext 8457            Fax: (403) 948-6567  <a href="mailto:social.planning@airdrie.ca">social.planning@airdrie.ca</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>            Provides resources and support services to members of the community.</p>	
<p><b>Community Support Services and Emergency Meals</b>            Community Links            125 Main Street NW, Airdrie, AB T4B 0P7            Tel: (403) 945-3900            Toll-Free 1-866-945-3905            Fax: (403) 945-3901  <a href="http://www.nrvcl.ab.ca">www.nrvcl.ab.ca</a></p>	<p><b>Hours</b>            Monday to Wednesday            8:30 am-4:30 pm            Thursday            8:30 am-8:00 pm            Friday            8:30 am-4:00 pm</p>	<p><b>Comments</b>            Emergency Food Pack available.            Provides community development, family resources, and outreach services.            Another office in Beiseker (401 5<sup>th</sup> Street, Beiseker, AB; 403-947-2841            (Tel) 403-947-2839 (Fax) Toll-Free 1-866-912-7272)</p>	

<p><b>Food Bank</b>  Airdrie Food Bank  20 East Lake Way, Airdrie, AB T4A 2J3  Tel:(403)948-0063  Fax:(403) 948-9332  <a href="mailto:info@airdriefoodbank.com">info@airdriefoodbank.com</a></p>	<p><b>Hours</b>  Monday to Friday  8:30 am-3:00 pm  Wednesday  8:30 am-8:00 pm  Hamper Request  Monday to Friday  9:00 am-3:00 pm</p>	<p><b>Comments</b>  Areas of service are: Airdrie, Balzac, Crossfield, Madden and Beiseker.  Clients can use the service once every thirty days, up to a maximum of 6 times per year.  Emergency Food Packs are available.  Bread and extras are also offered and have no set limit for use (are based on availability and the user does not have to be a client to use this service).  Formula and baby food hampers, as well as Milk for New Moms program available with referral from Public Health Nurse.  Also run School Programs: Snack Attack (emergency shelf items) to all elementary and middle schools in Airdrie and Daily Breakfast Program through RJ Hawkey Elementary School. Supported solely by community donations.</p>
<p><b>Good Food Box</b>  Faith Community Baptist Church  2104 Yankee Valley Blvd SW, Airdrie, AB T4B 0R7  Tel: (403) 948-6727  <a href="http://www.fcbcairdrie.com">www.fcbcairdrie.com</a></p>	<p><b>Hours</b>  Contact for schedule</p>	<p><b>Comments</b>  Offers small (20 lbs), medium (30 lbs) and large (40 lbs) sized food boxes.  Orders must be placed between 1:00 pm - 3:00 pm on certain dates;  Please call for order and pick up dates.  Cost: \$20.00 (small), \$25.00 (medium), \$30.00 (large).</p>
<p><b>Grocery Services</b>  Sustainable Produce Urban Delivery  Tel: (403) 615-3663  <a href="mailto:calgary@spud.ca">calgary@spud.ca</a>  <a href="http://www.spud.ca">www.spud.ca</a></p>	<p><b>Hours</b>  Monday to Friday  9:00 am-5:00 pm  Delivery: Friday  3:00 pm-9:00 pm</p>	<p><b>Comments</b>  Visit website to submit order and create a shopping cart.  Order deadline is 3:00 pm on Thursdays.  Must exceed minimum order for free delivery. Minimum depends on address.  Visit website for more details.</p>
<p><b>Meal Services</b>  Airdrie Meals on Wheels  Tel: (403) 815-1400</p>	<p><b>Hours</b>  Delivery: Monday to Friday  11:00 am-12:30 pm</p>	<p><b>Comments</b>  Volunteers run program.  Includes both lunch and supper meals.  Cold meals, designed to be reheated.  Can accommodate for dietary restrictions.  Cost: \$6.00 for both lunch and supper meals.</p>
<p><b>Meal Services</b>  Mamaluv  Tel: 1 (888) 662-6258  <a href="http://www.mamaluv.com">www.mamaluv.com</a></p>	<p><b>Hours</b>  Monday to Friday  9:00 am-5:00 pm EST  Delivery: Monday to Friday  10:00 am-4:00 pm</p>	<p><b>Comments</b>  Select soups, entrees and desserts, each with varying prices.  Meals are par-cooked and frozen, designed to be reheated.  48 hour notice is required for delivery.  Cost depends on item(s) chosen and associated delivery fees.</p>

<b>School Program</b> R.J. Hawkey Elementary School Breakfast Program Tel: (403) 948-3939	<b>Hours</b> Runs every school day at 7:15 am	<b>Comments</b> Run and supported by Airdrie Food Bank. Available to all students. Includes games and activities.
<b>Young Chefs Program</b> Airdrie Boys and Girls Club Tel: (403) 948-3331 Fax: (403) 948-5132 <a href="http://www.bgcairdrie.com">www.bgcairdrie.com</a>	<b>Hours</b> Call for tentative schedule	<b>Comments</b> Boys and Girls Club members: \$20, non-members \$30. Teaches cooking, health and hygiene in a fun and interactive setting.
<b>ALIX</b>		
<b>Food Bank</b> Alix United Church Contact: Glenna Carlson at (403) 747-2107 Contact: Eve Keates at (403) 747-3119	<b>Hours</b>	<b>Comments</b> As needed. Please Call for Appointment.
<b>Canadian Prenatal Nutrition Program</b> Baby Steps For client intake contact: Lacombe Community Health Centre Tel: (403) 782-3218 For program information contact: Rebecca Cox Tel: (403) 356-6410 Email: <a href="mailto:rebecca.cox@albertahealthservices.ca">rebecca.cox@albertahealthservices.ca</a>	<b>Hours</b>	<b>Comments</b> Serves: Lacombe and County, Ponoka, and Innisfail. Free monthly food coupons for milk, eggs, fruit, vegetables, peanut butter, whole wheat bread and canned tuna or salmon are offered to participants. It also offers education on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development and assists women to access community resources for practical and personal support. Eligibility determined by client intake assessment at Public Health Centre. Vitamin/mineral supplements are provided free of charge.
<b>ALTARIO</b>		
<b>School Program</b> Altario School Contact: Joan Bousquet, Family School Liaison Tel: (403) 552-2290	<b>Hours</b>	<b>Comments</b> Jr. Chef's School Nutrition Program – developed to help students learn cooking skills, healthy eating practices and address food security issues to some extent with a number of students. Offering the class just before lunch. Food provided as a supplement.
<b>AMISK, HUGHENDEN, CZAR</b>		
<b>Food Bank/Food Hamper</b> Amisk Park Lutheran Church Fax & Phone: 780 856 2560 Contact: Eleanor Ness	<b>Hours</b> Variable	<b>Comments</b> Available for emergency assistance- contact Eleanor

**ATHABASCA**

<b>Food Bank/Soup Kitchen</b> Good Samaritan Ministries Box 972 Athabasca, AB T9S 2A8 Contact: Lois Ukeytel Tel: (780) 675-4471	<b>Hours</b> Monday, Wednesday, Friday 1:30-4:00	<b>Comments</b> 1 hamper per family per week. Soup kitchen – No limit to number of visits Garden – Grow root vegetables for food bank.
<b>Meals on Wheels</b> Family & Community Support Services (FCSS) Pleasant Valley Lodge 4720 48th Street, Athabasca Contact: Tenille or Jenene Tel: 780-675-2623 Fax: 780-675-5933 <a href="mailto:tenille@fcssathabasca.org">tenille@fcssathabasca.org</a> <a href="mailto:jenene@fcssathabasca.org">jenene@fcssathabasca.org</a>	<b>Hours</b> Monday - Friday 8:30am - 4:30pm Closed 12pm - 1pm  Meals delivered between 12 - 1pm	<b>Comments</b> \$7.00/meal - invoiced monthly. Delivered within town limits. Cancellation up to 11am on day of delivery. Some therapeutic diets and preferences accommodated.
<b>Farmers Market</b> Multiplex or Riverfront Contact: Christine Croswell Tel: 780-690-2028 <a href="mailto:christinecroswell@yahoo.ca">christinecroswell@yahoo.ca</a>	<b>Hours</b> Saturday 11am - 3pm	<b>Comments</b> Weekly until the end of August.
<b>Food Delivery</b> Buy Low Foods 4919 48th Street, Athabasca Contact: Heather Eherer Tel: 780-675-2236 Fax: 780-675-2580	<b>Hours</b> Monday - Friday 8:30am - 4:30pm	<b>Comments</b> Food delivery within town. Deliveries leave at 11am (make order by 10:30am) and 4pm (make order by 3:30) Cost: \$2.00 If paying by cheque, need cheque cashing card. Visa accepted over the phone. Cash - change provided when advised in advance,
<b>School Program</b> Whispering Hills Primary School (K-3) 3001 Whispering Hills Drive Contact: Angie Bellingham Tel: 780-675-4546 Fax: 780-675-7090 <a href="mailto:angie.bellingham@asperview.org">angie.bellingham@asperview.org</a> <a href="http://www.asperview.org">www.asperview.org</a>	<b>Hours</b>	<b>Comments</b> Snack Program - Morning snacks available at all times to all students for pickup. Friday snacks are delivered to all students. Lunch Program - Lunch is available at no cost. Once a month, Parent Council offers lunch for a cost. After School - Cooking. Grade 3 students. Voluntary. No Cost. Market - Snacks available for purchase one day a week for each grade.

<p><b>School Program</b>  Landing Trail Intermediate School (Gr. 4-7)  5502 48th Avenue, Athabasca  Contact: Tina Jensen  Tel: 780-675-2213  Fax: 780-675-2950  <a href="mailto:tina.jensen@asperview.org">tina.jensen@asperview.org</a>  <a href="http://www.asperview.org">www.asperview.org</a></p>	<p><b>Hours</b>  School hours</p>	<p><b>Comments</b>  Grab &amp; Go Snack - Available in the morning to all students at no cost. Snacks provided throughout the day if needed.  Lunch - 2 lunches provided per month for a fee.  Cooking Club - Offered to all grades. Voluntary. No cost.</p>
<p><b>Community Garden</b>  Landing Trail Intermediate School  5502 48th Avenue, Athabasca  Contact: Isabel Galbreath  Tel: 780-675-2213  Fax: 780-675-2950  <a href="mailto:isabel.galbreath@asperview.org">isabel.galbreath@asperview.org</a>  <a href="http://www.asperview.org">www.asperview.org</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Staff, students and community plant, care for, and harvest.  No cost.</p>
<p><b>Community Garden</b>  Athabasca University  1 University Drive, Athabasca  Contact: Diane Morrison  Tel: 780-675-6176  <a href="mailto:dianem@athabasca.ca">dianem@athabasca.ca</a></p>	<p><b>Hours</b>  6am - 10pm  May 15 - October 15  Weather Permitting</p>	<p><b>Comments</b>  No charge.  Plots, rows and information packages available.  Water and a small selection of tools available on site.</p>
<b>BANFF</b>		
<p><b>Canadian Prenatal Nutrition Program</b>  Healthy Moms, Healthy Babies  301 Lynx Street, Box 1266, Banff, AB T1L 1B3  Contact: Natasha Kenney  Tel: (403) 762-2990  Fax: (403) 762-5571</p>	<p><b>Hours</b>  Monday to Friday  8:30 am-12:00 pm  1:00 pm-4:30 pm</p>	<p><b>Comments</b>  Free and confidential.  Prenatal admission only.  Targeted for low-income, new immigrants, young mothers, mothers involved in substance use, and mothers with a poor support system.  Provides education and nutrition support, which may include:  fresh food boxes (September to June), cooking circles, grocery vouchers and prenatal vitamins.</p>
<p><b>Community Garden</b>  Banff Community Greenhouse  104 Birch Avenue Banff, AB  <a href="http://www.banffgreenhouse.com">www.banffgreenhouse.com</a>  <a href="mailto:banffgreenhouse@gmail.com">banffgreenhouse@gmail.com</a></p>	<p><b>Hours</b>  Operates April to October</p>	<p><b>Comments</b>  Offers plot rentals.</p>



<p><b>Community Meals</b>  Soup and Bread Program  St. Mary's Church Hall  312 Lynx Street, Banff, AB  Contact: Sue Smythe  Tel: (403) 762-1253</p>	<p><b>Hours</b>  Every Thursday  12:00 pm-1:00 pm</p>	<p><b>Comments</b>  Everyone is welcome.</p>
<p><b>Community Meals</b>  BanffLIFE Pasta Night  Community Rotary Hub  302 Buffalo Street, Banff, AB  Tel: 403-760-2423  <a href="mailto:banfflife@banff.ca">banfflife@banff.ca</a>  <a href="http://www.banff.ca/banfflife">www.banff.ca/banfflife</a></p>	<p><b>Hours</b>  Every Wednesday  6:00 pm-8:00 pm</p>	<p><b>Comments</b>  Geared toward 18-30 year olds but no one is turned away.</p>
<p><b>Community Meals</b>  Seniors Lunch Program  Banff Seniors Centre  107 Bear Street, Banff, AB (upstairs)  Contact: Sue Smythe  Tel: (403) 762-1253</p>	<p><b>Hours</b>  The 2nd and 4th Monday of  each month  12:00 pm-1:00 pm</p>	<p><b>Comments</b>  Geared towards seniors.  Cost is \$6.00 per meal.</p>
<p><b>Community Kitchen</b>  Seniors Community Kitchen  Contact: Sharon Phillips  Tel: (403) 762-2990</p>	<p><b>Hours</b>  The 2nd and 4th Thursday  of each month</p>	<p><b>Comments</b>  Geared toward isolated seniors; an assessment may be required.</p>
<p><b>Community Support Services</b>  110 Bear Street, Banff, AB  Tel: (403) 762-1251  <a href="mailto:community.services@banff.ca">community.services@banff.ca</a></p>	<p><b>Hours</b>  Monday-Friday  8:30am-4:30pm</p>	<p><b>Comments</b>  Provides resources and support services to members of the community.</p>
<p><b>Food Bank</b>  Banff Food Bank Association  Back entrance of Banff Park Church  455 Cougar Street, PO Box 4373, Banff, AB T1L 1E7  Contact: Karen  Tel: (403) 762-1060  <a href="mailto:banff_food_bank@yahoo.ca">banff_food_bank@yahoo.ca</a></p>	<p><b>Hours</b>  Drop In: Tuesdays and  Saturdays 11:45 am-noon</p>	<p><b>Comments</b>  Serves Banff and Lake Louise.  (For individuals and couples) no appointment necessary.  Families with children using the service must make an appointment.</p>

<p><b>Grocery Services</b>  Nester's Market  122 Bear Street, Banff, AB T1L 1A1  Tel: (403) 762-3663  <a href="mailto:info@nestersmarket.com">info@nestersmarket.com</a>  <a href="http://www.nestersmarket.com/banff/">www.nestersmarket.com/banff/</a></p>	<p><b>Hours</b>  Monday to Sunday  8:00 am-11:00 pm  Delivery: Monday to Friday  Starting 3:00 pm</p>	<p><b>Comments</b>  Call before 12:00 p.m. during store hours to place a delivery order.  Purchase must be over \$25.00, no cost for delivery.</p>
<p><b>Meal Services</b>  Meals on Wheels  Tel: (403) 762-2990</p>	<p><b>Hours</b>  Delivery: Monday,  Wednesday and Friday  2:00 pm-4:00 pm  Order Monday to Friday  8:30 am-4:30 pm</p>	<p><b>Comments</b>  Delivery of cold meal, designed to be reheated.  Cost is \$5.50 per meal.</p>
<p><b>Meal Services</b>  Mamaluv  Tel: 1 (888) 662-6258  <a href="http://www.mamaluv.com">www.mamaluv.com</a></p>	<p><b>Hours</b>  Monday to Friday  9:00 am-5:00 pm EST  Delivery: Monday to Friday  10:00 am-4:00 pm</p>	<p><b>Comments</b>  Select soups, entrees and desserts, each with varying prices.  Meals are par-cooked and frozen, designed to be reheated.  48 hour notice is required for delivery.  Cost depends on item(s) chosen and associated delivery fees.</p>
<b>BARRHEAD</b>		
<p><b>Food Bank</b>  Barrhead Food Bank c/o Barrhead FCSS  4921-50<sup>th</sup> Ave (Box 4616)  Barrhead, AB, T7N 1A5  Contact: Robin Kapler  Tel: 780-674-3341  Fax: 780-674-4571</p>	<p><b>Hours</b>  Tuesdays &amp; Thursdays  2:00 pm – 4:00 pm</p>	<p><b>Comments</b>  Clients can access 4 times per year.</p>
<p><b>School Program</b>  Barrhead Elementary School Hot Lunch Program  5103 53 Ave  Barrhead, AB T7N 1N9  Contact: FCSS  Tel: 780-674-3341  Fax: 780-674-4571</p>	<p><b>Hours</b>  School Days at 12pm</p>	<p><b>Comments</b>  Available to children attending the Barrhead Elementary School.  The fee may be waived for those unable to pay</p>

<p><b>Meals on Wheels</b>  Barrhead Meals On Wheels c/o Barrhead FCSS  921-50th Ave  Barrhead, Alberta, T7N 1A5  Contact: FCSS  Tel: 780-674-3341  Fax:780-674-4571</p>	<p><b>Hours</b>  12:00 PM</p>	<p><b>Comments</b>  Volunteer Drivers. Meals Delivered around 12:00 pm.</p>
<p><b>Community Meals</b>  Seniors Dinner  Barrhead Senior Citizens Drop In Centre  5437 49 Street  Barrhead AB, T7N 1A2  Contact: Debbie Gilroy  Tel: 780-674-3341  Fax: 780-674-4571</p>	<p><b>Hours</b>  12:00 PM</p>	<p><b>Comments</b>  Occurs one Friday a month.</p>
<p><b>BASHAW</b></p>		
<p><b>Kids Cooking Programs</b>  Youth Foundation  Phone: 780-372-4048 Fax:780-372-3586  Contact: Sherry</p>	<p><b>Hours</b>  Once a week  (Every Wednesday)</p>	<p><b>Comments</b></p>
<p><b>BEAUMONT</b></p>		
<p><b>Food Bank</b>  Leduc &amp; District Food Bank  4810 – 49<sup>th</sup> Avenue, Leduc, AB  Mailing Address: Box 5008,  Leduc, AB T9E 6L5  Contact: Gert Reynar  Tel: (780) 986-5333  Fax: (780) 986-4803  <a href="mailto:leducfb@shaw.ca">leducfb@shaw.ca</a></p>	<p><b>Hours</b>  Monday, Wednesday &amp;  Friday  9:00 am – 12:00 Noon  and  1:00 pm – 4:00 pm</p>	<p><b>Comments</b></p>

<b>BEAVERLODGE</b>			
<p><b>Canadian Prenatal Nutrition Program</b>            Babies' Best Start            Neighborhood Resource Centre            400, 10<sup>th</sup> Street,            Beaverlodge, AB, T0H 0C0            Tel: 780-354-4183 (Beaverlodge Office)            Tel: 780-513-2008 (Main Office - Grande Prairie)</p>	<p><b>Hours</b>            Resource Centre hours:            Monday-Friday,            9:00 am -12:00 noon,            1:00 pm - 4:30 pm</p>	<p><b>Comments</b>            For any pregnant woman/teen or mother with a child under the age of two. Babies Best Start strives to empower pregnant and parenting women to make healthy lifestyle choices by offering: nutrition counseling and supplements, peer support, education, community connections and one on one support.</p>	
<b>BENTLEY</b>			
<p><b>Grocery Delivery</b>            Select AG Foods            Contact: 403-748-4161</p>	<p><b>Hours</b>            Mon-Sat 9 am-4 pm            Sunday 10 am-6 pm</p>	<p><b>Comments</b>            Free delivery within town limits. Minimum of \$25 purchase.            Cash payments preferred.</p>	
<p><b>Meals on Wheels</b>            Bentley FCSS &amp; Neighbourhood Place            4843 – 52 Ave (Box 913), T0C 0J0            Contact: Barb Carson            Tel: 403-748-2160            Email: community@telus.net</p>	<p><b>Hours</b>            Delivery Mon, Wed, Fri</p>	<p><b>Comments</b>            Meals are available on Tues. &amp; Thurs, but not delivered on these days.            Prices subject to change.</p>	
<p><b>Food Hamper</b>            Contact: Greg Rathjen            Tel: 403-357-0188</p>	<p><b>Hours</b></p>	<p><b>Comments</b>            Blessing Pantry partnership with two churches provide a \$100.00 gift certificate for a grocery store and/or pharmacy to those in need.            At Christmas approximately 20 hampers are given to those in need.            Those requesting gift certificates or hampers must not be receiving other means of financial aid.</p>	
<b>BERWYN</b>			
<p><b>Farmers' Market</b>            Berwyn Agricultural Society Farmers' Market            Legion Hall            Contact: Marie Zbeeshko            Tel: 780-338-3335</p>	<p><b>Hours</b>            1st &amp; 4th Saturdays in            August, September and            October.            No Markets in June or July.            Dates may vary.</p>	<p><b>Comments</b>            Note: November Market is held in Grimshaw at Mile Zero.</p>	

<b>BLACKFALDS</b>			
<b>Food Bank Society</b> Neighbourhood Place Contact: Stephanie Tel: 403-885-0119 Food Bank Contact: Irene Olsen Tel: 403-885-0137 5016 Waghorn Street (Box 137), T0M 0J0 Email: nplace@blackfalds.com	<b>Hours</b> Wednesdays	<b>Comments</b> Run by a committee of community residents who coordinate volunteers. New clients are asked to first contact Neighbourhood place to complete intake and then call the food bank number. Clients can access the food bank once per month and requests must be made no later than Tuesday to receive a hamper on the Wednesday.	
<b>BLAIRMORE</b>			
<b>Food Bank</b> Crowsnest Pass Food Bank Society 11910 19th Avenue Box 674 Blairmore, AB T0K 0E0 Phone: 403-564-5110 Email: cnpfood@shaw.ca	<b>Hours</b> Monday & Wednesday 5:00pm – 7:00pm Thursday 11:00am – 2:00pm	<b>Comments</b>	
<b>Meals on Wheels</b> Family and Community Support Services Municipality Office Municipality Office 8502 19 Avenue Coleman, AB T0K 0M0 Phone: 403-562-8833 Fax: 403-563-5474 Email: programmer@crowsnestpass.com	<b>Hours</b> Monday – Friday 8:30 am -12:00 pm & 1:00 pm – 4:30 pm	<b>Comments</b> \$5.00/meal. Delivered by volunteers.	
<b>Food Hamper</b> Family and Community Support Services Municipality Office Municipality Office contact: Bonnie Kawasaki 8502 19 Avenue Coleman, AB T0K 0M0 Phone: 403-562-8833 Fax: 403-563-5474 Email: fcss@crowsnestpass.com	<b>Hours</b> Not open at Christmas But put together and deliver the week before Christmas	<b>Comments</b> Open to anyone in Crowsnest Pass and area	
<b>Food Hamper</b> Blairmore Lions Club Box 148 Blairmore, AB T0K 0E0 Contact: Don Harvey Phone: 403-564-4340 or 403-582-0141	<b>Hours</b> Christmas and New Years	<b>Comments</b> Free meals	

<b>BON ACCORD</b>			
	<b>Food Bank</b> Sturgeon County Food Bank Bon Accord and Gibbons Mailing Address: Box 886, Bon Accord T0A 0K0 Street Address: 4909 50th St., Bon Accord T0A 0K0 Contact: 780-923-2344	<b>Hours</b> Open Monday 11am -1 pm for distribution of free bread. Clients must leave phone message with hamper request.	<b>Comments</b> Hampers made up on request and must be picked up at store front in Bon Accord. Will deliver if no transportation available (in town of Bon Accord and Gibbons only). Allow up to 2-3 days from time of request to hamper pick up.
<b>BONNYVILLE</b>			
	<b>Community Garden</b> Bonnyville Community Garden Contact: Florence Senecal (780)826-3381 (tel) (780) 826-6470 (fax) <a href="mailto:Florence.senecal@albertahealthservices.ca">Florence.senecal@albertahealthservices.ca</a>	<b>Hours</b>	<b>Comments</b> Open to all community members
	<b>Community Kitchen</b> Bonnyville Community Kitchen 4714-48 St., Bonnyville, T9N 2J7 Contact: Vicky Kuehn (780)826-2120 (tel) (780)826-6488 (fax) <a href="mailto:bdfcss@town.bonnyville.ab.ca">bdfcss@town.bonnyville.ab.ca</a>	<b>Hours</b>	<b>Comments</b> Open to all community members
	<b>Community Meals</b> Bonnyville Canadian Native Friendship Centre Friendship Centre 4711-50 Ave., Bonnyville AB, T9N 2J5 Contact: Dianne YoungChief or Cynthia Lapointe Tel: (780) 826-3374 Fax: (780) 826-2540	<b>Hours</b> Tues, Wed, Thursday 11:30 am -1:00 pm	<b>Comments</b> Open to all community members. No Charge.
	<b>Canadian Prenatal Nutrition Program</b> Healthy Babies Contact: Karen Severn, Outreach Worker Tel: (780) 826-3381 Fax: (780) 826-6470 <a href="mailto:Karen.severn@aspenrha.ab.ca">Karen.severn@aspenrha.ab.ca</a>	<b>Hours</b> Call during office hours, 8:30 to 4:30, Mon to Fri	<b>Comments</b> Serves Bonnyville, Iron River, Fort Kent, Ardmore, Glendon areas.

<b>BOW ISLAND</b>			
	<b>Food Bank</b> Bow Island Food Bank St. Michaels Catholic Church 1113 1st Avenue East Bow Island, AB T0K 0G0 Contact: Vanda Gates Phone: (403) 545-2023 Fax: (403) 545-6881	<b>Hours</b> Request orders Mon - Wed Office hours 9:00 - 3:00 pm Pickup orders Thursday at 11:00 am	<b>Comments</b> Will make up food hamper on request basis.
	<b>Meals on Wheels</b> 15 School Crescent Bow Island Bow Island, Alberta TOK OGO Phone: (403) 545-2074 Email: n/a Contact person: Char Brocklesby Hours of operation: Monday through Friday (anytime)	<b>Hours</b>	<b>Comments</b> Service languages: English Membership/service fees: \$5 charge for meals Eligibility criteria for services/membership may apply, limited numbers accepted. Delivers meals to elderly and shut-ins at noon (lunch), lone seniors, medical recovery. After hours crisis services: No
	<b>Canadian Prenatal Nutrition Program</b> Best Babies Canada Prenatal Nutrition Program C/O BRIDGES Family Programs 477 3 <sup>rd</sup> St. SE Medicine Hat, AB T1A 0G8 Contact: Adele Bai or Kari Degethoff <a href="http://www.bridgesfamilyprogram.com">www.bridgesfamilyprogram.com</a> Phone: (403) 526-7473 Fax: (403) 504-2459	<b>Hours</b> Monday to Friday 8:30 a.m. – 4:30 p.m. closed 12:00 pm - 1:00 pm	<b>Comments</b> Home-based services for pregnant or breastfeeding women, up to 6 months post-partum. Meet minimum criteria to qualify, limited enrollment space; monthly support until 6 months post-partum. Provide food supplements, nutrition counseling by RD, social worker support. Referrals taken most days - call for appointment preferred . Regional Program (services Bow Island, Oyen, Medicine Hat, and Brooks). Connect to other community programs - Building Blocks, BRIDGES, etc.
<b>BOWDEN</b>			
	<b>Food Bank</b> See Neighbourhood Place/ FCSS for referral to Innisfail Food Bank. Contact: Corrie Monk at (403) 224-2207 Fax: Town of Bowden (403) 224-2244	<b>Hours</b>	<b>Comments</b> Will provide 1 emergency food hamper if necessary before referral to Innisfail Food Bank.

<b>BOYLE</b>			
<b>Meals on Wheels</b> Family & Community Support Services (FCSS) Wildrose Villa 5002 Ball Avenue, Boyle Contact: Tenille or Jenene Tel: 780-675-2623 Fax: 780-670-5933 <a href="mailto:tenille@fcssathabasca.org">tenille@fcssathabasca.org</a> <a href="mailto:jenene@fcssathabasca.org">jenene@fcssathabasca.org</a>	<b>Hours</b> Monday - Friday 8:30am - 4:30pm Closed 12pm - 1pm  Meals delivered between 12 - 1pm	<b>Comments</b> \$7.00/meal - invoiced monthly. Delivered within town limits. Cancellation up to 11am on day of delivery. Some therapeutic diets and preferences accommodated.	
<b>BRETON</b>			
<b>Food Bank</b> Faith Covenant Tel: (780) 696-3669 - Leave a Message	<b>Hours</b>	<b>Comments</b> 6 hampers per year for each family; same policy as Drayton Valley	
<b>Meals on Wheels</b> FCSS Box 480, T0C 0P0 Contact: Deanne Young Tel: (780) 696-3636 Email: bfcss@telus.net	<b>Hours</b> Tuesday & Thursday Noon Meal	<b>Comments</b> Cost: \$7.00/meal Prepared by Breton Health Centre <a href="http://www.village.breton.ab.ca">www.village.breton.ab.ca</a> Look under FCSS on web page	
<b>Canadian Prenatal Nutrition Program</b> Nutritious Beginnings Contact: Lisa Cottrell Tel: (780) 361-4119 Email: lisact@brighter-futures.ca	<b>Hours</b>	<b>Comments</b> Serves the area of Breton, Buck Creek, Drayton Valley, Wetaskiwin and Winfield. Participants are provided with: prenatal vitamins, monthly food coupons while pregnant, as well as information on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. One on one visits and monthly support group offered.	
<b>Grocery Delivery</b> Breton Supermarket Contact: (780) 696-3933 Breton Family Foods Contact: (780) 696-2441	<b>Hours</b> Monday-Saturday 9 am-8 pm Sunday & Holidays 10 am-6 pm	<b>Comments</b> Will deliver in exceptional situations	
<b>Transportation</b> FCSS Tel: (780) 696-3636	<b>Hours</b>	<b>Comments</b> Operated by Golden Age Club Seniors van available but with priority 1 <sup>st</sup> – Medical; 2 <sup>nd</sup> – Seniors; 3 <sup>rd</sup> - Community	



**BROOKS**

<b>Food Bank</b> Brooks Food Bank Box 293, Brooks, AB T1R 1B3 Contact: Gwen Cameron, Manager Tel: (403) 793-2535 Fax: (403) 362-8176	<b>Hours</b> Monday to Friday 8:30 am – 4:30 pm Closed for lunch 12:00 pm - 1:00 pm daily	<b>Comments</b> Client gets a hamper once every 6 weeks. Clients come pickup hamper on Tues, Wed, Thursday.
<b>Growing Together Community Garden</b> Brooks Christian Reformed Church 1104 Fraser Avenue West, Brooks, AB T1R 0E2 Contact: Murraray Denoudsten Tel: (403) 362-3293 Email: gtcommunitygarden@yahoo.ca	<b>Hours</b>	<b>Comments</b> The system of gardening used: square foot gardening. Season: May long weekend to early October. Clean-up October 25th. Advertise yearly; registration is early April. Small registration fee applies. Applications can be obtained through email. Call or email for more information.
<b>Food Coalition</b> Food Coalition Society of Brooks Box 202 Brooks, AB T1R 1B3 Contact: Julie Musgrove, Food Coalition Coordinator Tel: (403) 363-1048 Fax: (403) 501-3323; Brooks Community Health Services	<b>Hours</b> Monday – Friday 8:00 am – 4:30 pm	<b>Comments</b> Registered Dietitian who can assist with providing information to what is available in Brooks Ph. (403) 501-3315.  <b>Programs:</b> Received a THRIVE on Wellness grant help set up Get With it! Walking Program and Community Steps to Healthy Eating. Cook Up Time and Celiac Support Group.
<b>Canada Prenatal Nutrition Program</b> Home Visitation Program of Southeast Alberta Contact: Home visitation office 716 2nd Street West Brooks, AB T1R 1B3 Tel: (403) 501-3862 Fax: (403) 362-6309 Mailing address: Bag 300, 400 Third Street East Brooks, AB T1R 1B3	<b>Hours</b> Monday – Friday 8:30 a.m. – 4:30 p.m.	<b>Comments</b> Home-based services for pregnant or breastfeeding women, up to 6 months post-partum. Meet minimum criteria to qualify. Limited enrollment space; monthly support until 6 months post-partum. Provide food supplements, nutrition counselling by RD, social worker support. Referrals taken most days - call for appointment preferred . Regional Program (services Bow. Island. Oyen, Medicine Hat, and Brooks). Connect to other community programs - Building Blocks, BRIDGES, etc.

<p><b>Fresh Food Club</b>  Food Coalition Society of Brooks  Box 202  Brooks, AB T1R 1B3  Contact: Marian Izzo, Food Club Coordinator  Tel: (403) 363-1048  Email: goodfoodforall@gmail.com</p>	<p><b>Hours</b>  Monday – Friday  8:00 am – 4:30 pm</p>	<p><b>Comments</b>  Each month the club offers a box of fresh fruit and vegetables for purchase.  Annual membership fee applies. Discounted membership fees offered to volunteers.  Membership is open to the public.  Food box available for pick-up every 3<sup>rd</sup> Tuesday of each month.  Email best way to contact.</p>
<b>BRUDERHEIM</b>		
<p><b>Meals on Wheels</b>  Bruderheim Senior Citizens Recreation Centre  5001 49 Street, Bruderheim  Tel: (780) 796-3055</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Congregate Meal Site</p>
<b>CALGARY</b>		
<p><b>Canadian Prenatal Nutrition Program</b>  Best Beginnings  East Calgary Health Centre (Second Floor)  4715 8 Avenue SE, Calgary, Alberta T2A 3N4  Tel: (403) 228-8221</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Support for pregnant women living on a low income.  Free food, milk and vitamins.  Free meals at weekly drop-in groups.  Talk with nutritionists, nurses, and social workers.  Connect to community resources.  Meet other pregnant women at groups.</p>
<p><b>Community Garden</b>  Calgary Horticultural Society  Community Garden Resource Network  Tel: (403) 287-3469 Ext 227  <a href="mailto:communitygardens@calhort.org">communitygardens@calhort.org</a>  <a href="http://www.calhort.org">www.calhort.org</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Information on public and private community gardens in Calgary.  Low cost learning opportunities on growing vegetables, herbs and fruit in Calgary.  Resources on implementation of community gardens.</p>
<p><b>Collective Kitchens</b>  Tel: (403) 943-6753</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Participants of collective kitchens meet to plan, shop and prepare low cost, healthy meals.  Training sessions for coordinators of Collective Kitchens.  Information provided on how to set up and run a Collective Kitchen.</p>
<p><b>Community Kitchen</b>  Calgary's Cooking  Community Kitchen Program of Calgary  3751 21 Street NE, Calgary, AB T2E 6T5  Tel: (403) 275-0258  <a href="http://www.ckpcalgary.ca">www.ckpcalgary.ca</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Families meet to plan and make meals either once or twice a month.  Over 22 kitchens in Calgary.  Download application from website; Waiting lists apply.  Costs under \$2.00 per person per meal.</p>

<p><b>Community Meals and Food Hamper</b>  Feed the Hungry  St. Mary's Cathedral Hall  221-18 Avenue SW, Calgary, AB  Tel: (403) 218-5532  <a href="http://www.calgarydiocese.ca/feedthehungry">www.calgarydiocese.ca/feedthehungry</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Sunday Dinner Program from 3:30pm-5:00pm.  Food hampers for the homeless available at Sunday dinner; ID required.  Fruit and bread are available after dinner to all attendants.</p>
<p><b>Community Meals</b>  Inn from the Cold  106-110 11 Ave SE, Calgary, AB T2G 0X5  Tel: (403) 263-8384  <a href="http://www.innfromthecold.org">www.innfromthecold.org</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Registration 4:00 pm-5:30 pm daily for temporary overnight shelter.  Hot dinner, breakfast and bagged lunch for clients staying at the shelter.  Preference given to families.</p>
<p><b>Community Meals</b>  Mustard Seed Calgary Centre Street  102-11th Avenue SE, Calgary, AB T2G 0X8 (Downtown)  Tel: (403) 269-1319  Mustard Seed Calgary Shelter  7025 44 St SW, Calgary, AB T2C 4E8 (Foothills Shelter)  Tel: (403) 767-2400  <a href="http://www.theseed.ca/The-Mustard-Seed-Calgary.html">www.theseed.ca/The-Mustard-Seed-Calgary.html</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Breakfast, lunch and supper for cardholders and program guests at downtown location.  7:00 pm supper for program guests at Foothills location.</p>
<p><b>Lunch Programs for Children</b>  Tummy Tamers  Community Kitchen Program of Calgary  3751 21 Street NE, Calgary, AB T2E 6T5  Tel: (403) 538-7386  <a href="http://www.ckpcalgary.ca">www.ckpcalgary.ca</a></p>	<p><b>Hours</b>  July 1-August 31</p>	<p><b>Comments</b>  At select Park N' Play locations.  Provides a free hot lunch and snack.  Children learn about nutrition and healthy active lifestyles.</p>
<p><b>Community Support Services</b>  Bow West Community Resource Centre  7904 43 Ave NW, Calgary, AB  Tel: (403) 216-5348 (Bowness)  14-1840 Ranchlands Way, Calgary, AB  Tel: (403) 374-0448 (Ranchlands)  <a href="http://www.bowwest.com">www.bowwest.com</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Access to low cost food programs such as the Good Food Box.</p>
<p><b>Community Supports</b>  The City of Calgary Street Survival  Guide 2011  Tel: 403-268-CITY (2489)  <a href="http://www.calgary.ca">www.calgary.ca</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Lists a variety of services available to challenged and low income individuals facing daily struggles in Calgary.</p>

<p><b>Community Support Services</b> Heart of the Northeast Community Solutions Resource Centre 2623 56 Street NE, Calgary, AB T1Y 6E7 Tel: (403) 293-5467 <a href="http://www.aspenfamily.org">www.aspenfamily.org</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b> Access to low cost food programs such as the Good Food Box.</p>
<p><b>Community Support Services</b> Infants and Children Under 2 (ICU2) Program NeighbourLink Calgary 3751 21 Street NE, Calgary, AB Tel: (403) 209-1930 <a href="http://neighbourlinkcalgary.com">http://neighbourlinkcalgary.com</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b> Provides baby food, formula, diapers &amp; supplies (based on need and availability).</p>
<p><b>Community Support Services</b> Infant Essentials Program Salvation Army Community Support Services 1826 36 Street SE, Calgary, AB Tel: (403) 220-0432 <a href="http://www.ab.salvationarmy.org">www.ab.salvationarmy.org</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b> Provides formula and diapers.</p>
<p><b>Community Support Services</b> Inner City Community Resource Centre 922 9 Ave SE, Calgary, AB T2G 0S4 Tel: (403) 536-6558</p>	<p><b>Hours</b></p>	<p><b>Comments</b> Access to low cost food programs such as the Good Food Box.</p>
<p><b>Community Support Services</b> Millican Ogden Community Association Family Resource Centre 2734 76 Ave SE, Calgary, AB T2C 0R5 Tel: (403) 720-3322 <a href="http://www.moca-frc.org">www.moca-frc.org</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b> Access to low cost food programs such as the Good Food Box.</p>
<p><b>Community Support Services and Emergency Meals</b> North Central Community Resource Centre 520 78 Ave NW, Calgary, AB T2K 0S2 (Lower Floor) Tel: (403) 275-6666 <a href="http://www.weconnectyou.ca">www.weconnectyou.ca</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b> Access to low cost food programs such as the Good Food Box.</p>

<p><b>Community Support Services</b>  North of McKnight Community Resource Centre  95 Falshire Drive NE, Calgary, AB T3J 1P7  Tel: (403) 293-0424  <a href="http://www.northofmcknightcrc.ca">www.northofmcknightcrc.ca</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Access to low cost food programs such as the Good Food Box.</p>
<p><b>Community Support Services</b>  South West Community Resource Centre  42-2580 Southland Drive SW, Calgary, AB T2V 4J8  Tel: (403) 238-9222  <a href="http://soutwoodsconnects.ca">soutwoodsconnects.ca</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Access to low cost food programs such as the Good Food Box.</p>
<p><b>Community Supports</b>  Streetlight - Youth for Christ  Parks at 10th Avenue and 1st Street SE  Tel: (403) 291-3179  <a href="http://www.youthunlimitedcalgary.ca">www.youthunlimitedcalgary.ca</a></p>	<p><b>Hours</b>  Monday and Thursday  8:00 pm-11:00 pm</p>	<p><b>Comments</b>  Mobile drop in centre serving hot dinner.</p>
<p><b>Community Support Services and Emergency Meals</b>  Sunrise Community Link Resource Centre  701 Erin Woods Lane S.E., Calgary, AB T2B 2Y7  Tel: (403) 204-8280  <a href="http://www.sunriselink.org">www.sunriselink.org</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Access to low cost food programs such as the Good Food Box.</p>
<p><b>Community Support Services</b>  West Central Community Resource Centre  3507A 17 Avenue SW, Calgary, AB T3E 0B6  Tel: (403) 543-0555  <a href="http://calgaryclosertohome.com">http://calgaryclosertohome.com</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Access to low cost food programs such as the Good Food Box.</p>
<p><b>Emergency Food</b>  Calgary Drop-In &amp; Rehab  1 Dermot Baldwin Way SE, Calgary, AB T2G 0P8  Tel: (403) 266-3600  <a href="http://www.thedi.ca">www.thedi.ca</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Provides temporary overnight shelter.  Provides 3 meals, 2 snacks and bag lunches for work.  Emergency Food Hampers available.  For ages 16 and up.</p>
<p><b>Emergency Food</b>  Calgary Urban Project Society (CUPS)  128 7 Avenue SE, Calgary, AB T2G 0H5  Tel: (403) 221-8780  <a href="http://cupscalgary.com">http://cupscalgary.com</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Food available for participants in CUPS programs.  Emergency food given to clients when available.</p>

<p><b>Emergency Food</b>  Salvation Army Centre of Hope  420 9 Ave SE, Calgary, AB T2G 0R9  Tel: (403) 410-1111  <a href="http://www.ab.salvationarmy.org">www.ab.salvationarmy.org</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Free emergency accommodations including three meals each day.  Low cost, nutritious meals available daily.  Food hampers available weekly at the Centre of Hope.  Food Hampers available to the absolute homeless in the community (non-clients only).</p>
<p><b>Emergency Meals</b>  EXIT Community Outreach &amp; Resource Centre  117 7 Avenue SW, Calgary, AB T2P 0W5  Tel: (403) 262-9953  <a href="http://www.exitoutreach.woodshomes.ca">www.exitoutreach.woodshomes.ca</a></p>	<p><b>Hours</b>  Monday to Friday  9:30 am-5:00 pm  Sunday  1:00 pm-5:00 pm</p>	<p><b>Comments</b>  Offers free sandwiches and coffee.  For youth ages 12-24.</p>
<p><b>Emergency Meals - Youth</b>  EXIT Youth Shelter  112 16 Ave NE, Calgary, AB T2E 4S7  Tel: (403) 509-2323  <a href="http://www.youthshelter.woodshomes.ca">www.youthshelter.woodshomes.ca</a></p>	<p><b>Hours</b>  Monday to Sunday  4:00 pm-9:00 am</p>	<p><b>Comments</b>  Food, shelter, clothing and washing  Accommodation for youth ages 12-17.</p>
<p><b>Emergency Meals</b>  Alex Community Health Centre  Unit 101, 1318 Centre Street NE, Calgary, AB T2E 2R7  Tel: (403) 266-2622  <a href="http://www.thealex.ca">www.thealex.ca</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Calgary Inter-Faith Food Bank referrals.  Alex Spinz-Around Supplementary Food Hamper (available to individuals ages 16 and older). Thursdays only - 10:30am; 610-8 Ave. SE  Access to low cost food programs such as the Good Food Box.</p>
<p><b>Food Bank</b>  Calgary Inter-Faith Food Bank Society  Hamper Request Line: (403) 253-2055  <a href="http://www.calgaryfoodbank.com">www.calgaryfoodbank.com</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Food hampers up to 7 hampers per year.  Hampers can be picked up from one of the 6 depots around Calgary and the main warehouse.</p>
<p><b>Food Bank</b>  Calgary Poppy Fund and Veterans Food Bank  1-4539 6 Street NE, Calgary, AB T2E 3Z6  Tel: (403) 265-6304  <a href="http://www.calgarypoppyfund.com">www.calgarypoppyfund.com</a></p>	<p><b>Hours</b>  Monday to Friday  10:00 am-3:00 pm</p>	<p><b>Comments</b>  Food hampers for veterans and their dependents, including widows/widowers.  Meals on Wheels vouchers for veterans in need for \$5.00 each.</p>
<p><b>Food Bank</b>  Muslim Families Network Society: Halal Food Bank  Tel: (403) 466-6367  <a href="http://www.muslimfamiliesnetwork.com">www.muslimfamiliesnetwork.com</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Applicants can receive assistance 4-6 times a year through self-referral or referral by other organizations. Applicants must make an appointment and meet specific criteria to receive assistance. (Halal food bank operates 24/7).  Food &amp; clothing distribution events on March 17th &amp; August 5th</p>

<p><b>Food Hamper (Milk Program)</b>  Children's Milk Program  Tel: (403) 253-2059  <a href="http://www.calgaryfoodbank.com">www.calgaryfoodbank.com</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Provides home delivery of fresh milk and formula to children and pregnant and nursing moms.  Need referral by a health-based organization.</p>
<p><b>Food Hamper</b>  Hampers for the Homeless  Tel: (403) 253-2059  <a href="http://www.calgaryfoodbank.com">www.calgaryfoodbank.com</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Calgary Inter-Faith Food Bank provides food to various community agencies to deliver to homeless people.  Food items provided are designed for easy consumption on the street.</p>
<p><b>Food Hamper</b>  NeighbourLink Calgary  Tel: (403) 209-1930  <a href="http://neighbourlinkcalgary.com">http://neighbourlinkcalgary.com</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Emergency food hampers from the Inter-Faith Food Bank are available.  Volunteers deliver Food Bank food hampers.</p>
<p><b>Food Hamper</b>  Prenatal Hampers  Calgary Inter-Faith Food Bank Society  Tel: (403) 253-2059  <a href="http://www.calgaryfoodbank.com">www.calgaryfoodbank.com</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Prenatal hampers for women accessing a participating prenatal service provider by referral only.  Prenatal hampers are counted separately from regular hampers.</p>
<p><b>Food Hamper</b>  St. Edmund's Anglican Church  8336 34 Ave NW, Calgary, AB T3B 1R2  Tel: (403) 288-6330  <a href="http://sites.google.com/site/stedmundscalgary/">http://sites.google.com/site/stedmundscalgary/</a></p>	<p><b>Hours</b>  Monday &amp; Thursday  9:00 am - 12:00 pm</p>	<p><b>Comments</b>  Emergency food hampers for pick-up only.  Call in advance or walk-in.</p>
<p><b>Food Rescue</b>  Calgary Urban Harvest Project  Calgary Fallen Fruit Rescue Program  Tel: (403) 483-9797  <a href="http://calgaryharvest.com">http://calgaryharvest.com</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Collects unused fruit from Calgary's trees during the fall harvest season  Donates fruit to volunteers and various community organizations.</p>
<p><b>Food Rescue</b>  Spinz-A-Round  Tel: (403) 538-7380  <a href="http://ckpcalgary.ca">http://ckpcalgary.ca</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Perishable food is retrieved from retail outlets.  Non-profit agencies can pick up food to deliver to clients in need.</p>
<p><b>Good Food Box</b>  Tel: (403) 538-7380  <a href="http://ckpcalgary.ca">http://ckpcalgary.ca</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Fresh fruits and vegetables at lower costs.  Check website for contact information for closest depot location.  25-30 lbs (single/senior) food for \$20.00, 35-40 lbs food for \$25.00 and 45-50 lbs food for \$30.00.  150 sites around the city.</p>

<p><b>Emergency Food</b>  Salvation Army Emergency Food Shelf  1826-36 Street SE  Tel: (403) 223-0432  <a href="http://www.ab.salvationarmy.org">www.ab.salvationarmy.org</a></p>	<b>Hours</b>	<p><b>Comments</b>  Emergencies only - basic foods.  Available to people who have used maximum allowed Food Bank hampers or waiting for Food</p>
<p><b>Meal Assembly</b>  Dashing Dishes  Tel: (403) 471-1395  <a href="http://www.dashingdishes.com/calgary">www.dashingdishes.com/calgary</a></p>	<b>Hours</b>	<p><b>Comments</b>  Provides ingredients and equipment to make a variety of meals (8-12 meals).  Attend a session at a listed community centre to assemble meals to take home.  Costs average \$3.50 - \$5.50 per person per meal  Visit website for more information and to register</p>
<p><b>Meal Services</b>  Calgary Meals on Wheels  Tel: (403) 243-2834  <a href="http://www.mealsonwheels.com">www.mealsonwheels.com</a></p>	<b>Hours</b>	<p><b>Comments</b>  Daily hot and cold meals delivered Monday-Friday 11:00am-1:00pm  Chopsticks on Wheels available (traditional Chinese meals).  Call for prices and for more information on meal options.</p>
<p><b>School Program</b>  Brown Bagging for Calgary's Kids  Tel: (403) 264-7979  <a href="http://www.brownbaggingit.org">www.brownbaggingit.org</a></p>	<b>Hours</b>	<p><b>Comments</b>  With the help of communities, ensures kids that need proper nutrition are provided a lunch.</p>
<p><b>School Program</b>  FANS (Food and Nutrition in Schools)  Tel: (403) 520-1516  <a href="http://www.boysandgirlsclubsofcalgary.ca">www.boysandgirlsclubsofcalgary.ca</a></p>	<b>Hours</b>	<p><b>Comments</b>  Provides food to hungry children in select schools across Calgary.  The Boys and Girls Clubs of Calgary</p>
<p><b>Kids Cooking Program</b>  Junior Chef's  Tel: (403) 276-9981  <a href="http://www.boysandgirlsclubsofcalgary.ca">www.boysandgirlsclubsofcalgary.ca</a></p>	<b>Hours</b>	<p><b>Comments</b>  Teaches children food and kitchen safety and easy to cook recipes.  Boys and girls ages 6-17.  The Boys and Girls Clubs of Calgary</p>
<p><b>Food Hampers</b>  Society of St Vincent de Paul  Tel: (403) 250-0319</p>	<b>Hours</b>	<p><b>Comments</b>  SE and SW Calgary.  Emergency food hampers and other services.  Volunteers deliver food hampers.</p>



<p><b>Transportation</b> Aspen Transportation Assistance Program Tel: (403) 219-3477 <a href="http://www.aspenfamily.org">www.aspenfamily.org</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b> Provides a no cost transportation service Referral from community agency required. Provides transport to appointments and grocery shopping Serves only the greater Forest Lawn Area of Calgary.</p>
<p><b>Transportation</b> Calgary Transit Tel: (403) 262-1000 <a href="http://www.calgarytransit.com">www.calgarytransit.com</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b> How to get places without using a car Transit route maps and schedules Low income monthly transit pass Yearly low cost seniors' transit pass</p>
<p><b>Community Supports</b> Nourishing Families Tel: (403) 93-5467 Ext 22 Village Square Leisure Centre, 2623-56 St NE</p>	<p><b>Hours</b></p>	<p><b>Comments</b> 4 week program Information about healthy eating, shopping, Canadian Foods, recipe sharing.</p>
<p><b>CAMROSE</b></p>		
<p><b>Food Bank</b> Camrose Food Bank Box 1936 Camrose, AB T4V 1X8 Tel: (780) 679-3220</p>	<p><b>Hours</b> Tues/Wed/Thurs 9:00 am – noon</p>	<p><b>Comments</b></p>
<p><b>School Program</b> Food for Kids Breakfast Program Box 1936 Camrose, AB T4V 1X8 Contact: Joanne Tweed Tel: 780-679-3220</p>	<p><b>Hours</b> Monday to Friday 7:00 am – 8:00 am</p>	<p><b>Comments</b> Sparling School, Jack Stewart School, Chester Rowning, Charlie Killam, High School and Our Lady Mount Pleasant. St Patrick's has a snack program.</p>
<p><b>Community Meals</b> United Church 5804 47th Avenue Camrose, AB T4V 0G5 Tel: (780) 672-2176</p>	<p><b>Hours</b> Wednesdays Noon - 1pm</p>	<p><b>Comments</b> Free Soup and Sandwiches</p>
<p><b>Community Meals</b> Pleasantview Community Church 5804 47th Avenue Camrose, AB T4V 0G5 Tel: (780) 672-3639</p>	<p><b>Hours</b> Saturday Noon - 1pm</p>	<p><b>Comments</b> Free Soup and Sandwiches</p>

<p><b>Community Kitchen, CPNP</b> Teaching Independence and Parent Support (TIPS) 4604 57<sup>th</sup> Street, Camrose, AB T4V 2E7 Contact: Annette Hillaby Tel: (780)672-0257 Email: <a href="mailto:ahillaby@cafcf.org">ahillaby@cafcf.org</a></p>	<p><b>Hours</b> Once a month</p>	<p><b>Comments</b> Milk, vegetables and fruit hamper for pregnant and nursing mothers if needed. Available to TIPS clients only.</p>
<p><b>Community Kitchen</b> Cooking Classes Basic/Intermediate Canadian Mental Health 4711 51st Avenue, Camrose, AB, T4V 0V3 Contact: Angela Lyon Tel: (780) 672-2570</p>	<p><b>Hours</b> Wednesday &amp; Friday 3-6pm Sparling Manor</p>	<p><b>Comments</b> For people with severe and persistent mental illness</p>
<p><b>Meals on Wheels</b> Camrose and District Support Services 4516 54th Street, Camrose, AB Tel: (780) 672-0141</p>	<p><b>Hours</b></p>	<p><b>Comments</b></p>
<b>CANMORE</b>		
<p><b>Canadian Prenatal Nutrition Program</b> Healthy Moms, Healthy Babies 800 Railway Avenue, Suite 104, Canmore, AB Tel: (403) 678-5656 Fax: (403) 678-5068</p>	<p><b>Hours</b> Monday to Friday 8:30 am-12:00 Noon 1:00 pm-4:30 pm</p>	<p><b>Comments</b> Free and confidential. Prenatal admission only. Targeted for low-income, new immigrants, young mothers, mothers involved in substance use, and mothers with a poor support system. Provides education and nutrition support, which may include: fresh food boxes (September to June), cooking circles, grocery vouchers and prenatal vitamins.</p>
<p><b>Community Garden</b> Canmore Community Gardening Society <a href="http://www.canmorecommunitygardening.org">www.canmorecommunitygardening.org</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b> Offers plot rentals.</p>
<p><b>Community Kitchen</b> Canmore Family and Community Support Services Contact: Jan Brychka Tel: (403) 678-7131 <a href="mailto:jbrychka@canmore.ca">jbrychka@canmore.ca</a></p>	<p><b>Hours</b> Operates Third Tuesday of each month 6:00 pm-9:30 pm</p>	<p><b>Comments</b> Not currently running. Open to Bow Valley residents;</p>

<p><b>Community Support Services</b>  Canmore Family and Community Support Services  902-7 Avenue, Canmore AB  <a href="tel:(403)609-3743">Tel:(403) 609-3743</a>  <a href="mailto:fcssresourcecentre@canmore.ca">fcssresourcecentre@canmore.ca</a></p>	<p><b>Hours</b>  Monday-Friday  8:30am-4:30pm</p>	<p><b>Comments</b>  Provides resources and support services to members of the community.</p>
<p><b>Food Bank</b>  Bow Valley Food Bank  20 Sandstone Terrace  Mailing address: PO Box 8071, Canmore, AB T1W 2T8  Tel: (403) 678-9488  <a href="mailto:bowvalleyfoodbank@telus.net">bowvalleyfoodbank@telus.net</a>  <a href="http://www.bowvalleyfoodbank.ca">www.bowvalleyfoodbank.ca</a></p>	<p><b>Hours</b>  Monday and Wednesday  6:00 pm-7:00 pm</p>	<p><b>Comments</b>  Serves area east of Banff Park boundary to Kananaskis and Seebe.  Monday and Wednesdays are call in nights for hampers  Hampers picked up Tuesday and Thursdays.  Offers emergency service, must call prior to pick-up.  Encouraged to use service a maximum of 6 times per year and only once per month.</p>
<p><b>Grocery Services</b>  Canmore Sobey's  950 Railway Ave, Canmore, AB T1W 1P4  Tel: (403) 678-6326  <a href="http://www.sobeys.com">www.sobeys.com</a></p>	<p><b>Hours</b>  Monday to Sunday  8:00 am-11:00 pm  Delivery: Tuesday-Saturday  4:00 pm-4:30 pm</p>	<p><b>Comments</b>  Call before 1:00 p.m. during store hours to place a delivery order  Purchase must be over \$25.00, no cost for delivery</p>
<p><b>Grocery Services</b>  Sustainable Produce Urban Delivery  Tel: (403) 615-3663  <a href="mailto:calgary@spud.ca">calgary@spud.ca</a>  <a href="http://www.spud.ca">www.spud.ca</a></p>	<p><b>Hours</b>  Monday to Friday  9:00 am-5:00 pm  Delivery: Tuesday  3:00 pm-9:00 pm</p>	<p><b>Comments</b>  Visit website to submit order and create a shopping cart.  Order deadline is 3:00 pm on Monday.  Must exceed minimum order for free delivery. Minimum depends on address.  Visit website for more details.</p>
<p><b>Meal Services</b>  Meals on Wheels  Tel: (403) 678-7129</p>	<p><b>Hours</b>  Monday to Friday  8:30 am-4:30 pm  Delivery: Monday to Friday  11:30 am-1:00 pm</p>	<p><b>Comments</b>  Cost \$5.00 per hot meal.  Specialized diets available (up to 7 meals delivered frozen once a week), cost \$6.00 per specialized meal.  Delivery of frozen meals once/week.</p>
<p><b>Meal Services</b>  Mamaluv  Tel: 1 (888) 662-6258  <a href="http://www.mamaluv.com">www.mamaluv.com</a></p>	<p><b>Hours</b>  Monday to Friday  9:00 am - 5:00 pm EST  Delivery: Monday to Friday  10:00 am - 4:00 pm</p>	<p><b>Comments</b>  Select soups, entrees and desserts, each with varying prices.  Meals are par-cooked and frozen, designed to be reheated.  48 hour notice is required for delivery.  Cost depends on items chosen and associated delivery fees.</p>

<b>CARDSTON</b>			
<b>Meals on Wheels</b> Contact: Sheila Pearson Tel: (403) 653-3453	<b>Hours</b> Monday – Friday Delivery 12:00 pm – 1:00pm	<b>Comments</b> \$6.00/meal Delivered by volunteers. Volunteer run. FCSS contracts out. Chinook Lodge provides the meals.	
<b>CAROLINE</b>			
<b>Food Bank</b> Caroline Food Bank 4807 50 <sup>th</sup> Street Tel: (403) 722-3921	<b>Hours</b> 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of the month. Hamper pick-up from. 1:00 pm - 3:00 pm. Registration upon arrival	<b>Comments</b> Providing emergency assistance to those in need as well as Christmas food hampers.	
<b>Canadian Prenatal Nutrition Program</b> Baby Biz 4832 49th Street, Rocky Mountain House Contact: McMan Youth Family and Community Services Assoc. Tel: (403) 845-6306 rmhbabyz@mcm.ca	<b>Hours</b> Monday to Friday 8:30 am to 4:30 pm	<b>Comments</b> Prenatal nutrition program that serves: Rocky Mountain House, Caroline & Area. Provides coupons for milk, vegetables & fruit, canned fish, whole wheat bread, eggs, & vitamins. Breastfeeding supplies available. One-on-one nutrition consults provided. Weekly meeting include prenatal information, snack & support. Transportation available if needed	
<b>Grocery Delivery</b> Pioneer General Store Contact: Arlene Hurt Tel: (403) 722-3755 Email: pio.gen@telusplanet.net	<b>Hours</b> Friday	<b>Comments</b> Delivery occurs on Fridays from 3:30-4:00 pm. Phone prior to 2:00 pm Friday.	
<b>Community Kitchen</b> Rocky Community Learning Council Contact: Jana Tel: (403) 845-4544 Kitchens held at the Church of the Nazarene 4803-50 <sup>th</sup> Street Caroline	<b>Hours</b> TBD	<b>Comments</b> Kitchens are open to anyone. Cost is \$2.50 per portion of meal. Prices subject to change.	
<b>CARSTAIRS</b>			
<b>Community Garden</b> Contact: Sandy or Jerry Roberts Tel: (403) 337-3169 <a href="mailto:idsjr@telus.net">idsjr@telus.net</a>	<b>Hours</b>	<b>Comments</b> Offers plot rentals for 4 ft x 10 ft or 10 ft x 10 ft. Cost: \$5.00 for 4 ft and \$10.00 for 10 ft.	

<p><b>Community Kitchen and Community Support Services</b>  Carstairs Family and Community Support Services  844 Centre Street, Box 270, Carstairs, AB T0M 0N0  Contact: Robbin Bowman  Tel:(403) 337-2633  Fax: (403) 337-3343  <a href="mailto:fcss@carstairs.ca">fcss@carstairs.ca</a>  <a href="http://www.town.carstairs.ab.ca">www.town.carstairs.ab.ca</a></p>	<p><b>Hours</b>  Monday to Friday  8:30 am-4:00 pm</p>	<p><b>Comments</b>  Offers ongoing community kitchen and cooking classes. Some programs are subsidized.  Provides resources and support services to members of the community.</p>
<p><b>Food Bank</b>  Mountain View Food Bank  5025 50 Street, Olds, AB T4H 1R9  Tel: (403) 556-1693  Fax: (403) 507-0064  <a href="http://www.mountainviewfoodbank.com">www.mountainviewfoodbank.com</a></p>	<p><b>Hours</b>  Tuesday  9:00 am-1:00 pm</p>	<p><b>Comments</b>  Areas of service: Olds, Cremona, Didsbury, Carstairs, Water Valley, Sundre, Torrington and Bowden.  Can access once a month, for a maximum of 6 times per year.  Weekly access to "free choice" table on any Tuesday in which a hamper is not received.  Emergency food packs also available.  Call to make a request or visit in person.</p>
<p><b>Grocery Services</b>  Westview Co-op  400 10 Ave S, Carstairs, AB T0M 0N0  Tel: (403) 337-3361  Fax: (403) 337-2599  <a href="http://www.westviewcoop.ca/grocery">www.westviewcoop.ca/grocery</a></p>	<p><b>Hours</b>  Sunday-Saturday  8:00 am - 8:00 pm</p>	<p><b>Comments</b>  Delivery on Thursdays, depending on staff availability only within town limits.  24 hour notice required.  No cost for delivery, no minimum purchase.</p>
<p><b>Meal Services</b>  Meals on Wheels  Tel: (403) 337-2633</p>	<p><b>Hours</b>  Delivery: Monday to Friday  12:00 pm-1:00 pm</p>	<p><b>Comments</b>  Delivers hot meals five days a week. Can purchase meals for the entire week or on select days.  Can accommodate for dietary restrictions.  Cost: \$8.00 per hot lunch meal.</p>
<p><b>Transportation</b>  Rocky View Bus  Tel: 1-877-389-2887  <a href="http://www.rockyviewbus.ca">www.rockyviewbus.ca</a></p>	<p><b>Hours</b>  Tuesdays, Wednesdays and  Thursdays  7:00am - 4:00pm</p>	<p><b>Comments</b>  Areas of service: Cremona, Carstairs and Didsbury.  Handi-bus which transports to medical appointments or errands.  Registration required, call or visit website to register.  Must book trip at least 24 hours in advance.  Fare depends on distance travelled.</p>

<p><b>School Program</b> Carstairs Elementary School Hot Lunch Program Tel: (403) 337-8670</p>	<p><b>Hours</b> Runs once a month during lunch hour</p>	<p><b>Comments</b> Offers students a full meal or a portion of a meal once a month. Run by parent volunteers. Must have lunch form completed prior to the due date. Cost depends on meal served.</p>
<p><b>Young Chefs Program</b> Hugh Sutherland School 150 Gough Ave, Carstairs, AB T0M 0N0 Tel: (403) 337-3341</p>	<p><b>Hours</b> Call for tentative schedule</p>	<p><b>Comments</b> Teaches cooking, health and hygiene in a fun and interactive setting. For children aged 6-10. Register online at <a href="http://www.carstairs.ca">www.carstairs.ca</a> or call Town of Carstairs (403) 337-3341. Cost: \$15.00 per person.</p>
<b>CASTOR</b>		
<p><b>Canadian Prenatal Nutrition Program</b> Connections Program Contact: Betty Parker (403)-742-3606 Stettler McMan ParentLink Centre <a href="mailto:connections@mcman.ca">connections@mcman.ca</a></p>	<p><b>Hours</b> Monday to Friday</p>	<p><b>Comments</b> Provides home-based visitation, groups, food and prenatal vitamin coupons. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Serves: Stettler, Big Valley, Castor, Coronation, Consort, County of Paintearth and Special Area 4.</p>
<p><b>Grocery Delivery</b> Castor Food Fair Tel: (403) 882-3031</p>	<p><b>Hours</b> Daily</p>	<p><b>Comments</b> Free delivery in town</p>
<p><b>Grocery Delivery</b> AG-Magnet Foods Contact: Mike or Brenda Tel: (403) 882-3262</p>	<p><b>Hours</b> Tuesday &amp; Friday</p>	<p><b>Comments</b> Free delivery in town, phone in orders</p>
<p><b>Meals on Wheels</b> FCSS/Paintearth Lodge Box 752, T0C 0X0 Contact: Vickie Lang Tel: (403) 882-2115 Email: <a href="mailto:paintear@telus.net">paintear@telus.net</a></p>	<p><b>Hours</b> Monday to Friday</p>	<p><b>Comments</b> Call FCSS to order. Volunteer delivery</p>
<p><b>Transportation</b> Castor/Halkirk Handi-Van</p>	<p><b>Hours</b> Monday to Friday</p>	<p><b>Comments</b> Call FCSS to arrange ride; book 1 week in advance.</p>

<b>CHESTERMERE</b>			
	<b>Food Bank</b> South East Rocky View Family and Community Support Services 105 Marina Road, Chestermere, AB T1X 1V7 Tel: (403) 207-7060 Fax: (403) 569-0512 <a href="http://www.cscommunitycurrents.com">www.cscommunitycurrents.com</a>	<b>Hours</b> Monday to Friday 9:00 am - 4:00 pm	<b>Comments</b> Clients can access food bank one time per month up to 4 times per year (must meet with Resource Worker after 3 hampers have been received). Offer a gift card to local grocery store for fresh produce with use of food bank. Emergency Food Pack available. Community Kitchens. Good Food Box available.
<b>CLANDONALD</b>			
	<b>Collective Kitchen</b> Brighter Beginnings Contact: Suzette Dejong- Hanover Tel: (780) 853 6633	<b>Hours</b>	<b>Comments</b> Serves Vermillion, Kitscoty and Clandonald
<b>CLARESHOLM</b>			
	<b>Canadian Prenatal Nutrition Program</b> Healthy Moms, Healthy Babies Contact: Claresholm Public Health Tel: (403) 625-4061	<b>Hours</b> Monday-Friday 8:00 am - 4:30 pm	<b>Comments</b> Free and confidential. Prenatal admission only. Targeted for low-income, new immigrants, young mothers, mothers involved in substance use, and mothers with a poor support system. Provides education and nutrition support, which may include: Fresh food boxes (September to June) <ul style="list-style-type: none"> <li>- Cooking Circles</li> <li>- Grocery vouchers</li> <li>- Pre-Natal Vitamins</li> </ul>
	<b>Food Bank</b> Claresholm Food Bank 221-45 Avenue West, Claresholm, AB T0L 0T0 Contact: Mabel Both Tel: (403) 625-7127 or (403) 625-2092	<b>Hours</b> Wednesdays 9:00 am - 12:00 pm	<b>Comments</b>
	<b>Meals on Wheels</b> Tel: (403) 625-2950 or (403) 625-4516	<b>Hours</b> Delivery Monday-Friday 11:00 am - 12:30 pm	<b>Comments</b> Delivery of hot noon meal. Cost - \$6.00 per meal.

**COALDALE**

<b>Food Bank</b>	<b>Hours</b>	<b>Comments</b>
Coaldale Food Bank 1716 20 Avenue Box 45 Coaldale, AB T1M 1M2 Contact: Vaughn Caldwell (795-9827) Phone: (403) 345-2720	Tuesday and Friday 9:30 am – 1:30 pm or by appointment	
<b>Meals on Wheels</b>	<b>Hours</b>	<b>Comments</b>
Barons-Eureka- Warner Family and Community Support Services Municipality Office / contact Linda Martens Box 1000 Coaldale, AB T1M 1M8 Phone: (403) 345-3000 ext 2463 Toll Free: 1-866-345-8800	Monday – Friday 8:00am -4:30pm	Hot evening meal \$6.50/meal. Delivered by volunteers. Required to live in Coaldale or Picture Butte.

**COCHRANE**

<b>Community Garden</b>	<b>Hours</b>	<b>Comments</b>
Glenbow Elementary School 55 Glenpatrick Road, Box 1478 Cochrane, AB T4C 1B4 Contact: Andrea Blonsky Tel: (403) 932-0807 <a href="mailto:cochranegardens@gmail.com">cochranegardens@gmail.com</a>		Offers plot rentals.
<b>Community Support Services</b>	<b>Hours</b>	<b>Comments</b>
Cochrane Family and Community Support Services 209 Second Avenue West, Cochrane, AB Tel: (403) 851-2250 <a href="mailto:fcss@cochrane.ca">fcss@cochrane.ca</a>	Monday-Friday 8:30am-4:30pm (September to June Thursdays until 7pm)	Provides resources and support services to members of the community
<b>Emergency Meals</b>	<b>Hours</b>	<b>Comments</b>
Cochrane Family and Community Support Services 209 Second Ave W, Cochrane, AB T4C 2K8 Tel: (403) 851-2250 Fax: (403) 851-2260 <a href="mailto:fcss@cochrane.ca">fcss@cochrane.ca</a>	Monday to Friday 8:30 am-4:30 pm Thursday 8:30 am-7:00 pm September to June	Emergency Food Pack available.



<p><b>Food Bank</b>  Cochrane Food Bank  Contact: Claire Young  Tel: (403) 851-2250  Fax: (403) 851-2260</p>	<p><b>Hours</b>  Hamper pickup:  Thursday  4:00 pm-6:00 pm</p>	<p><b>Comments</b>  Hampers have to be ordered by noon Wednesday each week.  Maximum of 5 hampers per year.  Year runs from July 1 – June 30.  Also has an emergency food cupboard in effect</p>
<p><b>Grocery Services</b>  Cochrane IGA  609 1 Street West, Cochrane, AB T4C 1B1  Tel: (403) 932-3222  <a href="http://www.iga.ca">www.iga.ca</a></p>	<p><b>Hours</b>  Monday to Sunday  8:00 am-9:00 pm  Delivery: Monday to Friday</p>	<p><b>Comments</b>  Call during store hours to place order for delivery  Delivery times depend on staff availability.  Cost: \$5.00 per delivery</p>
<p><b>Grocery Services</b>  Sustainable Produce Urban Delivery  Tel: (403) 615-3663  <a href="mailto:calgary@spud.ca">calgary@spud.ca</a>  <a href="http://www.spud.ca">www.spud.ca</a></p>	<p><b>Hours</b>  Monday to Friday  9:00 am-5:00 pm  Delivery: Tuesday  3:00 pm-9:00 pm</p>	<p><b>Comments</b>  Visit website to submit order and create a shopping cart.  Order deadline is 3:00 pm on Monday.  Must exceed minimum order for free delivery. Minimum depends on address.  Visit website for more details.</p>
<p><b>Meal Services</b>  Meals on Wheels  Tel: (403) 932-3355</p>	<p><b>Hours</b>  Delivery: Monday to Friday  11:45 am-12:15 pm</p>	<p><b>Comments</b>  Must be 65 years or older.  Maximum of 10 clients registered at a given time, call to register.  Cost is \$7.00 per meal.  Can accommodate for dietary restrictions.</p>
<p><b>Meal Services</b>  Mamaluv  Tel: 1 (888) 662-6258  <a href="http://www.mamaluv.com">www.mamaluv.com</a></p>	<p><b>Hours</b>  Monday to Friday  9:00 am - 5:00 pm EST  Delivery: Monday to Friday  10:00 am - 4:00 pm</p>	<p><b>Comments</b>  Select soups, entrees and desserts, each with varying prices.  Meals are par-cooked and frozen, designed to be reheated.  48 hour notice is required for delivery.  Cost depends on items chosen and associated delivery fees.</p>
<b>COLD LAKE</b>		
<p><b>Community Kitchen</b>  Cold Lake Creative Kitchen  Down Town Cold Lake Anglican Hall  Contact: Candice Sutterfield  Tel: (780) 594-4404  Fax: (780) 595-2404  <a href="mailto:csutterfield@yahoo.ca">csutterfield@yahoo.ca</a></p>	<p><b>Hours</b>  Wednesdays  Sept-June  10:00 AM</p>	<p><b>Comments</b>  Cook about 5-6 meals.  A great place to meet new people.</p>

<p><b>Food Bank</b> Tritown Emergency Food Bank 5003 50 Avenue, Cold Lake, AB Tel: (780) 594-4172</p>	<p><b>Hours</b> Wednesdays 10:30-2:30 (Except 1<sup>st</sup> Wednesday of the month)</p>	<p><b>Comments</b> Provides food hampers on an emergency basis.</p>
<p><b>Community Meals</b> 5015-55 Street, Cold Lake, AB Contact: Agnes Gendron (780) 594-7526 (Tel)</p>	<p><b>Hours</b> Friendship Centre hours: Monday-Thursday</p>	<p><b>Comments</b> Hot Lunch (Soup and Bannock) provided every Thursday (12:00-1:00).</p>
<b>CONSORT</b>		
<p><b>Canada Prenatal Nutrition Program</b> Connections Program Stettler McMan ParentLink Centre Contact: Betty Parker Tel: (403) 742-3606 Email: connections@mcman.ca</p>	<p><b>Hours</b> Monday to Friday</p>	<p><b>Comments</b> Provides home based visitation programs, groups, food and prenatal vitamin coupons. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Serves: Stettler, Big Valley, Castor, Coronation, Consort, County of Paintearth and Special Area 4.</p>
<p><b>Food Bank</b> Consort Village Office Box 490, T0C 1C0 Contact: Evelyn Webb Tel: (403) 577-2204</p>	<p><b>Hours</b> 2<sup>nd</sup> Wednesday of the month 9:30-11:30</p>	<p><b>Comments</b> Provides emergency food hampers to those in need. By appointment.</p>
<p><b>Grocery Delivery</b> Consort Food Fair Tel: (403) 577-3566</p>	<p><b>Hours</b> Afternoons</p>	<p><b>Comments</b> Free delivery in town if \$100 order or more</p>
<p><b>Meals on Wheels</b> Consort Hospital Cook on shift (403) 577-4008 Contact: Patricia Hoffman Email: patriciahoffman2@albertahealthservices.ca</p>	<p><b>Hours</b> Monday to Friday noon meal</p>	<p><b>Comments</b> Cost: \$9.50 Call dietary office at hospital to order. Volunteer delivery Mon-Fri</p>
<p><b>Transportation</b> Handi-bus, Consort Hospital Contact: Sandy Kelts Tel: (403) 577-3832</p>	<p><b>Hours</b> By appointment</p>	<p><b>Comments</b> Cost depends on driver availability, volunteer or paid. Out of town service available</p>

<b>CORONATION</b>			
<p><b>Canadian Prenatal Nutrition Program</b> Connections Program Stettler McMan ParentLink Centre Contact: Betty Parker Tel: (403) 742-3606 Email: connections@mcman.ca</p>	<p><b>Hours</b> Monday to Friday</p>	<p><b>Comments</b> Provides home based visitation programs, groups, food and prenatal vitamin coupons. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Serves: Stettler, Big Valley, Castor, Coronation, Consort, County of Paintearth and Special Area 4.</p>	
<p><b>Meals on Wheels</b> Coronation Hospital Contact: Cook on shift Tel: (403) 578-3803 Email: patriciahoffman2@albertahealthservices.ca</p>	<p><b>Hours</b> Monday to Friday noon meal</p>	<p><b>Comments</b> Cost: \$9.50 Volunteer delivery.</p>	
<p><b>Transportation</b> Coronation &amp; District Handi-bus Society Coronation Hospital and Care Centre Tel: (403) 578-3803 Coordinator: Jim Russell Tel: (403) 578-3607 (H) or (403) 575-5530 (C)</p>	<p><b>Hours</b> Available throughout the week and weekend</p>	<p><b>Comments</b> Call Hospital for bookings. Cost: \$5.00 local (max 1 hour); prices vary for out of town. \$12.00 per hour (after 1 hour)</p>	
<p><b>Food Bank</b> FCSS 4810 Victoria Ave Contact: Diane Schmidt Tel: (403) 578-2727</p>	<p><b>Hours</b> Second Thursday of the month 1:00 pm –2:30 pm</p>	<p><b>Comments</b> Provides emergency food hampers to those in need 6 times a year. Clients may receive an additional Christmas hamper. Exceptions may be made on an individual basis, call FCSS outside of regular hours</p>	
<p><b>Grocery Delivery</b> Family Foods Tel: (403) 578-3849</p>	<p><b>Hours</b></p>	<p><b>Comments</b> \$2.00 delivery in town. Available Tuesday &amp; Friday before 2:00 pm</p>	
<b>CREMONA</b>			
<p><b>Community Support Services</b> Cremona Family and Community Support Services 112 Centre Street, Cremona, AB T0M 0R0 (403) 510-4521 (Tel) or (403) 637-3731 (Tel) <a href="mailto:fcss@village.cremona.ab.ca">fcss@village.cremona.ab.ca</a> <a href="http://www.village.cremona.ab.ca">www.village.cremona.ab.ca</a></p>	<p><b>Hours</b> Tuesday and Thursday 9:00 am-3:00 pm</p>	<p><b>Comments</b> Provides resources and support services to members of the community</p>	

<p><b>Food Bank</b>  Mountain View Food Bank  5025 50 Street, Olds, AB T4H 1R9  Tel: (403) 556-1693  Fax: (403) 507-0064  <a href="http://www.mountainviewfoodbank.com">www.mountainviewfoodbank.com</a></p>	<p><b>Hours</b>  Tuesday  9:00 am-1:00 pm</p>	<p><b>Comments</b>  Areas of service: Olds, Cremona, Didsbury, Carstairs, Water Valley, Sundre, Torrington and Bowden  Can access once a month, for a maximum of 6 times per year  Weekly access to "free choice" table on any Tuesday in which a hamper is not received  Emergency food packs also available  Call to make a request or visit in person</p>
<p><b>Grocery Services</b>  Cremona KC Foods  214 Railway Ave, Cremona, AB T0M 0R0  Tel: (403) 637-2816</p>	<p><b>Hours</b>  Monday to Saturday  9:00 am -7:00 pm  Sunday  9:00 am -6:00 pm</p>	<p><b>Comments</b>  Call during store hours to place order for delivery  Delivery times dependent on staff availability  No cost for delivery</p>
<p><b>Transportation</b>  Rocky View Bus  Tel: 1-877-389-2887  <a href="http://www.rockyviewbus.ca">www.rockyviewbus.ca</a></p>	<p><b>Hours</b>  Tuesdays, Wednesdays and Thursdays  7:00am - 4:00pm</p>	<p><b>Comments</b>  Areas of service: Cremona, Carstairs and Didsbury.  Handi-bus which transports to medical appointments or errands.  Registration required, call or visit website to register.  Must book trip at least 24 hours in advance.  Fare depends on distance travelled.</p>
<b>CROWSNEST PASS</b>		
<p><b>Food Bank</b>  Crownsnest Pass Food Bank Society  11910 19th Avenue  Box 674 Blairmore, AB T0K 0E0  Phone: (403) 564-5110  Email: <a href="mailto:cnpfood@shaw.ca">cnpfood@shaw.ca</a></p>	<p><b>Hours</b>  Monday &amp; Wednesday  5:00pm - 7:00pm  Thursday  11:00am – 2:00pm</p>	<p><b>Comments</b></p>
<b>DEVON</b>		
<p><b>Food Bank</b>  Devon Family and Community Support Services  Devon City Hall  1 Columbia Ave. W  Devon, AB T9G 1A1  Contact: 780-986-5333 (Leduc Food Bank) or  Contact: 780-987-8325 or 780-987-8300 (City of Devon)</p>	<p><b>Hours</b>  Monday, Wednesday, Friday  9:00 am- 4:00 pm  (Leduc Food Bank days of operation.)</p>	<p><b>Comments</b>  Request for food bank hampers can be made directly to the Leduc Food Bank or through Devon FCSS; Transportation from Devon to Leduc is available on Fridays.  For those with mobility limitations, Devon FCSS will arrange hamper delivery.  Clients need to show proof of residence in Leduc &amp; district Food Bank catchment area.  Leduc Food Bank operates '<b>Tools for Schools</b>' program, where parents in need can request school supplies. They do not have to be Food Bank clients.  The Leduc and District Food Bank serves the County of Leduc.</p>

**DIDSBURY**

<b>Community Support Services</b> Didsbury Neighbourhood Place 2034 19 Avenue, Didsbury, AB T0M 0W0 Tel: 403-335-8719	<b>Hours</b> Monday to Friday 8:30am to 4:30pm	<b>Comments</b> Provides resources and support services to members of the community
<b>Food Bank</b> Mountain View Food Bank 5025 50 Street, Olds, AB T4H 1R9 Tel: (403) 556-1693 Fax: (403) 507-0064 <a href="http://www.mountainviewfoodbank.com">www.mountainviewfoodbank.com</a>	<b>Hours</b> Tuesday 9:00 am-1:00 pm	<b>Comments</b> Areas of service: Olds, Cremona, Didsbury, Carstairs, Water Valley, Sundre, Torrington and Bowden Can access once a month, for a maximum of 6 times per year Weekly access to "free choice" table on any Tuesday in which a hamper is not received Emergency food packs also available Call to make a request or visit in person
<b>Meals on Wheels</b> Didsbury Hospital 1210 20 Avenue, Didsbury, AB T0M 0W0 Tel: 403-335-9393 Fax: 403-335-4816	<b>Hours</b> Delivery of hot supper meal Monday to Friday Starting at 4:30pm	<b>Comments</b> Delivery of hot supper meals only Can accommodate for dietary restrictions Cost: \$5.80 per meal Call to request a meal delivery
<b>Grocery Services</b> AG Country Food Market 2405 20 Street, Didsbury, AB T0M 0W0 Tel: 403-335-4097	<b>Hours</b> Delivery Mondays, Wednesdays and Fridays	<b>Comments</b> Deliveries on Monday, Wednesday and Friday No cost for delivery Call Sue at 403-335-4097 to place an order.
<b>Transportation</b> Didsbury Lions Club Shuttle Bus Tel: 403-335-3941 or 403-507-0208	<b>Hours</b> In Town Service: Wednesdays and Fridays 9:00am - 3:00pm Book an appointment for Mondays	<b>Comments</b> Offers taxi service to all residents for medical appointments, personal business or errands (including to local grocery store) Cost: \$3.00 one way, within town limits
<b>Transportation</b> Tel: 1-877-389-2887 <a href="http://www.rockyviewbus.ca">www.rockyviewbus.ca</a>	<b>Hours</b> Tuesdays, Wednesdays and Thursdays 7:00am-4:30pm	<b>Comments</b> Areas of service: Cremona, Carstairs and Didsbury Handi-bus which transports to medical appointments or errands Registration required, call or visit website to register Must book trip at least 24 hours in advance Fare depends on distance travelled

**DRAYTON VALLEY**

<b>Community Kitchen</b> Cooking with Friends Brighter Futures Drayton Valley United Church Contact: Linda Prentice Tel: (780) 514-5070	<b>Hours</b>	<b>Comments</b> Every 6 weeks on Monday. Register in advance, often a waiting list. Hands on cooking, food is shared by participants. \$10.00 fee, but can be waived. Child care available. Contact for dates.
<b>Food Bank</b> Drayton Area Community Food Bank Society 4820 51 Avenue, T7A 1L2 Tel: (780) 514-3777 Cardium - Contact: Margie Tel: (780) 542-6250	<b>Hours</b> Monday & Thursday Mornings by Appointment only	<b>Comments</b> Clients must phone to make an appointment. 6 hampers/yr.
<b>Meals on Wheels</b> Shangri La Lodge 4864 54th Ave. Drayton Valley, T7A1C4 Tel: (780) 542-3216 or (780) 542-2985	<b>Hours</b> Mon to Friday Noon	<b>Comments</b> Cost: \$6.50/meal; Doctor referral, Home Care or self-request. 24 hour notice required. Volunteer church groups deliver in town only. Large meal (hot meal, salad, soup, bun, fruit, dessert). Short-term or long-term welcome. May be a waiting list.
<b>Canadian Prenatal Nutrition Program</b> Nutritious Beginnings Contact: Lisa Cottrell Tel: (780) 361-4119 Email: lisact@brighter-futures.ca	<b>Hours</b>	<b>Comments</b> Serves the area of Breton, Buck Creek, Drayton Valley, Wetaskiwin and Winfield. Participants are provided with: prenatal vitamins, monthly food coupons while pregnant, as well as information on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. One on one visits and monthly support group offered.
<b>Grocery Delivery</b> Sobeys Tel: (780) 542-4644	<b>Hours</b> Orders taken Mon-Fri 8:00 am-3:00 pm	<b>Comments</b> \$5.00/delivery. Free delivery for seniors.

<b>DRUMHELLER</b>			
<b>Food Bank</b> Drumheller Salvation Army Food Bank PO Box 3097, T0J 0Y0 Fax: (403) 823-2283 Tel: (403) 823- 2215 Email: matt_sheils@can.salvationarmy.org	<b>Hours</b> Tuesday & Thursday 1:00 pm – 4:00 pm	<b>Comments</b> Someone usually in the office between 9:00 am - 5:00 pm Monday – Thursday. Call and leave a message if there is no answer. Call ahead to book an appointment.	
<b>Canadian Prenatal Nutrition Program</b> Growing Opportunities (GO Program) Contact: May Rostecki-Budzey Tel: (403) 361-7216 Email: gomrb@telus.net	<b>Hours</b>	<b>Comments</b> Serves: Strathmore, Drumheller	
<b>Grocery Delivery</b> IGA 101- 6 <sup>th</sup> Ave. SE Drumheller T0J 0Y6 Tel: (403) 823-3995	<b>Hours</b> Mon-Sun 9-6	<b>Comments</b> Picking & delivery fee. Delivery \$5 Picking Fee: Under \$50 in groceries = \$5 fee; Over \$50 in groceries = \$8	
<b>Meals on Wheels</b> Drumheller Health Centre out of Drumheller Hospital Contact: Patti Tel: (403) 820-7214	<b>Hours</b> Monday to Friday Delivered at noon	<b>Comments</b> Cost: \$ 9:00/meal; 3 course. Please provide name, address, phone number, allergies, consistency and what days meals are required.	
<b>School Program</b> Greentree School Drumheller Composite High School Contact: Michelle Savatore or Shannon Palamaki (403) 823-5171	<b>Hours</b>	<b>Comments</b> Canadian Living Lunch/Breakfast program; universal availability; feeds 20-40 students daily.	
<b>ECKVILLE</b>			
<b>Food Bank</b> Drumheller Salvation Army Food Bank PO Box 3097, T0J 0Y0 Tel: (403) 823- 2215 Fax: (403) 823-2283 Email: matt_sheils@can.salvationarmy.org	<b>Hours</b> Tuesday & Thursday 1:00 pm – 4:00 pm	<b>Comments</b> Someone usually in the office between 9:00- 5:00 pm Monday – Thursday. Call and leave a message if there is no answer. Call ahead to book an appointment.	

**EDMONTON**

<b>Community Kitchen</b> Edmonton Collective Kitchens And Basic Shelf Program Suite 300, 10216 124 St. Edmonton AB T5N 4A3 Contact: Diane Thursby Tel: 780-735-3044 Fax: 780-482-4203 <a href="mailto:diane.thursby@albetahealthservices.ca">diane.thursby@albetahealthservices.ca</a>	<b>Hours</b> Monday to Thursday 8:00 am to 4:00 pm	<b>Comments</b> Collective Kitchens are small groups of people who get together on a regular basis to plan and cook meals. Groups save time and money by cooking together and sharing food; meals can be frozen and used later. Anyone can join; cost to participants is \$2.00-\$3.00 per person in the family per month (costs may vary). Members meet once a month to plan meals; 2 members shop for food before the cooking day; group meets to prepare 4-5 main dishes to take home. The kitchen takes 6-8 hours a month to plan, shop and cook.
<b>Community Kitchen Basic Shelf</b> Suite 300, 10216 124 St. Edmonton AB T5N 4A3 Contact: Diane Thursby Tel: 780-735-3044 Fax: 780-482-4203 <a href="mailto:diane.thursby@albetahealthservices.ca">diane.thursby@albetahealthservices.ca</a>	<b>Hours</b> Monday to Thursday 8:00 am to 4:00 pm	<b>Comments</b> The Basic Shelf Program is designed for people on a fixed income; includes 12 weekly sessions when participants cook from the Basic Shelf Cookbook. Diane offers train the trainer groups to agencies that want to run a Basic Shelf program for their clients. Each participant receives a cookbook and a basic shelf food hamper of groceries.
<b>Community Garden</b> Sustainable Food Edmonton PO Box 34183 Kingsway Garden Mall Edmonton AB T5G 3G4 Tel: 780-488-2500 Fax: 780-488-2513 <a href="mailto:cqfacilitator@sustainablefoodedmonton.org">cqfacilitator@sustainablefoodedmonton.org</a> <a href="http://sustainablefoodedmonton.org/">http://sustainablefoodedmonton.org/</a>	<b>Hours</b>	<b>Comments</b> Sustainable Food Edmonton is the umbrella organization that offers the programs of City Farm, Community Gardens and Little Green Thumbs. A community garden is a group of people coming together to nurture, develop and sustain a growing space in their community. Community gardens not only provide fresh healthy food, they build community spirit, promote health and wellness and enhance our natural environment. Each garden is unique, as it reflects and strengthens the particular community it serves. Community gardens are managed by volunteer community groups; plot fees are between \$5 and \$50. Many locations throughout Edmonton and area (Beaumont, Stony Plain, St. Albert, Leduc, Morinville). Contact Sustainable Food Edmonton in late winter (February) to get linked to an existing community garden or anytime to get support to start your own!



<p><b>Community Meals and Food Bank</b>  Bissell Centre  10527 96 St.,  Edmonton AB T5H 2H6 (mailing)  Drop-In &amp; Support Services office: 10530 – 96 St.  <a href="http://www.bissellcentre.org">www.bissellcentre.org</a>  Contact: 780-423-2285  Employment Services: 780-424-4385  Daycare: 780-429-4126</p>	<p><b>Hours</b>  Monday – Friday  7:00am-4:30pm  Lunch Daily 10:00am  Snack Daily 2:00pm  Tuesday and Thursday  (September – June)  Women’s Lunch  12:00 noon -1230 pm</p>	<p><b>Comments</b>  Support services include Mental Health, Addictions, Victims Services, Recreation and Wellness, Fetal Alcohol Spectrum Services, Employment, Housing, Child and Family Resources and Adult support including clothing, household goods, food, hygiene and baby needs, etc. Intake available to assess individual needs. Casual labour jobs and special training (e.g. safety courses) to qualify for certain jobs is provided free of charge. Casual job distribution starts at 7:00 am Monday to Friday. Bi-monthly cooking classes offered between September and June.</p>
<p><b>Community Meals</b>  Christ Church Anglican  12116 102 Ave.  Edmonton AB T5N 0L6  Tel: 780-488-1118</p>	<p><b>Hours</b>  Third Saturday of every month. Dinner served at 5:00 PM</p>	<p><b>Comments</b></p>
<p><b>Community Meals</b>  Herb Jamieson Centre (Hope Mission)  10014 – 105A Ave.  Edmonton AB T5H 0M6  Tel: 780-429-3470  Fax: 780-424-2863  Meals are all served at Hope Mission: 9908 106 Ave.</p>	<p><b>Hours</b>  Monday to Friday  Breakfast: 8-8:45 am  Lunch: 12-12:45 pm  Supper: 5-5:45pm  Weekends and Holidays:  Brunch: 11-11:45 am  Supper: 4:30 -5:15 pm</p>	<p><b>Comments</b>  Meals served to men, women and children who are accompanied by parent or guardian.  Intoxicated people are permitted except if unable to manage themselves.</p>
<p><b>Community Meals</b>  Operation Friendship Senior Society  9526 106 Ave  Edmonton AB T5H 0N2  Contact: 780-429-2626  Fax: 780-429-2629</p>	<p><b>Hours</b>  Monday to Friday  Breakfast: 9:30-10 am  Monday - Sunday  Lunch: 12 noon (Fri.: 12:30 pm)  Supper: 5 pm</p>	<p><b>Comments</b>  Meal services for seniors 55 years and older.</p>
<p><b>Community Meals</b>  House of Refuge  10339A 95 St.  Edmonton AB T5H 4H7  Contact: Bill  Tel: (780) 477-9858  <a href="http://www.refugemission.com">www.refugemission.com</a></p>	<p><b>Hours</b>  Monday – Sunday  5 pm – 9 pm</p>	<p><b>Comments</b>  Drop in: all welcome.  Snack at 5:00 pm, followed by worship service at 7:00 pm.  Supper: Soup and Sandwiches served after worship service.  Clothing and blankets available.</p>

<p><b>Community Meals</b>  Red Road Healing Society  4225 – 118 Ave.  Edmonton AB T5W 1A5  Tel:(780) 471-3220  Fax: (780) 471-2750  <a href="http://www.theredroad.ca">www.theredroad.ca</a></p>	<p><b>Hours</b>  Friday (lunch served)  12 noon to 1 pm  (Lunch operates Sept.-Apr.)  Register for Programs:  Mon-Fri., 9:00 am - 4:00 pm</p>	<p><b>Comments</b>  Soup and bannock (Sept.-Apr).  Wednesday 5:00 -6:30 pm Family Longhouse Gathering (Sept.-Apr.).  Must pre-register. 12 week Fall and winter programs.  For families only.  Phone for summer schedule; Kids Day Camp.</p>
<p><b>Community Meals</b>  Robertson – Wesley United Church  10209 123 Street NW  Edmonton AB T5N 1N3  Tel: 780-482-1587  Fax: 780-424-1580</p>	<p><b>Hours</b>  Second Saturday of the  month (except December).  Dinner at 5:00 pm.</p>	<p><b>Comments</b>  Community dinner open to everyone.  Note: Community meal is on the first Saturday in December.</p>
<p><b>Community Meals</b>  St. Peter's Lutheran Church (The Rock)  9606 110 Avenue NW  Edmonton AB T5H 1H5  Tel: 780-426-1122  Fax: 780-426-1141</p>	<p><b>Hours</b>  Breakfast:  Tuesday, Wednesday,  Thursday  7:00 am – 9:00 am</p>	<p><b>Comments</b>  Open to everyone.</p>
<p><b>Community Meals</b>  Victory Church  13470 Fort Road NW  Edmonton AB T5A 1C6  Tel: 780-475-1647</p>	<p><b>Hours</b>  Monday only 4:30-6:00pm</p>	<p><b>Comments</b>  Supper meal  Open to everyone</p>
<p><b>Community Meals</b>  Marian Centre  10528 98 St.  Edmonton AB  Tel: 780-424-3544  <a href="mailto:MCEEEdmonton@shaw.ca">MCEEEdmonton@shaw.ca</a></p>	<p><b>Hours</b>  Monday, Tuesday  Thursday, Friday  Saturday  Hot Meal or Bagged Lunch  12:30 pm – 1:15 pm  Sandwiches:  2:00 pm – 3:00 pm</p>	<p><b>Comments</b>  Center closed last 4 working days of the month and every Wednesday.  Everyone welcome.  Clothing and toiletries available Tuesdays.  Clothing: 12:30 pm – 1:15 pm  Closed on Sundays and Wednesdays</p>

<p><b>Canadian Prenatal Nutrition Program</b>  Health for Two Program  Various locations throughout Edmonton and area including Public Health Centers + community agencies.  Contact: Michelle Teghtmeyer  Regional Coordinator  Tel: 780-735-3008  Fax: 780-735-4203  <a href="mailto:michelle.teghtmeyer@albetahealthservices.ca">michelle.teghtmeyer@albetahealthservices.ca</a></p>	<p><b>Hours</b>  Monday – Friday  8:30 am – 4:30 pm  Hours vary at sites.</p>	<p><b>Comments</b>  Free prenatal information, nutrition assistance including food (usually milk) vouchers.  Eligibility: Pregnant women who are living on a tight budget, trying to improve their nutrition and health, feeling alone and overwhelmed, feeling too young/old to have a baby, wanting to learn more about pregnancy, childbirth and life with a new baby, wanting to meet other women who are pregnant, and women who are newcomers to Canada.  Offers referral services, coupons to redeem for milk, prenatal vitamin supplements, information on pregnancy and baby's development in the first year.  Public Health Agency of Canada program to support and improve the health, nutrition and well-being of pregnant women who are facing social or economic challenges.  Public Health Centers have info about how to join Health for Two.</p>
<p><b>Emergency Food</b>  Candora Society of Edmonton  Collective Kitchen  Room 248, Abbotsfield Mall  3210 – 118 Ave., Edmonton AB  <a href="http://www.candora.ca">www.candora.ca</a>  Tel: 780-474-5011</p>	<p><b>Hours</b>  Monday to Thursday  8:45 am – 4:15 pm  Friday  9:00 am – 12:00 noon</p>	<p><b>Comments</b>  Emergency food, diapers and infant formula as available.  Collective kitchen operates at this location in Abbotsfield Mall.  \$3 per family member per month to join Collective Kitchen.  A small group of people who get together regularly to plan and cook meals.  Meals can be frozen and used when money is tight and time is limited.</p>
<p><b>Emergency Food</b>  St. John Bosco Catholic Community  13503 – 40 St. (Clareview), Edmonton AB  Tel: 780-478-0198</p>	<p><b>Hours</b>  Monday – Friday  8:30 am – 4:00 pm</p>	<p><b>Comments</b>  Limited emergency food available year round.  To qualify for emergency food clients must phone: St Vincent de Paul at 780-471-5577. Clients are referred by St Vincent de Paul Society and they must call ahead for pickup of food hamper.</p>
<p><b>Emergency Food</b>  St. Michael and All Angels Anglican  5003 – 146 (Steel Heights/MacLeod), Edmonton AB  Tel: 780-478-6741</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Emergency food as supplies are available.  Must call ahead.</p>
<p><b>Emergency Food</b>  Southside Pentecostal Assembly  2821 – 109 St., Edmonton AB  Tel: 780-435-6611</p>	<p><b>Hours</b>  Monday – Friday  9:00 am – 4:00 pm</p>	<p><b>Comments</b>  Will provide non-perishable items for emergency only (1-2 days supply of non-perishable food).  To qualify must show photo identification.</p>

<p><b>Community Meals</b> Mustard Seed Church 10635 96 St, Edmonton AB T5H2J4 Tel: 780-426-5600 Fax: 780-426-5400</p>	<p><b>Hours</b> Drop in: Tuesday and Thursday 1:00 pm - 4:30 pm Monday and Friday 3:00 pm - 4:30 pm Supper: Monday to Friday 7:00 – 8:00 pm Saturday 5:00 pm – 6:00 pm</p>	<p><b>Comments</b> Delivers basic services, including the provision of six evening meals per week (Monday-Saturday), clothing, and personal items. Drop in offers a social time. Food Depot-an outlet for the Edmonton Food Bank (distributes food bank hampers)</p>
<p><b>Emergency Meals</b> Enfamil Family Beginnings Program Tel:1-877-711-8901 <a href="http://www.enfamil.ca/en/Pages/default.aspx">http://www.enfamil.ca/en/Pages/default.aspx</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b> Enfamil Family Beginnings® program provides coupons, some free samples, nutritional and development information, stage appropriate feeding information. Register on line or by telephone <a href="http://www.enfamil.ca/en/promotions/Pages/enfamil">http://www.enfamil.ca/en/promotions/Pages/enfamil</a></p>
<p><b>Emergency Meals</b> Nestle Canada <a href="http://www.nestle-baby.ca">www.nestle-baby.ca</a> Contact: 1-800-387-5536</p>	<p><b>Hours</b> M-F 8am-8pm ET</p>	<p><b>Comments</b> Nestle Baby program: program provides coupons, free sample, special offers, the Nestle Baby backpack, Nestle baby magazine, stage appropriate feeding information. Register online or by telephone</p>
<p><b>Emergency Meals</b> Abbott Nutrition Canada-Similac Formula <a href="https://similac.ca/en/similac_welcome_addition_club/">https://similac.ca/en/similac_welcome_addition_club/</a> Contact: 1-800-361-7852 Register for program: 1-800-518-2582</p>	<p><b>Hours</b></p>	<p><b>Comments</b> Similac Welcome Addition Club: Provides coupons, free sample, information on baby's development, tips on infant care and nutrition. Register online or via telephone: 1-800-518-2582</p>
<p><b>Food Bank</b> Edmonton Food Bank P.O. Box 62061 Edmonton, AB T5M 4B5 Contact: Client services 780-425-4190 Fax: 780-426-1590 <a href="mailto:info@edmontonsfoodbank.ca">Email: info@edmontonsfoodbank.ca</a> <a href="http://www.edmontonsfoodbank.com">www.edmontonsfoodbank.com</a> 11508 120 ST NW Edmonton, AB T5G 2Y2, Canada</p>	<p><b>Hours</b> Monday to Friday 8:30 am – 3:00 pm</p>	<p><b>Comments</b> Clients may phone until 4:00 pm. Administration open 8:30 am - 4:30 pm. Clients may pick up hampers until 3:00 pm. Self referral accepted. But, no walk in hamper pick up - must phone to arrange hamper. Nutrition supplements may be available (Ensure, Boost). Hampers available for special diets on request (diabetes, pregnancy). Provides formula, jars of infant food, cereal, bottles, diapers. Frequency of accessing infant formula depends on individual circumstances. Three to five days worth of infant food is provided at a time. Special formula can be provided if needed and if available. Clients will be directed to pick up their hamper at the nearest distribution center. Contact Food Bank for nearest distribution centre. Provides pureed meal items through a food recovery program.</p>

<p><b>Food Bank</b>  University of Alberta Student Food Bank  Student's Union Building, Room 1-81  8900 – 114 St., Edmonton, AB  Contact: 780-492-8677  <a href="http://campusfoodbank.com/">http://campusfoodbank.com/</a></p>	<p><b>Hours</b>  September – April  Monday to Friday  9:00 am – 5:00 pm  May-Aug.  Tues-Fri; 12 noon- 4:00 pm</p>	<p><b>Comments</b>  Must prove they are a student at University of Alberta.  Require identification for all individuals in household for whom they are requesting food. Reduced hours in spring and summer months. WeCan Food Basket Society, a not-for-profit organization dedicated to providing affordable food for purchase by community members, has an outlet at the University of Alberta Food Bank.</p>
<p><b>Food Bank</b>  Grant MacEwan Student Food Bank  Room 7-292  10700 104 Ave, Edmonton AB T5J 4S2  Phone: 780-633-3163  Fax: 780-497-5470  <a href="http://www.foodbank@macewan.ca">www.foodbank@macewan.ca</a></p>	<p><b>Hours</b>  Sept -Apr. 9:00-3:30 pm  May -Aug. 9:00-3:30 pm.  Spring and summer service limited to accepting food bank request forms.</p>	<p><b>Comments</b>  Must prove they are students of Grant MacEwan University.  Require identification for all individuals in household for whom they are requesting food. Students fill out a hamper request form. Hampers ready within 24-48 hours. Spring and summer service limited to filling hamper requests. This is an emergency service available to Grant MacEwan students. Repeat clients may be referred to the Edmonton Food Bank or other services.</p>
<p><b>Good Food Club</b>  WeCan Food Basket Society  5825 – 93A Avenue  Edmonton AB T6B 0X1  Contact: 780-413-4525  Fax: 780-442-2625  <a href="http://www.wecanfood.com">www.wecanfood.com</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Groceries purchased in bulk from wholesale at 25% savings.  \$5.00 annual membership fee.  \$25.00 order includes: 3 kinds of frozen meat; 3 kinds each of fresh vegetables and 3 kinds each of fresh fruit.  Meat order costs: \$15.00; Vegetable and fruit order costs: \$10.00.  Orders must be paid for by first Friday of the month and are picked up from Depot on the third Thursday or Friday of the month at the hours specified.  Check web page for location of depots or phone WeCan.  May purchase several orders. Unclaimed food is sold to at closing time as there is no storage. Depots located in Edmonton, Wetaskiwin, Leduc, Sherwood Park, Spruce Grove, Stony Plain, St. Albert.</p>
<p><b>Food Rescue</b>  Operation Fruit Rescue Edmonton  Phone: 780-433-2235  <a href="http://operationfruitrescue.org/">http://operationfruitrescue.org/</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Volunteer organization that brings together back yard fruit growers and harvesters. Fruit growers and fruit picker volunteer forms are online. Citizens who have fruit growing in their yards that is in excess of what they plan to pick and use can request volunteer pickers to harvest the fruit. Fruit is shared among grower, picker and charities such as food bank.</p>

<p><b>Food Hamper</b>  Salvation Army Community and Family Services  9620 101A Avenue NW  Edmonton AB T5H 0C7  Contact : 780-424-9222  Hope Line: 780-424-9223</p>	<p><b>Hours</b>  Monday-Thursday  9 :00 am – 11 :00 am  1 :00 pm – 3 :00 pm  Breakfast:  Friday 7:30 – 8:00 am</p>	<p><b>Comments</b>  To qualify for assistance, must show ID for each person wishing to receive food  Friday: breakfast (7:30am) is served followed by a Chapel service 8:30am (closed after service).  Seniors program (age 55+) every second Friday at 10am, must register by Wednesday.</p>
<p><b>Food Hamper</b>  Salvation Army Canon Ridge Location  1241 Hyndman Rd.  Edmonton AB  Contact: 780-472-6743</p>	<p><b>Hours</b>  Temporarily closed until further notice. Please call the downtown office for all inquires at 780-424-9222</p>	<p><b>Comments</b>  Baked goods available Friday 9:30-10:00 am. (Phone to ask if this service is available.)</p>
<p><b>Grocery Delivery</b>  The Grocery Bag Program  Edmonton Meals on Wheels  <a href="http://mealsonwheeledmonton.org/grocery-bag-delivery/">http://mealsonwheeledmonton.org/grocery-bag-delivery/</a>  Contact:780-429-2020  11111 103 Avenue  Edmonton, Alberta  T5K 2P1</p>	<p><b>Hours</b>  Monday – Friday  8:30 am – 3:00 pm</p>	<p><b>Comments</b>  This service is open to current Meals on Wheels clients and anyone who has difficulty shopping for themselves.  List of grocery items is on the MOW website.  Minimum order of \$15.00 with a \$5.00 service fee added to each order (except for MOW clients). Grocery orders must be pre-paid. Credit cards are accepted by phone.  Cash, debit, money order or cheques are accepted in person at MOW office.  Groceries are delivered by a MOW volunteer.  Place grocery order by noon Tuesday for delivery Thursday.</p>
<p><b>Grocery Delivery</b>  Shop for You  Contact: 780-487-7745</p>	<p><b>Hours</b>  Monday – Friday</p>	<p><b>Comments</b>  Grocery shopping and delivery service. Serves Edmonton.  Same day delivery if order placed between 8 am and 10 am, Monday to Friday.  Can assist with unpacking groceries in your home if required.  Cost based on size of order:  Grocery bill of \$50.00 costs \$12.00  \$50-\$100 costs \$15.00  Over \$100 costs \$18.00  \$250.00-350.00 costs \$20.00  Additional shopping/stops costs \$2.00 per stop</p>

<p><b>Meal Assembly</b> Simply Supper #1, 2305 Rabbit Hill Rd Edmonton AB T6R 3L6 <a href="http://www.simplysupper.ca">www.simplysupper.ca</a> Contact: 780-433-6958 Email: info@simplysupper.ca</p>	<p><b>Hours</b> Monday 9-5 Tuesday-Friday 9:00-8:30 Saturday 10-3 Closed Sundays</p>	<p><b>Comments</b> Order and pick up homemade fresh/frozen meals or go in and assemble the dishes yourself. Individual or multiple serving size meals usually available</p>
<p><b>Meal Assembly</b> PDG Express Meal Services 10053 111 St. NW Edmonton AB T5K 2B1 Contact: 780-455-5620 Fax : 780-455-0878</p>	<p><b>Hours</b> Delivery available 1 to 2 times a week (Monday, Tuesday, Thursday) 1:30-3:30 p.m.</p>	<p><b>Comments</b> Available to residents of Edmonton. Offers fresh and frozen meals. Menu can be obtained by phoning. Cost: \$4.95 - \$7.50 per meal (subject to change). Delivery charge of \$6.00 to \$10.00.</p>
<p><b>School Program</b> E4C's School Lunch Program Alex Taylor School 9321 Jasper Ave. Edmonton AB T5H 3T7 <a href="http://e4calberta.org/">http://e4calberta.org/</a> Contact: 780-424-5408 Fax: 780-424-1201</p>	<p><b>Hours</b> Operates several programs:  School Lunch School Snacks Summer Snack Program Young Chefs</p>	<p><b>Comments</b> Provides a hot, nutritious lunch each full school day to about 10 high needs elementary schools. No Junior High Schools. Families contribute \$30.00 per month or as much as they are able to afford. Snack programs operate in 25 elementary and junior high schools. E4C Programs provide breakfast or snacks to approx 6,000 students. Snack program funding is provided at a rate of \$0.18 per child per day. The schools purchase, prepare and distribute the snacks. Children in snack program schools eat in the mid-morning. Summer Snack Program provides children with snacks at about 41 parks in Edmonton to help alleviate hunger when school is out during summer. Operates a Young Chef Program for children in grades 4-6. They learn meal preparation, food safety and budgeting skills.</p>

<p><b>Transportation</b>  Seniors Caring About Seniors  Room 106, 7814 – 83 St  St James Catholic School  Edmonton AB T6C 2Y8  <a href="http://www.sscas.com">www.sscas.com</a>  Contact: 780-465-0311  Fax: 780-461-7809  Email: <a href="mailto:email@sscas.com">email@sscas.com</a></p>	<p><b>Hours</b>  Monday to Friday  10:00 am to 4:00 pm</p>	<p><b>Comments</b>  Seniors Caring for Seniors offers 2 types of services to people 65 years and older: Transportation and household services (common chores, shopping, minor fix-ups, yard work, snow shoveling). Gain access to program services by becoming a member. Available to seniors south of the Saskatchewan River within the city of Edmonton. \$10.00 annual per person membership fee; Members must qualify with income of \$35,000 or less for single people and less than \$60,000 for couples. Transportation costs \$6.00 for a coupon that allows 1 1/2 hour of driving; \$15.00 per hour is the charge for other services with a minimum 2 hours (\$30.00) Examples of services: housekeeping, yard work, shopping, small electrical or plumbing jobs, painting and snow removal.</p>
<p><b>Meal Assembly</b>  Seniors Association of Greater Edmonton (SAGE)  15 Sir Winston Churchill Square  102A Ave. 100 St  Edmonton AB T5J 2E5  <a href="http://www.mysage.ca">www.mysage.ca</a>  Contact: 780-423-5510  <a href="mailto:info@MySage.ca">info@MySage.ca</a>  Sunshine Café: 780-701-9025  Urban Gardening: 780-701-9018</p>	<p><b>Hours</b>  Monday – Friday  8:30 am – 4:15 pm</p>	<p><b>Comments</b>  Sunshine Café offers a complete line of frozen meals, soups and desserts. Meals can be picked up or delivered within the city of Edmonton. Their Urban Gardening Program provides seniors from diverse cultures a venue to plant, tend and harvest their own organic produce. Open to any senior interested. Housing services: Offers consultation and a resource center on housing for seniors. Home Services: Assists senior members in locating reliable workers to assist with interior and exterior home maintenance at an affordable cost. Other services: Seniors Safe House for those facing abusive situations; service for seniors who want help; classes and clubs; organizing/distributing seniors' possessions; VON Foot Care Clinic monthly; social work services; public access to computers; tax preparation; Multicultural Seniors' Outreach activities and programs. Meals served in the cafeteria; Directory of Senior Services published each year; Services offered to members of SAGE and to non-member seniors.</p>



<p><b>Specialty Food</b> Edmonton General Continuing Care 11111 Jasper Ave. Edmonton AB Contact: 780-342-8987</p>	<p><b>Hours</b> 7:00 am – 7:00 pm</p>	<p><b>Comments</b> Sells TrePuree pureed meals. Phone ahead for orders. Pick up orders at the cafeteria.</p>
<p><b>Specialty Food</b> Glenrose Rehabilitation Hospital 10230 – 111 Ave Edmonton AB Contact: 780-735-7994</p>	<p><b>Hours</b> Monday – Friday 7:00 am – 2:00 pm</p>	<p><b>Comments</b> Sells TrePuree pureed food items. Client can phone the Glenrose and pick-up order from the Glenrose food service department. Allow 1-3 days for the order to come in.</p>
<p><b>Community Meals</b> Single Parent Support Group: “Kids and I” Calvary Community Church 8704 Millwoods RD. Edmonton AB Contact: 780-462-8444</p>	<p><b>Hours</b> Operates September to April Every 2nd and 4th Tuesday of the month at 6:00 pm</p>	<p><b>Comments</b> Dinner provided, request \$1 donation per family per meal, child care provided, for single parents and their families, free transportation available in Millwoods Area Please call ahead to register. <a href="http://www.calvarycommunity.ca/ministries/single-parents/">http://www.calvarycommunity.ca/ministries/single-parents/</a></p>

<p><b>Community Meals/Community Kitchen</b>  Families Living Well Society  Single Parent Support Group  Edmonton AB  Contact: 780-720-4579 (MAIN)  Helen: 780-484-5684</p>	<p><b>Hours</b>  Operates September to May  Held 1<sup>st</sup> and 3<sup>rd</sup> Wednesday  of each month at 6:00 pm</p>	<p><b>Comments</b>  For single parents in the community. Dinner is provided. Child care included.  If require transportation, please request by the Monday prior. Prefer if parents  call ahead to preregister. Enhanced child programming provided for all age groups.  Toy exchange offered, clothing available and information resources available to those  who attend. Call for information on where the classes are being held.  Collective Kitchen also running; Phone for more information</p>
<p><b>Community Kitchen</b>  Young Chefs  Suite 300, 10216 124 St.  Edmonton AB T5N 4A3  Contact: Diane Thursby  780-735-3044  Fax: 780-482-4203  <a href="mailto:diane.thursby@albetahealthservices.ca">diane.thursby@albetahealthservices.ca</a></p>	<p><b>Hours</b>  Monday to Thursday  8:00 am – 4:00 pm</p>	<p><b>Comments</b>  Offered to children 8-16 years old  Children acquire knowledge and skills in meal preparation, food safety and  budgeting.</p>
<p><b>Community Kitchen</b>  City of Edmonton Community Services  Child Friendly Edmonton  <a href="http://www.edmonton.ca">www.edmonton.ca</a>  Contact: 780-944-5423</p>	<p><b>Hours</b>  Monday – Friday  8:00 am – 4:00 pm</p>	<p><b>Comments</b>  City of Edmonton Community Services Program Team will partner with  community groups who want to run a Young Chefs program in their neighborhood.  Agencies in Edmonton can phone Community Services to get the contact email  for their neighborhood worker.</p>
<p><b>Community Kitchen/Junior Chefs</b>  Annual Charitable Grant Program  Junior League of Edmonton  10447 86 Ave.  Edmonton, AB T6E 2M4  Contact: 780-433-9739  Fax : 780-431-0138  <a href="http://www.jledmonton.org">www.jledmonton.org</a>  <a href="mailto:jledm@telusplanet.net">Email address: jledm@telusplanet.net</a></p>	<p><b>Hours</b>  Office hours:  Tuesday and Wednesday  9:00 am – 3:00 pm</p>	<p><b>Comments</b>  The Junior League of Edmonton provides a grant to a charitable  organization with a worthy program plan to help children and youth at risk.  Organizations requesting funds must be registered charities, operate within  Edmonton area, support goals that are congruent with those of the League  and have a specific and defined use for the funds requested.  (Applications are on the Junior League web site).  Grant applications are accepted until March 31. Also runs a Junior  Chefs program. Past venues include Boys' &amp; Girls' Clubs of Edmonton  and Norwood Child &amp; Family Resource Centre. Contact for more information.</p>

**EDSON**

<b>Canadian Prenatal Nutrition Program</b> Women, Infants and Nutrition (WIN) 5501 - 3rd Avenue, Edson, AB Contact: Joleen Bishop Tel: (780) 723-6444 ext. 232 Fax: 780-723-4250 <a href="mailto:win_efc@telus.net">win_efc@telus.net</a>	<b>Hours</b> Call for appointment	<b>Comments</b> The program offers services to pregnant women and teens who have significant need for more support during pregnancy. Participants are provided with a variety of resources through in-home and/or group support to help them work towards having a healthy baby. All services are free and confidential. No referral is necessary.
<b>Community Kitchen</b> Kate's Kitchen St. Catherine Anglican Church 617 - 50th Street, Edson, AB Contact: Joan Carter or Mary Louise Downer Tel: 780-723-6098 (Joan) Tel: 780-723-2341 (Mary)	<b>Hours</b> Third Tuesday of the month. 11:30am - 1:00pm	<b>Comments</b> This free meal is open to anyone in need, not necessarily hungry. The kitchen welcomes the mom who doesn't feel like cooking for the kids to a single person who's new to town, to seniors who want some company.
<b>Grocery Delivery</b> Sobeys 303 - 54th Street, Edson, AB Tel: 780-723-3753	<b>Hours</b> M - F: 8am - 8pm Sat: 9am - 6pm Sun: 11am - 5pm	<b>Comments</b> Place grocery order before 3pm on Wednesday. order over telephone or go to the store, choose groceries in person and have them delivered. No delivery fee for seniors. Minimum order is \$25.
<b>Food Bank</b> Edson Food Bank 4511 - 5th Avenue, Edson, AB Contact: Linda Browne Tel: 780-723-5816	<b>Hours</b> Tuesdays 9am - 11am	<b>Comments</b> Provides food hampers for individuals and families with short term needs. Food is donated by local businesses and individuals. Donations are gratefully accepted.
<b>Meals on Wheels</b> Edson Health Centre, Edson, AB Contact: Evelyn Linford Tel: 780-723-4564	<b>Hours</b> Deliveries made from 4-5pm Monday - Friday No Holidays	<b>Comments</b> Deliveries made within Edson and Glenwood. The Meals on Wheels Program is available to seniors and shut-ins who have a need for prepared, nutritious meals. Diabetic and low sodium diets can be accommodated. Meals are delivered hot to the home, 5 days a week. Cost is \$9.50 per meal. To enroll please contact Evelyn Linford.
<b>Food Hamper (Christmas)</b> Edson Kinette Club Edson Catholic Church 4803 - 6th Avenue, Edson, AB Contact: Rebecca Kehler-Daniel Tel: 780-712-4521	<b>Hours</b> Pick up of hampers is the Monday before Christmas in the basement of the Edson Catholic Church	<b>Comments</b> Local businesses, schools and individuals donate food and money. Each food hamper contains a turkey or ham, cereal, milk, canned soup, potatoes and eggs. Family and Social Services, school liaisons, along with family and friends recommend hamper families. The families themselves can also nominate themselves.

<b>ELNORA</b>			
<b>Food Bank</b> See Trochu Food Bank	<b>Hours</b>	<b>Comments</b>	
<b>Grocery Delivery</b> Jewell's Groceries 213 Main Street, Elnora, AB Tel: (403) 773-3613 Contact: Lorrie (owner)	<b>Hours</b> Mon to Friday 9-6 Sat 9-6 Sun & Holidays- Closed	<b>Comments</b> Offers free delivery on all food orders.	
<b>Meals on Wheels</b> Village Office of Elnora Contact: Michelle White Tel: (403) 773-3920 Fax: (403) 773-3173 Email: elnorafcss@platinum.ca	<b>Hours</b> May be ordered Tuesday	<b>Comments</b> Cost: \$7.00 for hot or cold meals Delivered Tuesdays  <i>Currently on hiatus</i>	
<b>ENTWISTLE</b>			
<b>Food Bank</b> Wildwood, Evansburg, Entwistle Community Food Bank 5019 – 50 Ave Entwistle AB Contact: 780-727-4043 ext 0	<b>Hours</b> Tuesday 2:00-4:00pm Wednesday 10:00 am – 12:00 noon	<b>Comments</b> Wednesday is hamper pick up day Please call by noon on Tuesdays to collect a hamper on Wednesdays. Hours for the 3rd Tuesdays of the month are 7-9pm	
<b>EVANSBURG</b>			
<b>Community Kitchen</b> Evansburg, Wildwood, Community Kitchen Contact: Nancy Drisdale, Coordinator 780-727-4077	<b>Hours</b> Operates September to June	<b>Comments</b> Meet once a month to plan, shop and cook meals. Contact the Lobstick Community Learning Society for more details at 780-717-4077	
<b>Meals on Wheels</b> Evansburg Health Unit 780-727-2288 or 727-2200	<b>Hours</b>	<b>Comments</b> Call number provided to get in touch with Evansburgh Health Centre to set up MOW	

**FORT MACLEOD**

<b>Community Kitchen</b> Fort Macleod Community Hall 301 25 Avenue Fort Macleod Fort Macleod Kids First Family Centre Box 520 Fort Macleod, AB T0L 0Z0 Phone: 403-553-5354 Fax: 403-553-2333	<b>Hours</b> Second Friday of every month 11:00am – 1:00pm	<b>Comments</b> Available to adults in the community. Free Teaches how to prepare a nutritious meal on a budget. Provides child care and participants take home the food that they prepared.
<b>Community Kitchen</b> Traditional (Aboriginal) Cooking for Teens held at F.P. Walshe High School Fort Macleod Fort Macleod Kids First Family Centre Box 520 Fort Macleod, AB T0L 0Z0 Phone: (403) 553-5354 Fax: (403) 553-2333	<b>Hours</b> Third Tuesday of every month 8:30 am - 11:00 am (during school months only)	<b>Comments</b> Available to teens aged 12-18. Free Teaches how to prepare a traditional aboriginal meal. Snack provided prior to cooking. Participants take home meal they have prepared.
<b>Food Bank</b> Salvation Army Food Bank 2272 24 Street Fort Macleod, AB T0Z 0Z0 Phone: (403) 553-2875	<b>Hours</b> Thursday 1:00 pm – 3:00 pm	<b>Comments</b>
<b>Good Food Club</b> Fort Macleod Good Food Box Fort Macleod Kids First Family Centre Box 520 Fort Macleod, AB T0L 0Z0 Phone: (403) 553-5354 Fax: (403) 553-2333 Food Pickup: Fort Macleod Health Center Loading Dock 744 26th Street	<b>Hours</b> Place orders by 4:00 pm on last Thursday of the month	<b>Comments</b> Cost: \$10 Available for anyone. Order forms can be picked up and dropped off at one of the following locations: 1) Fort Macleod Health Center, 744 - 26 Street 2) Macleod Gazette, Main Street Orders are picked up from 1:00 pm -3:00pm on the second Thursday of the month.
<b>Meals on Wheels</b> Family and Community Support Services 258 24 St Box 232 Fort Macleod, AB T0L 0Z0 Phone: (403) 553-4491 Fax: (403) 553-2189	<b>Hours</b> Office Hours: Monday – Friday 8:30 am – 4:30 pm Meals delivered 11:30 am – 12:30 pm	<b>Comments</b> \$7.25/meal Must pre-register to get a meal. Delivered by volunteers.

<p><b>Community Meals</b>  Macleod Pioneer Lodge  660 28 Street Fort Macleod  Box 79 Fort Macleod, AB T0L 0Z0  Phone: 403-553-3663</p>	<p><b>Hours</b>  Breakfast: 8:00 am  Lunch: 12:00 noon  Supper: 5:00 pm  Snack: 3:00 pm  Tea: 8:00 pm</p>	<p><b>Comments</b>  Breakfast: \$5 Lunch: \$8 Supper: \$8.  Available for individuals that live in the Lodge or Macleod Manor (adjacent facility), visitors and family  Must let kitchen know that they are attending the meal ahead of time.</p>
<p><b>School Breakfast / Lunch Program</b>  Sponsored and coordinated by;  Fort Macleod Kids First Family Centre  Box 520 Fort Macleod, AB T0L 0Z0  Phone: 403-553-5354  Fax: 403-553-2333</p>	<p><b>Hours</b>  Office Hours:  Monday – Friday  8:00 am – 4:00 pm</p>	<p><b>Comments</b>  Full Breakfast (3 Food Groups) provided at W.A. Day Elementary School, G.R. Davis Middle School and F.P. Walshe High School. Bagged lunches are provided for W.A. Day and G.R. Davis Schools (K-Gr.6). Breakfast and Lunch funding provided for Outreach Central School (teaches students life skills - plan, purchase, prepare meals on a budget.) All of the above are available for any child, no questions asked.</p>

**FORT MCMURRAY**

<b>Canadian Prenatal Program</b> Food for Two Children's Centre Non Profit Society of Fort McMurray 254 Gregoire Drive, Fort McMurray T9H 4B1 Contact: Linda Lynch Tel: (780) 791 6773	<b>Hours</b> Prenatal Program Every Tuesday 11:00 am-12:00 pm Postnatal Program Every Thursday 11:00 am-12:00 pm	<b>Comments</b> Lunch is provided after each program. Milk coupons are offered to the participants.
<b>Community Garden</b> Helen Pacholko Community Garden Helen Pacholko Park Hillcrest Drive, Fort McMurray T9H 3T7 Contact: Helen Pacholko Tel : (780) 790 1915	<b>Hours</b> Gardens are open to the public 24 hours a day	<b>Comments</b> 25 plots are available. \$30 per plot, \$20 returned at the end of the season once clean up is performed.
<b>Community Meals</b> Fellowship Baptist Church Soup Kitchen 141 Alberta Drive, Fort McMurray T9H 1R2 Contact: Trudy Malone Tel: (780) 743 3747 <a href="http://www.fbcfm.net">www.fbcfm.net</a>	<b>Hours</b> Monday – Friday 11:30 am-12:30 pm July & August Monday, Wednesday, Friday 11:30 am-12:30 pm	<b>Comments</b> Service available to anyone in need. A full course meal is served on the days listed.
<b>Emergency Meals</b> Mat Program 9919 MacDonald Ave, Fort McMurray T9H 1S7 Contact: Kay Bungay Tel: 780-743 4135 Fax: 780-791-2909	<b>Hours</b> September – April 5 pm-7:30 pm	<b>Comments</b> Program that runs 8 months of the year and can provide emergency shelter and food for both men and women.
<b>Emergency Meals</b> Emergency Men's Shelter 9919 MacDonald Ave, Fort McMurray T9H 1S7 Contact: Kay Bungay Tel: (780) 743 4135 Fax: (780) 791 2909	<b>Hours</b> Saturday & Sunday 11:30 am-12:30 pm Everyday 5:00 pm-7:45 pm Soup Kitchen 12pm-1pm	<b>Comments</b> A shelter that operates 7 days a week and provides men in the community with a place to stay while finding a job. Breakfast is provided for those at the shelter.

<p><b>Food Bank</b>  Fort McMurray Food Bank  10117 King Street  Fort McMurray, AB T9H 3J1  Contact : Arianna Johnson  Tel: 780-743 1125  Fax: 780-743-9156  <a href="mailto:Arianna@fortmcmurrayfoodbank.com">Arianna@fortmcmurrayfoodbank.com</a>  <a href="http://www.fortmcmurrayfoodbank.com">www.fortmcmurrayfoodbank.com</a></p>	<p><b>Hours</b>  Monday: 12:00pm - 8:00pm  Tues - Fri: 8:30am - 4:30pm</p>	<p><b>Comments</b>  By appointments only.  Appointments are made every 30 days or 6 times a year.  Additional times require external agency referral.  Food, hygiene and baby products available.</p>
<p><b>Emergency Meals</b>  Marshall House  180095 Marshall Street  Fort McMurray T9H 1X6  Contact: Irene Dempsey  Tel: 780-715-1870  Fax: 780-715-1546  <a href="mailto:Irene@wbhdc.ca">Irene@wbhdc.ca</a></p>	<p><b>Hours</b>  5:00pm - 8:00pm</p>	<p><b>Comments</b>  Full meal is provided to males or females 18 years or older who will be staying the evening at Marshall House.</p>
<p><b>Emergency Meals</b>  Centre of Hope  1 McLeod Street  Fort McMurray, AB  Contact: Amanda Holloway  Tel: 780-743-3912 ext 222</p>	<p><b>Hours</b>  7 days a week  8:30-10:00 am</p>	<p><b>Comments</b>  Oatmeal or noodles are provided as a self-service and on a first come basis</p>
<b>FORT SASKATCHEWAN</b>		
<p><b>Community Kitchen</b>  Anglican Parish of St. George  10029-99 Ave  Fort Saskatchewan, Alberta T8L 1R6  Phone: 780-998-3620  <a href="http://www.stgeorgefortsask.ca/skpamphlet.pdf">http://www.stgeorgefortsask.ca/skpamphlet.pdf</a>  <a href="mailto:parish@stgeorgefortsask.ca">Email: parish@stgeorgefortsask.ca</a></p>	<p><b>Hours</b>  3rd Wednesday of Month</p>	<p><b>Comments</b>  Senior's Kitchen Program  Gather once/month and prepare 3-5 meals.  Group leader assists in planning meals, shopping and cooking.  Group is usually 5–8 adults; they cook several meals to take home.  The cost is \$20 per family. Lunch is provided.  To attend, contact Norma or Rick at 780-998-3620 or <a href="mailto:parish@stgeorgefortsask.ca">parish@stgeorgefortsask.ca</a></p>
<p><b>Food Bank</b>  Food Gatherer's Society  Box 3404 Fort Saskatchewan Alberta T8L 2T3  Physical Address: 9803 – 102 Street, Fort Saskatchewan  T8L 2C1  Contact: Reg Omnichinski  Phone: 780-998-4099</p>	<p><b>Hours</b>  Tuesday and Friday  10:00 am – 12:00 noon  1:00 pm – 3:00 pm</p>	<p><b>Comments</b>  Access: every 2 – 4 weeks  Infant formula, baby food and diapers are usually available based on donations.</p>



<p><b>Meals on Wheels</b>  Fort Saskatchewan FCSS  10005 100 Avenue  Fort Saskatchewan , Alberta T8L 0G6  Contact: Tammy  Phone: 780-992-6267  Fax: 780-992-0192  <a href="mailto:tlautner@fortsask.ca">Email: tlautner@fortsask.ca</a></p>	<p><b>Hours</b>  Lunch meal delivered  Monday - Friday</p>	<p><b>Comments</b>  Meals delivered Monday through Friday at a cost of \$5 per meal.  Anyone who finds meal preparation difficult and would benefit from this service, can call 780-992.6267 to initiate the service.  <a href="http://www.fortsask.ca/ftsk_Health_Human_Services/default.aspx?id=365">http://www.fortsask.ca/ftsk_Health_Human_Services/default.aspx?id=365</a></p>
<p><b>Good Food Club</b>  Families First Society/Parent Link Center  10302A-99 Ave  Fort Saskatchewan, Alberta  Phone: 780-998-5595 ext 221  <a href="http://www.familiesfirstsociety.ca">www.familiesfirstsociety.ca</a></p>	<p><b>Hours</b>  Contact the office for more info</p>	<p><b>Comments</b>  Depot for the WeCan Food Basket Society.  Groceries purchased in bulk from wholesale at 25% savings.  \$5.00 annual membership fee.  \$25.00 order includes: 3 kinds of meat; 3 kinds each of fresh vegetables and fruit.  Meat order costs: \$15.00; Vegetable and fruit order costs: \$10.00.  Orders must be paid for by first Friday of the month and are picked up from Depot on the first Thursday or Friday of the month.   May purchase up to 3 orders. Unclaimed food is sold at closing time as there is no storage.</p>
<p><b>Community Kitchen</b>  Families First Society/Parent Link Center  10302A-99 Ave  Fort Saskatchewan, Alberta  Phone: 780-998-5595 ext 221  <a href="http://www.familiesfirstsociety.ca">www.familiesfirstsociety.ca</a></p>	<p><b>Hours</b>  Contact the office for more info</p>	<p><b>Comments</b>  Offer a Creative Kitchen Program.</p>
<b>FOX CREEK</b>		
<p><b>Food Bank</b>  Town of Fox Creek Community Resource Centre  Fox Creek, Food Bank  Box 610, Fox Creek, AB, T0H 1P0  Contact: Catherine Cole  Tel: (780) 622-3758  Fax: (780)622-3738</p>	<p><b>Hours</b>  Monday-Thursday  9:00 am - 4:00 pm  Friday:  9:00 am -1:00 pm</p>	<p><b>Comments</b>  Clients can access 4 times per year.  Extras evaluated on an individual basis.</p>

<b>GIBBONS</b>			
<p><b>Community Kitchen</b>  Town of Gibbons, FCSS  Box 68 Gibbons, Alberta T0A 1N0  Contact: Kelly Taylor  Phone: 780-923-3331  Fax: 780-923-3691  Email: <a href="mailto:ktaylor@gibbons.ca">ktaylor@gibbons.ca</a></p>	<p><b>Hours</b>  Check for start date</p>	<p><b>Comments</b>  In planning stage.</p>	
<p><b>Food Bank</b>  Sturgeon County Food Bank  Bon Accord and Gibbons  Contact: 780-923-2344</p>	<p><b>Hours</b>  Tuesday and Thursday  Phone monitored for  messages through week.</p>	<p><b>Comments</b>  Pick up hamper from post office in Bon Accord or Gibbons.  Will deliver if no transportation available.  Will arrange alternate pick up point if needed.</p>	
<p><b>Meals on Wheels</b>  Town of Gibbons, FCSS  Box 68 Gibbons, Alberta T0A 1N0  Contact: Kelly Taylor  Phone: 780-923-3331  Fax: 780-923-3691  Email: <a href="mailto:ktaylor@gibbons.ca">ktaylor@gibbons.ca</a></p>	<p><b>Hours</b>  Monday, Wednesday,  Friday  Lunch</p>	<p><b>Comments</b></p>	
<b>GRANDE CACHE</b>			
<p><b>Food Bank</b>  Grande Cache Food Bank  (located opposite Woodlands Insurance Company)  Contact: Gail Moulun  Tel: 780 827 3880</p>	<p><b>Hours</b>  Tuesdays  1:00 pm - 3:00 pm</p>	<p><b>Comments</b></p>	
<p><b>Community Garden</b>  Helping Hands Community Garden  Box 1590, Grande Cache, AB, T1E 0V0  Contact: Robina Butler  Tel: (780) 827-5099  Fax: (780) 827-4787</p>	<p><b>Hours</b>  Monday - Wednesday  7:30am - 4:30pm</p>	<p><b>Comments</b>  Foods planted between May &amp; October.</p>	

**GRANDE PRAIRIE**

<b>Community Kitchen</b> Babies' Best Start Cooking Circle Grande Prairie Friendship Centre 10105-97 Ave Grande Prairie, AB T8V 0N5 Contact: Andrea Rosenberger Tel: (780) 513-2008 Fax: (780) 513-2199 <a href="mailto:babybest@telusplanet.net">babybest@telusplanet.net</a>	<b>Hours</b> Friendship Centre Hours Monday- Friday 8:30 am - 4:30 pm	<b>Comments</b> For clients of Babies' Best Start, Aboriginal Head Start and Pregnant & Parenting Teen Programs, or by agency referral. Cooking Circles are held once a month based on client need. September through June. Note: Clients of Pregnant and Parenting Teen Program can access onsite at: Pregnant and Parenting Teens Program Lions Learning Centre, 9625-Prairie Road Grande Prairie, AB, T8V 6G5 (780) 538-3854 (Tel), (780) 538-4751 (Fax)
<b>Food Bank</b> Salvation Army Family and Community Support Services 9615-102 St. Grande Prairie, AB Tel: 780-532-3720 Fax: 780-532-1960 <a href="mailto:gp.salvationarmy@gmail.com">gp.salvationarmy@gmail.com</a>	<b>Hours</b> Monday-Thursday 9:30 am -4:30 pm Friday 9:30 am -1:00 pm	<b>Comments</b> Phone to make an appointment. There may be a wait.
<b>Good Food Club</b> Babies' Best Start Fresh Food Bag Grande Prairie Friendship Centre 10105-97 Ave Grande Prairie, AB T8V 0N5 Contact: Andrea Rosenberger Tel: (780) 513-2008 Fax: (780) 513-2199 <a href="mailto:babybest@telusplanet.net">babybest@telusplanet.net</a>	<b>Hours</b> Friendship Centre Hours Monday- Friday 8:30 am - 4:30 pm	<b>Comments</b> For clients of Babies' Best Start, or Aboriginal Head Start and Pregnant & Parenting Teen Programs, or by agency referral. Fresh Food Bag is offered once a month based on client need. September through June.
<b>Community Meals</b> Salvation Army Family and Community Support Services 9615-102 St. Grande Prairie, AB Tel: 780-532-3720 Fax: 780-532-1960 <a href="mailto:gp.salvationarmy@gmail.com">gp.salvationarmy@gmail.com</a>	<b>Hours</b> Monday-Friday Breakfast – 9:00 am - 10:00 am Lunch – 11:30-12:30 Monday, Tuesday & Thursday, Supper 5:30 pm - 6:30 pm	<b>Comments</b>

<p><b>Community Meals</b> North Country Community Church 10008-100 Ave. Grande Prairie, AB T8V 0V3 Tel: (780) 532-0704</p>	<p><b>Hours</b> Sunday Supper: 2:00 pm</p>	<p><b>Comments</b></p>
<p><b>Community Meals</b> Friendship Centre 10105-97 Ave Grande Prairie, AB T8V 4L1 Tel: (780) 532-5722</p>	<p><b>Hours</b> Wednesday and Friday Supper – 5:00-7:00 PM</p>	<p><b>Comments</b></p>
<p><b>HANNA</b></p>		
<p><b>Food Bank</b> Hanna Food Bank Contact: Barb Bugermister (403) 854-2582 Box 1613, T0J 1P0 Location: Provincial Building</p>	<p><b>Hours</b> Wednesday 1:00 - 2:00 pm</p>	<p><b>Comments</b> Monetary donations from local community. Hours are flexible on an individual basis.</p>
<p><b>Grocery Delivery</b> Super A Foods Contact: (403) 854 -3711</p>	<p><b>Hours</b> 11:00 am, 2:00 pm, 4:00 pm</p>	<p><b>Comments</b> Free in town delivery; will pick groceries.</p>
<p><b>Canadian Prenatal Nutrition Program</b> Baby Steps For client intake/ program information contact: Hanna Community Health Centre: (403) 854-5236</p>	<p><b>Hours</b></p>	<p><b>Comments</b> Free monthly food coupons are offered to participants. Vitamins are provided free of charge. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Eligibility determined by intake assessment.</p>
<p><b>School Program</b> Project REACH Contact Program Coordinator: Misty Griffith (403)-857-9042 <a href="mailto:misty.griffuth@plrd.ab.ca">misty.griffuth@plrd.ab.ca</a> J.C. Charyk School, Hanna</p>	<p><b>Hours</b></p>	<p><b>Comments</b> Cooking Club teaching basic cooking skills and general nutrition Providing classes in various schools including Hanna, Delia, Morrin</p>
<p><b>Community Garden</b> <b>Contact:</b> Dawn Campbell (403)-854-2099 Location: Behind Hospital grounds</p>	<p><b>Hours</b></p>	<p><b>Comments</b> Rent plots in April (call anytime of the year to be put the list for plot rentals). Cost: small \$10.00, large \$15.00</p>

<b>HIGH LEVEL</b>			
<b>Food Bank</b> Native Friendship Centre 9803 100th Street High Level, AB, T0H 1Z0 Tel: 780-926-3355 Fax: 780-926-2038	<b>Hours</b> Monday, Wednesday, Friday 1:00pm - 3:00pm	<b>Comments</b>	
<b>Canadian Prenatal Nutrition Program</b> Native Friendship Centre 9803 100th Street High Level, AB, T0H 1Z0 Tel: 780-926-3355 Fax: 780-926-2038	<b>Hours</b>	<b>Comments</b>	
<b>Meals on Wheels</b> Northwest Health Centre 11202 100 Avenue High Level, AB Contact: Home Care Tel: 780-841-3231	<b>Hours</b> Monday - Friday Delivered at lunchtime	<b>Comments</b> Call Home Care to set up.	
<b>HIGH PRAIRIE</b>			
<b>Food Bank</b> High Prairie and District Food Bank Society 5115-50 Street High Prairie, AB, T0G 1E0 Tel: (780) 523-5777 Fax: (780) 523-2464 <a href="mailto:nohunger@telusplanet.net">nohunger@telusplanet.net</a>	<b>Hours</b> Monday - Friday 10am-12pm & 1pm-3pm	<b>Comments</b>	
<b>Canadian Prenatal Nutrition Program</b> Good Start Program 4620-53 <sup>rd</sup> Ave, High Prairie, AB, T0G 1E0 Contact: Jennie Kay, Coordinator Tel: (780)523-6459	<b>Hours</b> Monday-Wednesday 8:30-3:30	<b>Comments</b> Milk Coupons and free prenatal vitamins. Good Food Box – once per month. Healthy Choices Cooking workshop – 1-2 times per year. Community Garden.	

**HIGH RIVER**

<b>Food Bank</b> Salvation Army Foothills Church and Community Ministries High River Church 119-Center Street T1V 1M5 Contact: Nyree Bond or David Bond Tel: (403) 652 2195 press 2 for Food Bank	<b>Hours</b> Tuesday & Thursday 9:30 am-12:00 1:00 pm-3:30 pm	<b>Comments</b> Services High River, Blackie, Brant and surrounding areas. Provides hampers once per month for up to 3 months, then on a case by case basis. Available for drop-in, may pick up hamper on same day.
<b>Canadian Prenatal Nutrition Program</b> Healthy Moms, Healthy Babies Contact: Adele Tel: (403) 652-5463 Tel: (403) 652-5455 <a href="mailto:Adele.longland@albertahealthservices.ca">Adele.longland@albertahealthservices.ca</a>	<b>Hours</b> Monday-Thursday 8:00 am – 4:30 pm	<b>Comments</b> Free and confidential Prenatal admission only. Targeted for low-income, new immigrants, young mothers, mothers involved in substance use, and mothers with a poor support system. Provides education and nutrition support, which may include: Fresh food boxes (September to June) <ul style="list-style-type: none"><li>- Cooking circles</li><li>- Grocery Vouchers</li><li>- Prenatal Vitamins</li></ul>
<b>Good Food Box</b> Tel: (403) 649-6501 <a href="mailto:hrgoodfood@shaw.ca">hrgoodfood@shaw.ca</a>	<b>Hours</b>	<b>Comments</b> Offered small (20 lb), medium (30 lbs) or large (40 lbs) sized food boxes. Cost \$15:00 (Small), \$20.00 (Medium), \$25.00(Large)
<b>Meals on Wheels</b> Tel: (403) 652-2200	<b>Hours</b> Delivery of hot meal or cold meal Monday-Friday 12:00 noon - 12:30 pm	<b>Comments</b> For more information, call between 6:00 am - 7:30 pm Mon-Fri Delivery includes holidays. Cost \$7.00 - \$9.00 per meal
<b>Community Kitchen</b> High River Community Kitchen High River Full Gospel Church 1802 9 Avenue SE, High River, AB T1V 2A6 <a href="mailto:colleen.bigcook@telus.net">colleen.bigcook@telus.net</a>	<b>Hours</b> Monthly	<b>Comments</b> Open to High River residents and surrounding areas.

<b>HINTON</b>			
	<b>Food Bank</b> Hinton Food Bank – Hinton Centre 965 Switzer Drive Mail address: 247 Pembina Avenue, Hinton T7V 2B3 Contact: Kathy Rees Tel: (780) 865-3965 Tel: (780)865-6026	<b>Hours</b> Tuesday Evening 7:00 pm – 8:00 pm	<b>Comments</b>
<b>HOLDEN</b>			
	<b>School Program</b> Holden school Tel: (780) 688-3858	<b>Hours</b>	<b>Comments</b> Partially funded by Breakfast for Learning
<b>INNISFAIL</b>			
	<b>Canadian Prenatal Nutrition Program</b> Baby Steps For program information and client intake, contact: Rebecca Cox, Maternal Child Coordinator (403)356-6410 <a href="mailto:Rebecca.Cox@albertahealthservices.ca">Rebecca.Cox@albertahealthservices.ca</a>	<b>Hours</b>	<b>Comments</b> Serves: Lacombe, Ponoka, and Innisfail. Free monthly food coupons for milk, eggs, fruit, vegetables and peanut butter are offered to participants. Vitamins are provided free of charge. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Eligibility determined by intake assessment at each community health center.
	<b>Food Bank</b> Innisfail & Area Food Bank General Line: (403) 227-0600 Contact: Carol Sim (403) 227-3960 or Maureen Hempel (403) 227-1992 Box 6084, 5007 50 Street, T4G 1S7	<b>Hours</b> Tuesday 1 pm to 3 pm	<b>Comments</b> Clients are eligible for hampers once every 5 weeks. ID, health care card for all family members, proof of residency, and proof of income source is required to access services. Use alley entrance across from Innisfail 2020 Auto

<p><b>Community Garden</b>  Innisfail Community Gardens  Located near Dodd's Lake Manor  Contact: Davina Daly (403) 227-1141  Wayne McQuaid: (403) 227-5709</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Permanent garden site. Plots available for anyone to rent. However there is often a waiting list (recommend calling early in the year).  Cost: \$40 for 10 x 20 plot (\$25 returned if plot is maintained and cleaned).  \$25 for 10 x 10 (\$15 returned if plot is maintained and cleaned).  Focus on giving back to the community.  It is recommended that for each plot, one row planted for donation to the Food Bank. Any plots that are abandoned will be taken over by the garden club and produce is donated to the Food Bank.  Rent plots in April; Call anytime of the year to be put the list for plot rentals.</p>
<p><b>Meals on Wheels</b>  Contact: Wendy Busch  Tel: (403) 227-4578</p>	<p><b>Hours</b>  Hot supper meal plus a soup and sandwich for next day's lunch delivered Monday to Friday 4:30 to 5:30 pm</p>	<p><b>Comments</b>  Cost: \$12.00 per meal (includes both a hot evening meal and soup &amp; sandwich for the following day). Volunteer delivery service. Meals offered daily but may be taken at client's choice. Diet concerns, likes and dislikes taken into consideration. Prices subject to change.</p>
<p><b>Community Kitchen</b>  Innisfail United Church  Contact: Lorna Gaidica  Tel: (403) 227-3457  Email: Lgaidica@gmail.com</p>	<p><b>Hours</b>  4th Wednesday morning of each month</p>	<p><b>Comments</b>  Anyone is welcome to join. Members share cost of meals (approx \$8).</p>
<p><b>Community Garden</b>  Contact: Innisfail &amp; District Garden Club  Tel: (403) 227-6768  Contact: Historical Village  Tel: (403) 227-2906</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Joint project of the Historical Village and Innisfail Garden Club (seasonal operation). Garden planted in May by grade 1 students at a local elementary school and maintained over the summer by Village groundskeeper and Garden Club members. In the Fall, same students return to harvest.</p>
<p><b>Community Kitchen</b>  Children's Program  Community Services  Contact: Heather Dixon  Tel: (403) 227-7744</p>	<p><b>Hours</b>  After school programs</p>	<p><b>Comments</b>  Kids in the Kitchen: Children 7-10 yrs learn to use cooking utensils and cook easy meals. Next offered January 2013.  Little Chefs: Children 3-5 years old.</p>



<p><b>School Program - Parent Council</b> John Wilson Elementary School Tel: (403) 227-3292</p>	<p><b>Hours</b> Daily Mid-September to June</p>	<p><b>Comments</b> Universal breakfast program run by volunteers with financial support of grants and community donations. Each classroom receives a tray of food and students may help themselves. Items offered depends on funding available, but in previous years items have included toast, fruit, vegetables, and granola bars.</p>
<p><b>Grocery Delivery</b> Innisfail Co-op Tel: (403) 227-4888, ext. 136 or 127</p>	<p><b>Hours</b> Monday - Friday</p>	<p><b>Comments</b> This service is aimed at seniors with Co-op memberships. (Exceptions may be made for non-members who can pay exact cash). Must register over phone or in person and place order before 10:45 am for same day delivery. Orders must be a minimum of \$15. Free delivery for seniors, \$5 charge for non-seniors. Payment by cheque.</p>
<p><b>Transportation</b> Handi-bus Contact: Royal Canadian Legion Tel: (403) 227-3622</p>	<p><b>Hours</b> Mon – Fri 9-5 pm</p>	<p><b>Comments</b> Service available for seniors or those with disabilities only. Cost: Return trip to Red Deer \$35.00. \$3.00 each way within town. Additional \$1 charge per stop. If individuals need to be accompanied by a caregiver, caregiver rides for free. Call in advance to book rides as service operates on a first-come, first-serve basis.</p>
<b>IRRICANA</b>		
<p><b>Community Support Services</b> Irricana Family and Community Support Services Contact: Community Services Officer Cathy O'Donoghue Box 100, Irricana, AB T0M 1B0 Tel: (403) 935-4672 <a href="mailto:cathy.odonoghue@irricana.com">cathy.odonoghue@irricana.com</a></p>	<p><b>Hours</b></p>	<p><b>Comments</b> Provides resource and support services to members of the community. Offers recreational, cooking, and educational programs and workshops.</p>
<p><b>Food Bank</b> Irricana Food Bank Box 212, Irricana, AB T0M 1B0 Contact: Larry or Judy Adams Tel: (403) 935-4911</p>	<p><b>Hours</b></p>	<p><b>Comments</b> Areas of service include: Irricana, Kathryn and Keoma and Beiseker. Hampers are prepared by request only, run by volunteers.</p>

<b>JASPER</b>			
<p><b>Community Meals</b>            Community Dinner Program            Jasper Activity Centre            Contact: Patrick Mooney            Tel: 780-852-6542  <a href="mailto:pmooney@town.jasper.ab.ca">pmooney@town.jasper.ab.ca</a></p>	<p><b>Hours</b>            December to April            Sunday night            5:30-7:30 PM</p>	<p><b>Comments</b>            Great meal cooked by community groups.            Opportunity for socializing and a great meal.            By donation.</p>	
<p><b>Community Meals</b>            Community Outreach Services            627 Patricia Street            Contact: Patrick Mooney            Tel: 780-852-6542  <a href="mailto:pmooney@town.jasper.ab.ca">pmooney@town.jasper.ab.ca</a></p>	<p><b>Hours</b>            Monday to Friday            8:30 – 4:30</p>	<p><b>Comments</b>            Drop-in centre offering coffee, muffin/baked goods, bread, hot soup.            Emergency food packs.</p>	
<p><b>Canadian Prenatal Nutrition Program</b>            Women, Infants and Nutrition (WIN)            Jasper Community Health Centre            518 Robson Street            Contact: Janice Yeaman, Dietitian            Tel: (780) 852-4759 (For Appointment)            (780) 852-6633 (Direct Line)            Or (780) 852-6536 (Community Outreach)</p>	<p><b>Hours</b>            By appointment</p>	<p><b>Comments</b>            Support for pregnant women.            Free milk and fruit/vegetable coupons offered.</p>	
<p><b>Food Bank</b>            Jasper Food Bank            Anglican Church Basement            Geikie Street &amp; Miette Avenue (Corner)            Tel: 780-852-8800</p>	<p><b>Hours</b>            Thursdays            6-7pm for families            7pm sharp for individuals</p>	<p><b>Comments</b>            Emergency basis year round.            2 pieces of ID are required.</p>	
<b>KILLAM</b>			
<p><b>Community Kitchen</b>            CPNP CAPC            Teaching and Independent Parent (TIPS)            5005 50 St Killam, go into back alley            Contact: Kristin Matier            Tel: (780) 385 3937  <a href="mailto:kmazier@cafcl.org">kmazier@cafcl.org</a></p>	<p><b>Hours</b>            Once a month</p>	<p><b>Comments</b>            Available to TIPS clients only.            Milk, vegetables and fruit hamper for pregnant and nursing mothers if needed.            Also cooks with moms in home.</p>	

<b>KITSCOTY</b>			
	<b>Collective Kitchen</b> Contact: Suzette Dejong- Hanover Brighter Beginnings Tel: (780) 853 6633	<b>Hours</b>	<b>Comments</b> For Vermillion, Kitscoty and Clandonald
<b>LA CRETE</b>			
	<b>Food Bank</b> La Crete Support Services Box 586, La Crete, AB, T0H 2H0 Contact: Mary Driedger Tel: 780-928-3967	<b>Hours</b> Call for more information	<b>Comments</b>
<b>LAC LA BICHE</b>			
	<b>Food Bank</b> Waskayoo Community Food Bank Lac La Biche Canadian Friendship Centre 1004 104 Avenue Lac La Biche, AB T0A 2C0 Contact: Liz Tel: 780-623-3249 Fax: 780-623-1846	<b>Hours</b> Wednesday 10:30-12:00 1:00-3:30	<b>Comments</b>
	<b>Canadian Prenatal Nutrition Program</b> Healthy Babies Contact: Jeanine Kearns, Outreach Worker Tel: (780) 623-4471 Fax: (780) 623-2615 <a href="mailto:jeanine.kearns@aspenrha.ab.ca">jeanine.kearns@aspenrha.ab.ca</a>	<b>Hours</b> Call during office hours, 8:30 to 4:30, Mon to Fri	<b>Comments</b> Serve Lac La Biche and area, Buffalo Lake Settlement and Kikino Settlement.
<b>LACOMBE</b>			
	<b>Food Bank</b> Lacombe Community Food Bank & Clothing Centre 5225 53 Street, T4L 1H8 Contact: Millie Snow Tel: (403) 782-6777	<b>Hours</b> Tues 1-4pm Wed 1-4 pm Thurs 6-8pm Fri 1-3pm	<b>Comments</b> Provides food hampers, bread and produce to those in need. Must bring ID and financial information to register. Must be from Lacombe area to be eligible. Must bring children's health care cards. Limit of one food hamper/month. Bread, dairy and produce can be accessed daily.

<p><b>Meals on Wheels</b>  Contact: Lorea Willington or Ruth Riffin  (403) 782-6637</p>	<p><b>Hours</b>  Monday-Friday  12:00 to 1:00 pm Delivery  Frozen meals – once per month (usually 3rd Thursday)</p>	<p><b>Comments</b>  Cost: \$8.50 per meal. Must phone to register and order a day in advance.  Lunch delivery is 12 pm to 1 pm. Also provides frozen meals once/month at \$5.50 - \$7.50/entrée. Soup and desserts can also be ordered at an extra cost of \$2.75 for soup and various costs for dessert. Some special diet products are available.</p>
<p><b>Community Garden</b>  Grow Your Own Community Garden  Contact: Donnie Tafts  Tel: (403) 782-6637  dtafts@lacmobefcss.net</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Open to anyone. There are 20 plots (20 x 10) available for rent at \$25/season. Water is provided.</p>
<p><b>Community Kitchen</b>  Contact: Donnie Tafts  Tel: (403) 782-6637  dtafts@lacmobefcss.net</p>	<p><b>Hours</b>  Meeting time varies</p>	<p><b>Comments</b>  For more information contact Lacombe FCSS.</p>
<p><b>Good Food Box</b>  Good Food Box  Contact: Donnie Tafts  Tel: (403) 782-6637  dtafts@lacmobefcss.net</p>	<p><b>Hours</b>  Twice per month  (The 2nd and 4th Tuesday of each month)</p>	<p><b>Comments</b>  Provides a variety of fresh vegetables and fruit.  Large bins (recommended for families) \$20.  Small bins (recommended for single person households) \$10.</p>
<p><b>Community Meals</b>  Community Suppers FCSS  Backyard Friends Community Supper  Lacombe Memorial Centre  Neighbourhood Place (403) 782-0886  Contact: Donnie Tafts  Tel: (403) 782-6637  Email: dtafts@lacombefcss.net</p>	<p><b>Hours</b>  Held monthly (except December) (usually 3rd Wednesday at 5:30 pm)</p>	<p><b>Comments</b>  Open to everyone.  Cost: By cash donation at the door.  Healthy meal served using in season, locally grown/produced foods and raises awareness of food security issues.</p>
<p><b>Circle of Friends Community Supper</b>  Bethel Christian Reformed Church  5704 51st Avenue  Tel: (403) 782-6400</p>	<p><b>Hours</b>  Thursday Evening</p>	<p><b>Comments</b>  Free meal provided every Thursday evening</p>

<p><b>Church of the Nazarene Community Supper</b> 4930 Woodland Drive Tel: (403) 782-6770</p>	<p><b>Hours</b> Thursday Evening</p>	<p><b>Comments</b> Free meal provided every Thursday evening</p>
<p><b>Canadian Prenatal Nutrition Program</b> Baby Steps For client intake contact: Lacombe Community Health Centre Tel: (403) 782-3218 For program information contact: Rebecca Cox Tel: (403) 356-6410 Email: rebecca.cox@albertahealthservices.ca</p>	<p><b>Hours</b></p>	<p><b>Comments</b> Serves: Lacombe and county. Free monthly food coupons for milk, eggs, fruit, vegetables, peanut butter, whole wheat bread and canned tuna or salmon are offered. Vitamin/mineral supplements are provided free of charge. It also offers education on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding, and infant development and assists women to access community resources for practical and personal support. Eligibility determined by intake assessment.</p>
<p><b>Transportation</b> Lacombe Handi-van Tel: (403) 872-1552</p>	<p><b>Hours</b> Monday-Friday 7 am – 4 pm</p>	<p><b>Comments</b> Service provided for seniors, those with disabilities and/or low income individuals. A local round trip costs \$8.00, or \$5 one way. A round trip to Red Deer is \$20. Call to make reservations (24 hours notice is recommended). An aide is required to assist clients in wheelchairs.</p>
<p><b>Bulk Food Club</b> Contact: Carolyn Cave Tel: (403) 782-7365 www.bulkfoods@nucleus.com</p>	<p><b>Hours</b></p>	<p><b>Comments</b> Membership is free. Orders with bulk food suppliers 3 times per year. Regular yogurt order and eggs from local egg producer every 2 weeks. Occasional beef ordering. No minimum order is required. Goods are expected to be paid for in full when they are picked up. In the case of the dried goods orders, a deposit of 75% is required at the time of ordering</p>
<p><b>Stepping Stones</b> Box 5392 Lacombe, AB Tel: (403) 755-7825 steppingstones@wolfcreekyfc.com www.wolfcreekyfc.com</p>	<p><b>Hours</b></p>	<p><b>Comments</b> A non-profit program providing support to pregnant and parenting youth in the Lacombe area. They offer drop in discussion groups, a community kitchen, parenting and life skills, labour and birth support, mentoring and community connections.</p>

<b>LAMONT</b>			
	<b>Emergency Meals</b> Lamont FCSS Tel: (780) 895 7751	<b>Hours</b> Monday – Friday 8:30- 4:00 pm	<b>Comments</b>
<b>LANGDON</b>			
	<b>Emergency Meals</b> South East Rocky View Family and Community Support Services 105 Marina Road, Chestermere, AB T1X 1V7 Tel: (403) 207-7060 Fax: (403) 569-0512 <a href="http://www.cscommunitycurrents.com">www.cscommunitycurrents.com</a>	<b>Hours</b> Monday to Friday 9:00 am – 4:00 pm	<b>Comments</b> Emergency Food Pack available.
	<b>Food Bank</b> South East Rocky View Food Bank Tel: (403) 934-7138	<b>Hours</b> Call to make an appointment	<b>Comments</b> Areas of service: Langdon, Indus, Shepard, Janet, Dalemead. Pick up will be arranged with client once request to food bank has been made (usually within 24 hours after request has been made). Can access food bank up to 6 times per year.
<b>LEDUC</b>			
	<b>Meals on Wheels FCSS</b> Leduc Family and Community Support Services Call (780) 980-7109 before 10:00 am for same-day delivery	<b>Hours</b>	<b>Comments</b> Meals delivered in city of Leduc city limits only. Delivery Monday-Friday except stat holidays. Meals on Wheels' customers are billed monthly at a rate of \$9.00 per meal . Clients must order a minimum of 2 meals per week.
	<b>Canadian Prenatal Nutrition Program</b> Health for Two Program Contact: Michelle Teghtmeyer (Regional Coordinator) Ph: 780-735-3008 Fax: 780-735-4203 <a href="mailto:michelle.teghtmeyer@albertahealthservices.ca">Email: michelle.teghtmeyer@albertahealthservices.ca</a>	<b>Hours</b>	<b>Comments</b> Free prenatal information, nutrition assistance including food (usually milk) vouchers. Eligibility: Pregnant women who are living on a tight budget, trying to improve their nutrition and health, feeling alone and overwhelmed, feeling too young/old to have a baby, wanting to learn more about pregnancy, childbirth and life with a new baby, wanting to meet other women who are pregnant, and women who are newcomers to Canada.  Offers referral services, coupons to redeem for milk, prenatal vitamin supplements, information on pregnancy and baby's development in the first year. Public Health Agency of Canada program to support and improve the health, nutrition and well-being of pregnant women who are facing social or economic challenges. Public Health Centers have info about how to join Health for Two.

<p><b>Food Bank</b>  Leduc and District Food Bank  Physical Address: 4810 49 Avenue, Leduc, AB  Mailing address: Box 5008  Leduc AB T9 E 6L5  Contact: 780-986-5333  Fax: 780-986-4803  Email: <a href="mailto:leducfb@telus.net">leducfb@telus.net</a>  Web Site:  <a href="http://www.leducfoodbank.ca/">http://www.leducfoodbank.ca/</a></p>	<p><b>Hours</b>  Monday, Wednesday,  Friday  9:00 am – 4:00 pm  By appointment</p>	<p><b>Comments</b>  Serves Leduc, Beaumont, Calmar, Devon, Leduc County, New Serepta, Thorsby, Warburg.  Proof of residence (e.g. utility bill) and identification for all people in the household.  By appointment; clients may access hampers once per month.  Hampers provide enough food for about 7 -15 days.  Provides formula, jars of infant food, cereal, cookies, diapers.  Accessing baby formula depends on individual needs.  Quantity of infant food provided based on supply.  Special formula may be provided based on availability.  No referral needed.  Donations are relied on to stock inventory.</p>
<p><b>Good Food Club</b>  WeCan Food Basket Society  5825 – 93A Avenue  Edmonton AB T6B 0X1  Contact: 780-413-4525  Fax: 780-442-2625  <a href="http://www.wecanfood.com">www.wecanfood.com</a>  Depot in Leduc: St. David's United Church  4614 48 St., Leduc</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Groceries purchased in bulk from wholesale at 25% savings.  \$5.00 annual membership fee.  \$25.00 order includes: 3 kinds of meat; 3 kinds each of fresh vegetables and fruit.  Meat order costs: \$15.00; Vegetable and fruit order costs: \$10.00.  Orders must be paid for by first Friday of the month and are picked up from Depot on the first Thursday or Friday of the month, check website for more details.  Check web page for location of depots or phone WeCan.  May purchase up to 3 orders. Unclaimed food is sold at closing time as there is no storage.  Depots located in Edmonton, Wetaskiwin, Leduc, Sherwood Park, Spruce Grove; Stony Plain, St. Albert.  WeCan Food Basket Society is a not-for-profit organization dedicated to providing affordable food to community members</p>
<b>LETHBRIDGE</b>		
<p><b>Community Kitchen</b>  Community Kitchen Interfaith Food Bank  1116 3 Avenue North  Phone: 403-320-8183  Fax: 403-328-0521  <a href="mailto:commkit@telus.net">commkit@telus.net</a>  <a href="http://www.famcentre.ca/kitchen.htm">www.famcentre.ca/kitchen.htm</a></p>	<p><b>Hours</b>  Monday – Friday  9:30 am – 11:30 am &amp;  1:30pm – 3:30 pm</p>	<p><b>Comments</b>  Free</p>

<p><b>Community Support Agriculture</b>  Noble Gardens  PO Box 7  Nobleford, AB  403-393-2059  www.noblegardenscsa.com</p>	<p><b>Hours</b>  Monday 4:30 - 6:30 pm</p>	<p><b>Comments</b>  \$700.00 for a full share  \$350.00 for a half share  Seasonal: June - October</p>
<p><b>Community Garden</b>  Grow it Community Garden Association  2404 41 Street North  #204 905 1 Avenue South Suite 174  Lethbridge, AB T1J 4M7  Phone: 403-328-2761(contact Eunice)  or call the City of Lethbridge</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  94 plots of various sizes ranging from 250 square feet to 1200 square feet.  \$5 registration fee.  \$0.07 cents per square foot to rent.  Volunteer Coordinator: Wayne Schellhorn.</p>
<p><b>Community Meals</b>  Lethbridge Soup Kitchen Association  802 2nd Avenue A North  Lethbridge, AB T1H 0E6  Phone: 403-320-8688</p>	<p><b>Hours</b>  Monday – Saturday  8:30 am -3:00 pm  Noon Meal served:  Monday – Saturday  12:00 pm – 1:00 pm</p>	<p><b>Comments</b>  Open all holidays except on Christmas.</p>
<p><b>Community Meals</b>  Lethbridge Shelter and Resource Center  802 2A Avenue North  Lethbridge, AB T1H 0C9  Phone: 403-327-1031  Fax: 403-327-1049</p>	<p><b>Hours</b>  Evening Meal @ 7:00 pm  Resource Center open  Monday - Friday  Shelter hours 24/7  Lunch at soup kitchen</p>	<p><b>Comments</b>  Evening meal restricted to those in the shelter.  Free coffee and tea in the morning.</p>
<p><b>Community Meals</b>  Wood's Homes  312 3 Street South  Lethbridge, AB T1J 1Y9  Phone: 403-317-1777  Fax: 403-381-1287  <a href="mailto:lethbridgehomeconnections@woodshomes.ca">lethbridgehomeconnections@woodshomes.ca</a>  <a href="http://www.woodshomes.ca">www.woodshomes.ca</a></p>	<p><b>Hours</b>  Office hours  Monday – Friday  8:30 am – 4:30 pm   Shelter hours  5:00 pm-8:30 pm</p>	<p><b>Comments</b>  Provides 3 meals per day for youth staying at the shelter.  For young people (ages 12-18) and their families.</p>



<p><b>Emergency Meals</b>  The Salvation Army Community and Family Services  1811 2 Avenue South  Lethbridge, AB T1J 0E8  Phone: 403-327-8084  Fax: 403-328-2098  <a href="http://www.ab.salvationarmy.ca">www.ab.salvationarmy.ca</a></p>	<p><b>Hours</b>  Monday – Friday  9:00 am – 4:00 pm</p>	<p><b>Comments</b>  Emergency services for food.  Christmas hamper program.  Must have identification for services including proof of address, income and ID for each person in the household.  Provide clothing, furniture and household items (with proof stated above)  Send kids to camp, provide counselling</p>
<p><b>Food Bank</b>  Interfaith Food Bank  1103 3 Avenue North  Lethbridge, AB T1H 0H7  Phone: 403-320-8779  Fax: 403-328-0521  Email: <a href="mailto:info@interfaithfoodbank.ca">info@interfaithfoodbank.ca</a>  <a href="http://www.interfaithfoodbank.ca/">www.interfaithfoodbank.ca/</a></p>	<p><b>Hours</b>  Monday – Thursday  9:30 am – 11:45 am &amp;  1:00 pm -3:30 pm  Friday 9:30 am –  11:45 am ONLY  Administration  Monday –Friday  8:00 am – 4:00 pm</p>	<p><b>Comments</b>  Supply monthly hampers, daily food supplements, baby bundles, diabetic bundles, daily bread and miscellaneous food items as required</p>
<p><b>Food Bank</b>  Lethbridge Food Bank Society  1016 2 Avenue South  Lethbridge, AB T1J 0C9  Phone: 403-320-1879  Fax: 403-317-2995  <a href="http://www.lethbridgefoodbank.ca/">www.lethbridgefoodbank.ca/</a></p>	<p><b>Hours</b>  Hampers  Monday  12:00 pm - 5:30 pm  Tuesday, Thursday and  Friday  10:00 am – 12:00 pm &amp;  1:00 pm - 3:30 pm  Wednesday  10:00 am – 12:00 pm &amp;  CLOSED Wednesday  Afternoon</p>	<p><b>Comments</b>  Supplement hampers available daily.  Hampers are available once per month  Must have ID, proof of address and income  Closed on holidays.  Donations: Monday – Friday 8:00 am – 4:00 pm</p>
<p><b>Food Bank</b>  Students Association of Lethbridge College  3000 College Drive South  Lethbridge, AB T1K 1L6  Phone: 403-320-3373  Fax: 403-380-3483  <a href="http://www.mylcsa.com">www.mylcsa.com</a></p>	<p><b>Hours</b>  During the school year  Monday – Friday  8:30 am – 4:00 pm   Hours change in  the summer</p>	<p><b>Comments</b>  Health and dental available for current f/t (12 credit hrs.)  students enrolled in classes at the college.  Hampers can be accessed once a month and provide an emergency supply of one week worth of food.  Hampers are adjusted according to family size.</p>

<p><b>Food Bank</b>  University of Lethbridge Student's Union  Food Bank  SU 180 4401 University Drive  Lethbridge, AB T1K 3M4  Phone: 403-329-2222  Fax: 403-329-2224  <a href="mailto:food.bank@uleth.ca">food.bank@uleth.ca</a></p>	<p><b>Hours</b>  Monday – Friday  8:30am – 4:30pm</p>	<p><b>Comments</b>  Available to University of Lethbridge students.  Must give at least 24 hours notice to receive a hamper.</p>
<p><b>Community Support Services</b>  McMan Youth, Family and Community  Services Association  #204 515 7 St. S, Lethbridge, AB T1J 2G8   Contact: director- Marg Fisher 328-2488 ext229  Jerrold Visser 328-2488 ext. 240   Tel: (403)328-2488  Fax: (403)328-2645  Email address:  <a href="mailto:lethbridge@mcman.ca">lethbridge@mcman.ca</a></p>	<p><b>Hours</b>  Monday to Friday  8:30 am – 4:30 pm</p>	<p><b>Comments</b>  Professional Parented Home through Placement Committee  Parkside Group Home (ages 11-17) through Placement Committee  FASD Lifespan: life coaches, transition worker (works with 18-24yr olds), outreach worker (for families), mobile outreach worker (addictions)   Referral Mechanism:  Southwest Alberta Child and Family Service Authority or contact us directly.  24 hour answering service.</p>
<p><b>Community Meals</b>  Lethbridge Soup Kitchen Association  802 2nd Avenue A North  Lethbridge, AB T1H 0E6  Phone: (403) 320-8688</p>	<p><b>Hours</b>  Monday to Saturday  8:30 am – 3:00 pm  Noon meal served:  Monday to Saturday  12:00 noon – 1:00 pm</p>	<p><b>Comments</b>  Open all holidays except Christmas.</p>
<p><b>Meals on Wheels</b>  Lethbridge Society for Meals on Wheels  Pemmican Lodge  102 5 Avenue South  Lethbridge, AB T1J 0S9  Phone: 403-327-7990  Fax: 403-327-7946  <a href="mailto:mowlethbridge@shaw.ca">mowlethbridge@shaw.ca</a>  <a href="http://www.mealsonwheelslethbridge.ca">www.mealsonwheelslethbridge.ca</a></p>	<p><b>Hours</b>  Monday – Friday  8:30 am – 4:00pm  Deliver meals  11:00 am -12:30 pm</p>	<p><b>Comments</b>  Deliver 5 days a week and on statutory holidays that fall on weekdays.  Always deliver on Christmas.  24 hours answering service.  Delivered by volunteers.  Must live in Lethbridge.</p>

**LLOYDMINSTER**

<b>Collective Kitchen</b> Midwest Food Resources #201 5001 50 Ave, Lloydminster, AB/SK S9V 0P6 Contact: Debbie Bonson Tel: (306)825-2606 lloydminster.mwfp@sasktel.net www.midwestfoodresources.com	<b>Hours</b> Based on community need	<b>Comments</b> Minimum of \$2.00 per family member Meets monthly Prepare several meals to take home
<b>Fresh Food Box</b> Midwest Food Resources #201 5001 50 Ave, Lloydminster, AB/SK S9V 0P6 Contact: Laura or Debbie Tel: (306)825-2606 lloydminster.mwfp@sasktel.net www.midwestfoodresources.com	<b>Hours</b> Based on community need Call: 306-825-2606	<b>Comments</b> \$10.00 fruit box, \$10.00 mixed box or \$15.00 mixed box available Once a month - pick up is the last Thursday of the month by noon. Orders to be submitted the 3rd Thursday of the month by 4pm. December dates may vary. Seeking volunteers for fundraising and as board members
<b>Kids in the Kitchen</b> Midwest Food Resources #201 5001 50 Ave, Lloydminster, AB/SK S9V 0P6 Contact: Debbie Bonson Tel: (306) 825-2606 lloydminster.mwfp@sasktel.net www.midwestfoodresources.com	<b>Hours</b> Based on community need	<b>Comments</b> \$2.00 per family member or cost covered by school 7 weeks - meets weekly Prepare 1 meal each week to take home Partnership with Day Homes and Lloydminster Public Schools
<b>Team Building Through Cooking</b> Midwest Food Resources #201 5001 50 Ave, Lloydminster, AB/SK S9V 0P6 Contact: Debbie Bonson Tel: (306)825-2606 lloydminster.mwfp@sasktel.net www.midwestfoodresources.com	<b>Hours</b>	<b>Comments</b> Two day workshop Dates - To Be Determined. Based on Request.
<b>Food Bank</b> Lloydminster Native Friendship Center 4602 49 Avenue Lloydminster, AB S9V 1K5 Contact: Bonnie Start Tel: (306) 825-6558 or 825-6567 Fax: (306) 825-6565	<b>Hours</b> Monday to Thursday 9am - 12pm and 1pm - 5pm Wednesdays open through lunch Friday 9am - 12pm and 1pm - 4:30pm	<b>Comments</b> September to May: Soup and Bannock lunch on Wednesdays - free for those needed Donations greatly appreciated.

<p><b>Community Meals</b>  Salvation Army Food Bank (Thrift Store)  4616 49 Avenue, Box 1043, Lloydminster S9V 1E9  Contact: Shannon  Tel: (306) 825-4840</p>	<p><b>Hours</b>  2:00pm - 4:00pm</p>	<p><b>Comments</b>  Any perishable food is handed out daily, six days a week.  Food hampers available 4 days a week</p>
<p><b>Community Garden</b>  Bud Miller Leisure Center  2902 59 Ave. Lloydminster  Tel: (780) 875-4497</p>	<p><b>Hours</b>  Seasonal May to Oct  7 am -11pm</p>	<p><b>Comments</b>  Registration first Wednesday of May  785 square feet for \$60.00 per year.  Need to attend in person to sign an agreement.  To carry in own water.</p>
<b>MAGRATH</b>		
<p><b>Meals on Wheels</b>  Meals on Wheels  Phone: 403-758-6363  Fax: 403-758-6333  <a href="mailto:ryan@magrath.ca">ryan@magrath.ca</a></p>	<p><b>Hours</b>  Monday – Friday  9:00 am – 6:00 pm</p>	<p><b>Comments</b>  Approximately \$6-\$7/meal.  Restricted to Magrath residents.  Delivered by volunteers.</p>
<b>MANNING</b>		
<p><b>Farmers Market</b>  Manning Farmers Market  Royal Canadian Legion  4th Avenue South West, Manning, AB  Contact: Dwight Thomson  Tel: 780-836-4095  Fax: 780-836-3657</p>	<p><b>Hours</b>  Fridays, 10am - 1pm  May - Mid-October  Also in December  Dates may vary</p>	<p><b>Comments</b></p>
<p><b>Meals on Wheels</b>  Manning Meals on Wheels Program  Box 1260, Manning, AB, T2H 2M0  Contact: Mona Salzl  Tel: 780-836-7404  <a href="mailto:mona.salzl@albertahealthservices.ca">mona.salzl@albertahealthservices.ca</a></p>	<p><b>Hours</b>  Served and picked up  between 11:30am - 12:15pm.</p>	<p><b>Comments</b>  Lunch meal only is provided.  Meal consists of soup, salad, hot entrée, potato/alternate and vegetable.  Food is delivered by volunteers Monday - Friday.  Meals are \$8 each and are billed at the end of each month.  Note: Days per week may change depending on volunteer drivers. For example  if a driver is only available on Wednesday, this will be the only meal sent.</p>
<b>MANNVILLE</b>		
<p><b>Food Bank</b>  McQueen Memorial United Church  5048 49 St. Mannville  Contact: Susan Jackson at (780) 763-2432  or Jim Storch at (780)763-2130</p>	<p><b>Hours</b>  Call for hours</p>	<p><b>Comments</b>  Deliveries can be arranged.</p>

**MAYERTHORPE**

<b>Food Bank</b>	<b>Hours</b>	<b>Comments</b>
Mayerthorpe & Area Food Bank PO Box 1436 Mayerthorpe, AB, T0E 1N0 Tel: 780-282-1211	Monday 9am-12pm: Call in for hamper Tuesday 10am-11:30am: Pick up hamper	
<b>Meals on Wheels</b>	<b>Hours</b>	<b>Comments</b>
Mayerthorpe Meals on Wheels Box 643, Mayerthorpe, AB Contact: Dorothy Hodakinson Tel: 780-786-2171	Monday to Friday at 12pm	\$5/day Volunteer drivers. Meals delivered around 12:00 pm.

**MEDICINE HAT**

<b>Community Support Services</b>	<b>Hours</b>	<b>Comments</b>
Community Food Connections Association 2948 Dunmore Road S.E., Medicine Hat, AB T1A 8E3 Contact: Ann Pudwell, Chair & AHS Health Promotion Facilitator. Tenille Ziegenhagel, CFCA Coordinator Tel: (403) 502-8302 Fax: (403) 528-2250 <a href="http://www.foodconnections.ca/">www.foodconnections.ca/</a>	Monday to Friday 8:00 am – 4:30 pm	Non-profit Society sponsors Community Kitchens, Community Gardens, Good Food Club and Food Charter Initiative
<b>Community Gardens</b>	<b>Hours</b>	<b>Comments</b>
Community Food Connections Association 2948 Dunmore Road S.E., Medicine Hat, AB T1A 8E3 Contact: Rita Aman, Garden Coordinator & AHS Health Promotion Facilitator Tel: (403)502-8224 Cell: (403)502-6096 <a href="http://www.foodconnections.ca/">www.foodconnections.ca/</a>	Monday to Friday 8:30 – 4:30 pm.	Gardens currently located in Medicine Hat (Dunmore Road and Kipling Avenue) and Redcliff. Membership is open to the public on first come - first served basis.

<p><b>Food Buying Clubs</b>  Community Food Connections Association  Good Food Club  2948 Dunmore Road S.E.  Medicine Hat, AB T1A 8E3  Contact: Tenille Ziegenhagel, Coordinator  Phone: (403) 502-6096 (Cell)  Email address: info@foodconnections.ca  <a href="mailto:communityfoodconnections@gmail.com">communityfoodconnections@gmail.com</a>  <a href="http://www.foodconnections.ca/">www.foodconnections.ca/</a></p>	<p><b>Hours</b>  Monday to Friday  12:00 noon – 4:00 pm</p>	<p><b>Comments</b>  Each month the club offers a box of fresh fruit and vegetables for purchase at wholesale prices.  Annual membership fee applies, discounted membership fees offered to volunteers.  Membership is open to the public - no means test  Food box available for pick-up every 2<sup>nd</sup> Tuesday of each month.  Donates left over food to charity.  Volunteer opportunity.  Pick up locations: Hill Crest Church and numerous satellite locations in MH &amp; Redcliff</p>
<p><b>Food Banks</b>  Medicine Hat Food Bank  532 South Railway St S.E.,  Medicine Hat T1A 2V6  Contact: (403) 528-4313 (Tel) (403) 528-4381 (Fax)  Client assistance (403) 528-4566  <a href="http://www.mhfoodbank.com/">www.mhfoodbank.com/</a></p>	<p><b>Hours</b>  Monday to Friday  Office Hours:  8:30 am – 4:30 pm  Client Service  1:00 pm – 3:30 pm</p>	<p><b>Comments</b>  Services are provided to individuals in need in Medicine Hat &amp; Cypress County.  Tuesday and Thursday - Healthy Bundles Baby Program - fresh produce, milk, formula  Various food programs: food hampers, school emergency snack, food gleaning, grocery basket program (fresh produce, etc. as available)</p>
<p><b>Community Meals</b>  Champion's Centre  435 N. Railway St SE, Medicine Hat, T1A 2Z3  Contact: Bryana-Christine  Tel: (403) 504-0342  <a href="mailto:mhchamps@telus.net">mhchamps@telus.net</a></p>	<p><b>Hours</b>  Monday to Friday  7:30 a.m. – 3:30 p.m.</p>	<p><b>Comments</b>  Hot Lunch program offered Saturdays at Champion's Centre (1:00 p.m.) Sundays at St. Barnabus Church (2:00 p.m.). Offered to anyone in need.  Free breakfast offered Monday - Friday ( 8:00 – 11 a.m.) Offered to homeless individuals. Closed on statutory holidays</p>
<p><b>Prenatal &amp; Postnatal Nutrition Program</b>  Best Babies Canada Prenatal Nutrition Program  C/O BRIDGES Family Programs  477 3<sup>rd</sup> St. SE, Medicine Hat, AB T1A 0G8  <a href="http://www.bridgesfamilyprogram.com">www.bridgesfamilyprogram.com</a>  Contact: Kari Degethoff; Adele Bai  Tel: (403) 526-7473  Fax: (403) 504-2459</p>	<p><b>Hours</b>  Monday to Friday  8:30 a.m. – 4:30 p.m.  closed 12:00 pm -1:00 pm</p>	<p><b>Comments</b>  Home-based services for pregnant or breastfeeding women, up to 6 months post partum  Meet minimum criteria to qualify, limited enrollment space; monthly support until 6 months post-partum.  Provide food supplements, nutrition counseling by RD, social worker support.  Referrals taken most days - call for appointment preferred .  Regional Program (services Bow Island. Oyen, Medicine Hat, and Brooks).  Connect to other community programs - Building Blocks, BRIDGES, etc.</p>

<p><b>Community Meals</b>  CORE Association  412 3<sup>rd</sup> St. SE  Medicine Hat, AB T1A 0H1  Ph. (403) 527-3302  <a href="http://www.coremain.net">www.coremain.net</a></p>	<p><b>Hours</b>  Monday to Friday  8:30 – 4:30 pm.</p>	<p><b>Comments</b>  Hot Meal Program is offered Monday to Friday from 5 – 6 p.m. at the CORE association location (Salvation Army provides food and volunteers prepare food) .  Services are open to the needy, no charge .  Community Catering Services for luncheons, snack items. 24 hrs notice, pick up.  Place order online.</p>
<p><b>Community Meals</b>  Salvation Army -  Family Support Centre  737 8<sup>th</sup> Street SE  Medicine Hat, AB  Tel: (403) 526-9699</p>	<p><b>Hours</b>  Daily 6:30 pm - 6:30 am</p>	<p><b>Comments</b>  Provides breads and pastries on a daily basis &amp; supports hot lunch on Sat. at CORE. Open to the public.  Christmas Food Hamper is provided to anyone in need.  Emergency Food Hamper is provided to anyone in need.  Documentation, re: income and expenses required.</p>
<p><b>Meals on Wheels</b>  Medicine Hat Veiner Centre  225 Woodman Avenue SE  Medicine Hat, AB  Contact: Marilyn Heckbert  (403) 529-8383  <a href="http://www.medicinehat.ca/veinercentre">www.medicinehat.ca/veinercentre</a></p>	<p><b>Hours</b>  Monday to Friday  9:00 – 4:00 pm</p>	<p><b>Comments</b>  Cafeteria serves hot lunch Mon-Fri at reasonable prices.  Meals on Wheels program (delivered up to 5 times per week) by volunteers.  Available to anyone who cannot cook for themselves due to age, disability, etc.  Wheels to Meals (2<sup>nd</sup> &amp; 4<sup>th</sup> Fridays each month)</p>
<p><b>International Food Aide</b>  Prairie Gleaners Society  11 502 Range Road 63  Cypress County  Alberta, Canada  Phone/Fax: (403) 529-9673  <a href="mailto:info@prairiegleaners.com">info@prairiegleaners.com</a>  <a href="http://www.prairiegleaners.com/contact.htm">www.prairiegleaners.com/contact.htm</a></p>	<p><b>Hours</b>  Wednesday - Saturday  8:30 am - 12:00 pm</p>	<p><b>Comments</b>  Dehydrates fresh vegetables from local farmers, stores, etc. and packages to create dehydrated soup mixes.  Ships international food aide to various countries, Haiti in particular.  Registered Charity.  Volunteer Opportunities .</p>
<p><b>Community Support</b>  Medicine Hat Pregnancy &amp; Family Support Centre  554-3rd Street SE, Medicine Hat, AB  T1A 0H2  Ph. (403) 504-8560  <a href="http://nonprofit.memlane.com/mhps/">http://nonprofit.memlane.com/mhps/</a></p>	<p><b>Hours</b>  Mon- Friday  10:00 am. - 3:00 pm</p>	<p><b>Comments</b>  Baby supplies, emergency formula, diapers  Social support, crisis pregnancy counselling and tests, community referral;  Open to public</p>

<p><b>Community Meals</b> College Food Program Gordon Memorial United Church 401-2nd Street SE, Redcliff, AB TOJ 2P) Ph. (403) 5348-7110</p>	<p><b>Hours</b> Mon, Tue, Thursday 9:30-11:30 am.</p>	<p><b>Comments</b> Supports Campus Care food program for college students</p>
<p><b>Community Supports</b> The Dream Centre 1714 Saamis Drive NW Medicine Hat, AB T1C 1W7 <a href="http://www.thedreamcentre.com">www.thedreamcentre.com</a> PH. (403) 527-9917</p>	<p><b>Hours</b> Mon &amp; Tue 9:00 am-9:00 pm Wed. 9:00-6:00 pm Thurs - 9:00 to 6:00 Friday 9:00 t- 4:00 pm. . Sat. closed;. Sun. 9 am -1:pm</p>	<p><b>Comments</b> Call for services to public; free coffee bar, internet and laundry, showers but not on Sunday. Food run - deliver bread and various food stuffs to individuals in need Food run every 6- 8 weeks, call centre to be placed on delivery list Sunday pancake breakfast 9 - 10, free Sunday supper and ministry for migrant worker Mennonite Group-no prior registration needed.</p>
<b>MORINVILLE</b>		
<p><b>Food Bank</b> Morinville Food Bank 9922 101 St Morinville AB Contact: 780-939-2636</p>	<p><b>Hours</b> Tuesday and Wednesday 1:30 pm – 2:30 pm Messages checked regularly</p>	<p><b>Comments</b> Emergency supplies may be requested. Referrals and Pick up times must be made through the Morinville Food Bank. Orders can be picked up only on Tuesdays or Wednesdays at your scheduled time. 9922-101 St., Morinville. No drop-ins will be accepted</p>
<p><b>Community Kitchen</b> Families First Society/Parent Link Center 10302A-99 Ave Fort Saskatchewan, Alberta Phone: 780-998-5595 ext 221 e-mail: familiesfirstsociety.ca</p>	<p><b>Hours</b></p>	<p><b>Comments</b> Creative Kitchen program available.</p>
<p><b>Meals on Wheels</b> Heritage Place Lodge 10015 101 Avenue Morinville, Alberta T8R 1N2 Contact: Stacy Phone: 780-939-3212 Fax: 780-939-5542</p>	<p><b>Hours</b> Monday – Friday (no stat holidays)</p>	<p><b>Comments</b> Volunteers deliver meals for a small cost. Phone for more information</p>
<b>MUNDARE</b>		
<p><b>Community Garden</b> Mundare Main Street Contact: Pamela Gottselig Tel: (780) 603- 1406</p>	<p><b>Hours</b> Open anytime Tuesday 7:00 PM for more info</p>	<p><b>Comments</b> No Cost, open to everyone. Crops for those who help with the garden</p>



<b>NANTON</b>			
<b>Food Bank</b> Nanton Food Bank Contact: Lynn Maynard Tel: (403) 646-0073 Fax: (403) 646-1179	<b>Hours</b> Call to make an appointment	<b>Comments</b> Under the Nanton Ministerial Society. Serves individuals from Nanton, Stavely and Cayley.	
<b>Canadian Prenatal Nutrition Program</b> Healthy Moms, Healthy Babies Tel: (403) 646-2277	<b>Hours</b> Monday -Friday 8:30am-4:30pm	<b>Comments</b> Free and confidential Prenatal admission only. Targeted for low-income, new immigrants, young mothers, and mothers with limited support system. Provides education and nutrition support, which may include: - Fresh food boxes - Cooking circles - Grocery vouchers - Prenatal vitamins	
<b>Meals on Wheels</b> Tel: (403) 646-2218	<b>Hours</b> Delivery of noon meal 7 days per week	<b>Comments</b> Call between (8:00 am - 4:00 pm) for more information Cost \$6:00 per meal	
<b>OKOTOKS</b>			
<b>Community Garden</b> Okotoks Community Garden 670 Sheep River Mews, Okotoks, AB T1S 1S5 Contact: Chris Mills Tel: (403) 938-7218 millscj@telus.net	<b>Hours</b>	<b>Comments</b> Offers plot rentals.	
<b>Food Bank</b> Okotoks Food Bank United Church Centre 43 Riverside Drive, Okotoks, AB T1F 1E7 Tel: (403) 651-6629	<b>Hours</b> Tuesday 1:00 pm- 3:00 pm  Thursday 6:30 pm-8:00 pm	<b>Comments</b> Clients can access food bank up to 6 times per year.	

<p><b>Canadian Prenatal Nutrition Program</b>  Healthy Moms, Healthy Babies  Tel: (403) 995-2600, Press 0.</p>	<p><b>Hours</b>  Monday-Friday  8:00 am-4:30 pm</p>	<p><b>Comments</b>  Free and confidential .  Prenatal admission only.  Targeted for low-income, new immigrants, young mothers, and mothers with limited support system.  Provides education and nutrition support, which may include:</p> <ul style="list-style-type: none"> <li>- Fresh food boxes</li> <li>- Cooking circles</li> <li>- Grocery vouchers</li> <li>- Prenatal vitamins</li> </ul>
<p><b>Emergency Meals</b>  Healthy Family Resource Centre  11 Cimarron Common, Okotoks, AB T1S 2E9  <a href="http://www.ohfrc.org">www.ohfrc.org</a>  Tel: (403) 995-2626  Fax: (403) 938-1579  <a href="mailto:familyresources@okotoks.ca">familyresources@okotoks.ca</a></p>	<p><b>Hours</b>  Monday to Friday  9:00am to 4:00pm  Thursdays  9:00am-5:30pm</p>	<p><b>Comments</b>  Emergency food assistance available.</p>
<p><b>Meals on Wheels</b>  Tel: (403) 938-6404</p>	<p><b>Hours</b>  Delivery of hot noon meal  Mon-Fri except holidays</p>	<p><b>Comments</b>  Cost \$5:50 per meal</p>
<b>OLDS</b>		
<p><b>Food Bank</b>  Mountain View Food Bank  Located: 5025-50<sup>th</sup> Street  Mailing: Box 3958 Olds, Alberta T4H1P6  President: Murray Ones  Contact: Pat Graham  Tel: (403) 556-1693 (message service)</p>	<p><b>Hours</b>  Tuesdays 9 am-1 pm</p>	<p><b>Comments</b>  Individuals need to go in person to apply for hamper.  Need to bring identification: Health care card (preferred), Drivers License (OK), not SIN card.  RD can request a volunteer to access food bank for an emergency.</p>
<p><b>Community Garden</b>  Contact: Barb Hazvenveld  Tel: (403) 556-2005  Email: barbhaz@telus.net</p>	<p><b>Hours</b></p>	<p><b>Comments</b></p>

<p><b>Canadian Prenatal Nutrition Program</b>  Baby Steps  For client intake contact: Olds Community Health Centre  Tel: (403) 556-8441</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Offers food and vitamin/mineral supplements. It also offers education on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development and assists women to access community resources and practical and personal support. Eligibility determined by intake assessment.</p>
<p><b>Grocery Delivery</b>  Padnoma  Contact: Dorothy  Tel: (403) 556-1000  grocery1padnoma@hotmail.ca</p>	<p><b>Hours</b>  Monday – Friday  Delivery times:  10:30 and 2:30  Closed Holidays</p>	<p><b>Comments</b>  No service charge. \$15.00 minimum.  Closed 2 weeks at Christmas  Orders between 9-10am</p>
<p><b>Meals on Wheels</b>  Sharon DelaMare (co-coordinator)  Contact: (403) 507-8593  David Langley (co-coordinator)  Contact: (403) 556-3556  Gean Moore (co-coordinator)  Contact: (403) 559-6024</p>	<p><b>Hours</b>  Monday thru Friday</p>	<p><b>Comments</b>  Local volunteers deliver. Delivery time 4:30. Caters to all diets (food prepared in hospital).  Meals \$9.50/for full meal.</p>
<b>ONOWAY</b>		
<p><b>Food Bank</b>  Lac Ste. Anne East Food Bank  Box 300  Onoway, AB, T0E 1V0  Contact: Chad Dupuis  Tel: (780)271-3131  Fax: (780)967-2280</p>	<p><b>Hours</b>  Wednesday  9:00 am-10:00 am</p>	<p><b>Comments</b>  Allowed six visits per year.</p>
<b>OYEN</b>		
<p><b>Food Bank</b>  Oyen &amp; District Food Bank  c/o Sheila Davidson – GD, Oyen, AB T0J 2J0  Contact: Sheila Davidson  Tel: (403) 664-3965</p>	<p><b>Hours</b>  The first Wednesday of  every month  11:00 – 1:00 p.m.</p>	<p><b>Comments</b>  Usually provide non-perishable foods, do not have a fridge/freezer.  Need referral from Heather Morris/ Home Care or local ministers.  Monthly Service.</p>

<p><b>Community Meals</b>  Meals on Wheels  Oyen Lodge (Joan Mik Coordinator)  310 7th Street West, Oyen, AB  To register contact Patsy Jorgenson (403) 664-3651  c/o Alberta Health Services Home Care</p>	<p><b>Hours</b>  Monday - Friday  No weekends or stats</p>	<p><b>Comments</b>  One meal a day, meal at noon.  Delivered by volunteers  Modest charge for meals</p>
<p><b>Community Meals</b>  Soup &amp; Sandwich – United Church \$6.00  Soup &amp; Sandwich - United Church in Cereal</p>	<p><b>Hours</b>  Irregular - as advertised</p>	<p><b>Comments</b></p>
<b>PEACE RIVER</b>		
<p><b>Canadian Prenatal Nutrition Program</b>  Building Better Babies  Peace River Community Health Centre  10101 68 Street, Peace River, AB  Mailing Address: P.O. Bag 400, Peace River, AB T8S 1T6  Contact: Dianne Ireland  Tel: 780-618-3459 or call Public Health Office at 780-624-7500  Fax: 780-618-3405  <a href="mailto:dianne.ireland@albertahealthservices.ca">dianne.ireland@albertahealthservices.ca</a></p>	<p><b>Hours</b>  Monday - Thursday  Afternoons  1:00 - 4:30pm</p>	<p><b>Comments</b>  Serving: Peace River, Grimshaw, Berwyn, Manning, and Smoky River Areas.  Free and Confidential  Offers: Milk, vegetables/fruit, and Healthy Food Basket Coupons.  Also: Prenatal vitamins, baby gift basket, information about labour/birth, and/or where to take prenatal classes.  Information on nutrition and healthy eating, help to quit smoking and/or drugs, Information on Fetal Alcohol Spectrum Disorder.  Who can join? Some reasons for moms to join are:  Being 19 or younger, expecting more than one baby, limited income or support, smoke, drink alcohol or use drugs, health problems, already have had a low birth weight baby.</p>
<p><b>Farmers' Market</b>  Peace River Farmers' Market  Senior Citizens Centre  10301 - 101 Street, Peace River, AB  Contact: Dennis Simmeau  Tel: 780-618-3640</p>	<p><b>Hours</b>  10am - 1pm on Saturdays</p>	<p><b>Comments</b>  Note: The November Farmers' Market is a Christmas Craft Fair at Al Adair Rec Center  First Friday and Saturday of November</p>

<p><b>Meals on Wheels</b>  Peace River Meals on Wheels  Town of Peace River  Contact: Amina Usman  Tel: 780-624-1000  Fax: 780-624-4664  <a href="mailto:ausman@peacriver.net">ausman@peacriver.net</a>  <a href="http://www.peacriver.net">www.peacriver.net</a></p>	<p><b>Hours</b>  Delivery on Thursdays ONLY  between 4:30pm and 6pm</p>	<p><b>Comments</b>  All food provided by local caterers.  Volunteers deliver a full course hot meal: Main Entrée (selected from 2 options), salad, vegetable, potato or alternate, dessert and juice.  Options for frozen meals are also available for other days of the week.  Cost: Hot: \$7.00. Frozen: \$5.00.  Eligible are seniors (65 years and older) and those with disabilities.  Short term service is also available for people who have a temporary disability like those who are post-op surgery, or new moms with limited support. For short term service, referral is required from doctor, public health nurse or social worker.</p>
<p><b>Soup Kitchen</b>  Peace River Community Soup Kitchen  Basement of the Anglican Church  9709-98 Avenue, Peace River, AB  Contact: Donna Meers or Tanin Benke  Tel: 780-618-8726 (Donna) or 780-618-7863 (Tanin)  <a href="http://www.prsoupkitchen.org">www.prsoupkitchen.org</a></p>	<p><b>Hours</b>  Monday, Wednesday, Friday  Noon to 1pm</p>	<p><b>Comments</b>  Open to everyone in the community. A great opportunity to socialize and have a good meal.  Offering freshly made soup and sandwiches. Food prepared by local restaurants.  Operates on community donations and volunteer service.</p>
<p><b>Food Bank/Hamper</b>  Salvation Army Food Bank  9613 - 90th Avenue, Peace River, AB  Contact: Lieutenants Kevin and Michelle Elsasser  Tel: 780-625-6732  Salvation Army Food Bank: 780-624-5980  Salvation Army Church: 780-624-2370  Fax: 780-624-4070</p>	<p><b>Hours</b>  Tuesdays &amp; Thursdays  9:30am - 11:30am</p>	<p><b>Comments</b>  Applicants must bring in their current tax assessment to assess for eligibility. Identification, which also indicates current address, must be provided for each member of the household.  Each basket contains about one week worth of groceries, and eligible recipients are permitted one basket per month.  The food bank offers healthier choices including more fruits and vegetables.</p>
<p><b>Good Food Club</b>  Peacefull Pantry  10107 - 100 Street, Peace River, AB  Main building across from Java Domain Café  Contact: Annette Rosendale  Tel: 780-624-0653  <a href="mailto:peacefullpantry@hotmail.com">peacefullpantry@hotmail.com</a>  <a href="http://www.peacefullpantry.com">www.peacefullpantry.com</a></p>	<p><b>Hours</b>  3rd Thursday of every month  Pick up hours 3pm - 7pm</p>	<p><b>Comments</b>  Membership required (fee is under revision)  Members pre-order food online.  Fresh organic fruits and vegetables. Wide selection of grocery and dried goods with a small selection of extra goods coming from a Vancouver wholesaler.  Locally raised organic meats seasonally available.  Eggs are not offered, however local source information is available.</p>

<p><b>Community Meals</b>  Peace River Community Drop-In Center  Senior Citizens Centre  10301 - 101 Street, Peace River, AB  Contact: Ivan Schell  Tel: 780-618-4767 or 780-624-2700</p>	<p><b>Hours</b>  Once a week: Supper  Wednesdays at 5:30pm</p>	<p><b>Comments</b>  Everyone welcome. Families, singles, couples, teenagers.  Supper prepared on site by local caterer. Full meal of salad, main course, vegetables, potato &amp; gray, dessert, plus juice, tea or coffee.  Pay for meal at the door. If you are planning to come you are encouraged to call ahead to let the cook know.  Special occasion meals are prepared for Easter, Thanksgiving and Christmas.  These tickets are sold in advance.  Capacity of 140 people.  Members: \$8. Non-members: \$9. One year membership: \$10.</p>
<p><b>Community Garden</b>  Sagitawa Friendship Centre  10108 - 100th Avenue, Peace River, AB  Contact: Skyla Mody at 780-625-5418  Contact: Wanda Laurin at 780-624-2754 or 780-625-6309  Fax: 780-624-2728  <a href="mailto:regionoutreach@hivnorth.org">regionoutreach@hivnorth.org</a>  Facebook Page: Ground Level Community Garden  <a href="http://www.sagitawa.org">www.sagitawa.org</a></p>	<p><b>Hours</b>  Monday - Friday  4pm - 9pm</p>	<p><b>Comments</b>  Garden plots are available to all community members for their personal use.  Some plots are reserved for the Sagitawa Friendship Centre's youth programs, and activities for these youth are planned around the garden.  Community events: Season Kick-Off Party, Harvest Party. Some produce harvested is used at the centre, the rest is donated to the Peace River Women's Shelter and Peace River Food Bank.</p>
<p><b>School Garden</b>  Ecole des Quatre-Vents  7401 - 99 Street, Peace River, AB  Contact: Suzanne Shimoon  Tel: 780-624-3015  Fax: 780-624-3025  <a href="mailto:suzanneshimoon@csno.ab.ca">suzanneshimoon@csno.ab.ca</a></p>	<p><b>Hours</b>  Garden is tended throughout the school year.  Produce is sold at the Peace River Fall Farmers' Market</p>	<p><b>Comments</b>  Students plant and care for the garden. Profits from the sales at the Farmers' Market are used to purchase seed for next year's garden.</p>
<p><b>Out of School - Cooking Program</b>  Sagitawa Friendship Centre - Ground Level Youth Centre  10108 - 100th Avenue, Peace River, AB  Contact: D. Auger  Tel: 780-642-2443</p>	<p><b>Hours</b>  Monday - Friday  3pm - 9pm  Cooking Classes 4:30 - 6pm</p>	<p><b>Comments</b>  All women and girls from ages 10 to 24 years. Snacks offered daily.  Activities around food like Food Fight Night - An event held twice a month where participants learn to make a variety of foods like cookies, cakes, soups, stew, sushi, bannock and Mexican dishes.</p>

<p><b>Community Meals</b>  High School Lunch Program  First Baptist Church Basement  8602 - 98th Street, Peace River, AB  Tel: 780-624-2611  Fax: 780-624-1074  <a href="http://www.peacriverbaptist.com">www.peacriverbaptist.com</a></p>	<p><b>Hours</b>  Once Weekly  Tuesdays 12pm - 12:30pm  September – June</p>	<p><b>Comments</b>  Free lunch for all high school students.  Volunteers from the church's congregation prepare and serve a full course hot lunch including dessert.</p>
<p><b>Collective Kitchen</b>  Sagitawa Friendship Centre  10108 - 100th Avenue, Peace River, AB  Contact: Tracy Zweifel  Tel: 780-624-2443  Fax: 780-624-2728  <a href="mailto:tracy-sagitawa@telus.net">tracy-sagitawa@telus.net</a>  <a href="http://www.sagitawa.org">www.sagitawa.org</a></p>	<p><b>Hours</b>  Once a Month</p>	<p><b>Comments</b>  Offered to senior males age 55+.  Participants are offered creative kitchen activities. They acquire knowledge and skill in food budgeting, shopping, meal preparation and food safety.</p>
<p><b>Community Garden</b>  Sagitawa Friendship Centre  10108 - 100th Avenue, Peace River, AB  Contact: Tracy Zweifel  Tel: 780-624-2443  Fax: 780-624-2728  <a href="mailto:tracy-sagitawa@telus.net">tracy-sagitawa@telus.net</a>  <a href="http://www.sagitawa.org">www.sagitawa.org</a></p>	<p><b>Hours</b>  Seasonal Event  Contact for times and dates</p>	<p><b>Comments</b>  Community elders host education sessions. They teach about local plant identification and explain the traditional uses of these plants.</p>

**PENHOLD**

<b>Food Bank</b> Neighborhood Place Box 565, Penhold, AB, T0M 1R0 Contact: Tara Wells Tel: (403) 886-5464	<b>Hours</b> Call to book Monday –Friday (8am- 4:30pm) (can leave message)	<b>Comments</b> Food bank is closed since 2011. Clients from Springbrook and Penhold can access Red Deer's Food Bank. Clients may phone Tara if they have transportation or disability limitation.
<b>Food Hamper</b> Penhold Springbrook FCSS Box 10, T0M 1R0 Contact: Jennifer Tel: (403) 886-5464	<b>Hours</b>	<b>Comments</b> Christmas hampers available during the break. Apply for hamper in late November/early December. Must be a resident of Penhold and provide AB Health Cards for all members of household.
<b>Grocery Delivery</b> First Choice Food Contact: Darlene (403) 886-5121 Box 510, T0M 1R0	<b>Hours</b> 9am-9pm 7 days/wk	<b>Comments</b> Free delivery for a minimum order of \$25.00.
<b>Community Meals</b> Soup N San Pot luck dinners Contact: Enida Tel: (403) 886-5530	<b>Hours</b> Soup N San First First Wednesday of every month (Sept – June) Potluck 4th Friday of every month except December July and August	<b>Comments</b> Open to anyone. Meals served at the Senior Drop in Centre. Cost: \$5/soup & sandwich, \$5 for supper if you bring a food dish that serves 6 people, otherwise cost of supper is \$10. Also a yearly Christmas party for members only. Coffee every Tues/ Thurs (2-4 PM)
<b>Community Garden</b> Contact: Adrian Pidhirney Tel: (403) 350-9533	<b>Hours</b> May to September	<b>Comments</b> Community groups and individuals collaboratively tend the garden and anyone who helps receives a portion of the harvest. No cost associated with joining the community garden.



**PICTURE BUTTE**

<b>Food Bank</b> North County Interfaith Outreach Society 326 Highway Avenue Picture Butte, AB T0K 1V0 Phone: Town Office – 403-732-4555 Nancy Newbore 403-738-4687	<b>Hours</b> Tuesday & Thursday 10:00am -12:00pm	<b>Comments</b> Available to anyone in need More hampers provided if needed. Supplements available. Free coffee available during office hours.
<b>Meals on Wheels</b> Barons-Eureka- Warner Family and Community Support Services Municipality Office Box 1000 Coaldale, AB T1M 1M8 Phone: 403-345-3000 ext 2463 Toll Free: 1-866-345-8800	<b>Hours</b> Monday – Friday 8:00am - 4:30pm	<b>Comments</b> Hot evening meal \$6.65/meal. Delivered by volunteers. Can pick up at Lodge if preferred. Required to live in Coaldale or Picture Butte.

**PINCHER CREEK**

<b>Meals on Wheels</b> Pincher Creek Hospital Phone: 403-627-1234 ext 1222 Fax: 403-627-5257	<b>Hours</b>	<b>Comments</b> \$6.50/meal. Delivered by volunteers. Available for anyone in community that needs meals.
<b>Food Bank</b> Pincher Creek Christian Life Outreach Society Box 1261, Pincher Creek, AB T0K 1W0 Tel: (403) 627-3475	<b>Hours</b> Monday to Friday 10:00 am – 4:00 pm	<b>Comments</b>

**PONOKA**

<b>Meals on Wheels</b> FCSS Box 4004, 5006 –52 Ave, T4J 1R5 Contact: Program Coordinator Tel: (403) 783-4462	<b>Hours</b> Monday - Friday Delivered 8:30 to noon	<b>Comments</b> Cost: \$7.00 per meal. Can request extra meal to be delivered on Friday for the weekend. Provide nutritious meals to those in need.
<b>Food Bank</b> Contact: Violet Smith/June Lee/Cybil Evans Tel: (403) 783-5910. Alternate: Violet cell (403) 392-2950. (for emergency)	<b>Hours</b> Tues and Fridays open 10-1pm	<b>Comments</b> Call to order emergency food hamper.

<p><b>Community Garden</b>  FCSS  Box 4004, 5006 – 52 Ave, T4J 1R5  Contact: Program Coordinator  Tel: (403) 783-4462</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  44 plots available. Call for more information.</p>
<p><b>Canadian Prenatal Nutrition Program</b>  Baby Steps  For client intake contact: Ponoka Community Health Centre  For program information contact: Janelle Hinton  Tel: (403) 783-4491</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Serves: Ponoka area. Free monthly food coupons for milk, eggs, fruit, vegetables and peanut butter are offered to participants.  Vitamins are provided free of charge.  Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development.  Eligibility determined by intake assessment.</p>
<p><b>Transportation</b>  Handi-Bus  “Ponoka Wheelchair Van Society”  Contact: Wayne Stewart  Tel: (403) 783-0399</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Cost: \$4.00 one-way in town and an additional \$0.50 per km for out of town trips. Tickets \$4.00 each or 10 for \$36. Prices are subject to change. Waiting time \$15 per hour.</p>
<p><b>Transportation</b>  Driver referral Program  Contact: FCSS  Tel: (403) 783-4462</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Phone FCSS to be connected to a driver. Fee based on mileage and will go long distance.</p>
<p><b>Community Kitchen</b>  Rising Sun Club  Contact: Amanda Henderson  Tel: (403) 783-5810</p>	<p><b>Hours</b>  Become a member for  \$12.00 per year  Noon to 1:00</p>	<p><b>Comments</b>  Non-members \$5.00.  Monday, Tuesday, Thursday, Friday \$3.00 for members.  Wednesday \$4.00 for members.</p>
<p><b>Community Meals</b>  Champion Center  Contact: Aaron Carrol  Tel: (403) 963-1743  www.thechampionscentre.net</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Meals can be included, \$5.00 per meal.</p>

**PROVOST CHAUVIN HUGHENDEN**

<b>Food Bank</b> Provost and District Food Bank Ministerial Association- Provost Box 1175, Provost, AB T0B 3S0 Contact: Paul McCormick Tel: 780-753-2622	<b>Hours</b> Respond by request	<b>Comments</b> For short term or emergency use
<b>Community Kitchen</b> TIPS c/o FCSS Box 758, Provost, AB T0B 3S0 Contact: Sylvia Huttges Tel: (780) 753-2289	<b>Hours</b> Last Wednesday of every month	<b>Comments</b> Available to TIPS clients only. Milk, vegetables and fruit hamper for pregnant and nursing mothers if needed.
<b>School Program</b> Provost Public School Tel: (780) 753-6825	<b>Hours</b>	<b>Comments</b>
<b>Community Meals</b> Kinder-Cooking Snack Program Provost Parent Link 5419 44, Provost AB T0B 3S0 Contact: Pam Weinrauch Tel: (780) 753-2288	<b>Hours</b> One day a month (days vary) Daily information can be found on Facebook page	<b>Comments</b> No cost One snack prepared at each session

**RAYMOND**

<b>Community Meals</b> Family Night Live Parent Link Center Phone: 403-752-4301 Mailing address: Raymond Health Unit 200 North and 200 West Raymond, AB T0K 0S0	<b>Hours</b> Last Wednesday of every month 6:00 pm -7:30 pm	<b>Comments</b> Free Provide a nutritious snack along with presentations on healthy nutritious snacks as well as physical activity and mental health. Presentation theme linked with character education theme in the schools. Program available for families with children aged 0-12.
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<p><b>Meals on Wheels</b>  Ridgeview Lodge  227 East and 100 South  Raymond, AB T0K 2S0  Phone: 403-752-3683  Fax: 403-752-4741</p>	<p><b>Hours</b>  Open 24 hours a day 7  days a week  Meals delivered at  12:00pm every day of  the week</p>	<p><b>Comments</b>  \$7.00/meal  Restricted to individuals age 65 and over living in Raymond.  Delivered by volunteers.  Delivers on holidays.</p>
<p><b>School Program</b>  Raymond Parent Link Center  145 North and 200 West  Phone: 403-752-4031  Mailing address:  Raymond Health Unit  200 North and 200 West  Raymond, AB T0K 0S0</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  After school program that includes a number  of health presenters.  Available for children aged 8-12.  Free</p>
<p><b>RED DEER</b></p>		
<p><b>Emergency Meals</b>  Loaves and Fishes  6002 - 54 Avenue  Red Deer, AB T4N 4M8  Contact: Dave  (403) 347-1844</p>	<p><b>Hours</b>  Mon, Wed, Fri - 5 –7 pm  (suppers available)</p>	<p><b>Comments</b>  Meals are provided at no cost and anyone can access.  Coffee/snacks provided daily.</p>
<p><b>School Program</b>  School Lunch Program  Loaves and Fishes  6002 - 54 Avenue  Red Deer, AB T4N 4M8 Number: (403) 347-1844  Contact: Cori Capner - School Lunch Coordinator  Email: loavesfishes.school.lunch.program@gmail.com</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Lunches are provided to students who are not able to bring a lunch to school  from home.  Referral is required from either the parent or the school.</p>
<p><b>Community Meals</b>  Friendship Meals  Sacred Heart Church  Contact: Angela (403) 346-2618  5508 48A Avenue, T4N 3V6</p>	<p><b>Hours</b>  9:30-AM 12PM (summer)  9-30AM- 12PM and 1-4PM  Yearly</p>	<p><b>Comments</b>  Free meal provided every 3<sup>rd</sup> &amp; 4<sup>th</sup> Sunday from 11:30 –12:30 pm.  Emergency hampers on request.</p>

<p><b>Community Meals</b>  Potters Hands Ministries  4935 – 51 Street  Red Deer, T4N 2A8  Contact: Chris Solomons  Fax &amp; Phone: (403) 309-4246</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  <b>Year Round</b>  <u>Breakfast</u> (6:30-7:15): Monday - Friday, Saturday (9:00-10:30)  <u>Lunch</u> (11:30-1:00): Monday  <u>Supper</u> (4:30-6:00): Tuesday  *meals and times subject to change.</p>
<p><b>Food Bank</b>  Red Deer Food Bank Society  7429 49 Avenue Bay #12, T4P 1N2,  Contact: Amanda  Tel: (403) 342-5355  Fax: (403) 346-1551  Email: rdfoodbank@telusplanet.net</p>	<p><b>Hours</b>  Monday to Friday  9:00-11:45 &amp; 1:00-5:00  (Thursday closes  at 4:00 pm)</p>	<p><b>Comments</b>  Call the assistance line between 9:00-11:45 &amp; 1:00-3:45 Monday to Friday.  Phone lines close at 3:00 pm on Thursdays.  Closed weekends and statutory holidays. Those accessing the food bank must provide ID for all household members, proof of Red Deer residence and last pay stub. Food hampers are typically ready within the hour.</p>
<p><b>Community Garden</b>  City of Red Deer Community Garden Plots  Locations:  1. Red Deer College (100 College Boulevard)  2. Piper Creek and 1709 40<sup>th</sup> Ave  3. Parkside Gardens –5320 67th Street  Contact: Cemetery Services  Tel: (403) 342-8303</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Re-registration for existing plots occurs in early April. Public registration begins in late April at the Alto Reste Cemetery administration building.  Cost: \$37.50 for a large plot (10 x 12 m) \$23.00 for a medium plot size (5 x 12 m or 6 x 10 m). Prices subject to change.</p>
<p><b>Meals on Wheels</b>  Red Deer Meals on Wheels  4725 43<sup>rd</sup> Street T4N 6Z3 (The curling rink)  Contact: Cheryl Day  Tel: (403) 340-2511</p>	<p><b>Hours</b>  Daily Delivery Monday to  Friday  Between 11:30 and 12:30</p>	<p><b>Comments</b>  Hot nutritious lunch meal served to seniors or those with disabilities.  Cost: \$6.50. Prices subject to change  Can order multiple meals/delivery (e.g. can order extra meals for the weekend to be delivered on Friday).  Must order a minimum of 2 meals/week.</p>

<p><b>Good Food Club</b>  R-Own Food/ Food Co-op  Central Alberta Women's Outreach Society  4101- 54 Ave T4N7G3  Contact: Melody  Tel: (403) 347-2480  Email: outreach@womensoutreach.ca  Pick up @ Salvation Army Church (4837 54 Street)</p>	<p><b>Hours</b>  Pick up between 11am-2pm.  Dates vary, see flyer for details</p>	<p><b>Comments</b>  Provide grocery hampers once a month.  Best to place order is in person at the Women's Outreach Society.  Cost: \$5.00 yearly registration fee + cost of foods.  Grocery hamper (produce order + meat order) - \$25  Produce order - \$11  Meat order - \$14  Can order multiple hampers at additional cost.</p>
<p><b>Canadian Prenatal Nutrition Program</b>  Building Incredible Babies  5409 50 Ave, T4N 4B7  Contact: Lisa Smith  Tel: (403) 309-8214  Email: Lsmith@fsca.ca</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Serves: Red Deer &amp; Sylvan Lake. Intake based on physician or self-referral.  Nutrition education facilitated by Registered Nutritionist throughout program.  Participants are provided with prenatal vitamins, milk, eggs, and produce coupons at group sessions.  Group meets every 3 weeks; One to one visit variable depending on individual client needs (1/week – 1/month).</p>
<p><b>Grocery Delivery</b>  Golden Circle  Contact outreach workers for assessment to qualify for grocery delivery program.  Tel: (403) 343-6074</p>	<p><b>Hours</b>  Clients will be phoned on Wed for orders.  Groceries delivered Friday morning</p>	<p><b>Comments</b>  This is only accessible by clients of Golden Circle. Clients to contact grocery store (information given by outreach workers).  Make cheques payable to Red Deer Co-op. Limited number of people allowed on list, and need assessment from outreach worker.  Delivery charge of \$5.00.</p>
<p><b>Meals on Wheels</b>  Golden Circle  Contact: Outreach workers  Phone: 403-343-6074</p>	<p><b>Hours</b>  Order one week and pick up the following week. Day of the week subject to change.</p>	<p><b>Comments</b>  Meals only available to Golden Circle clients.  Home-style meals prepared in the Golden Circle kitchen and frozen for delivery; Meals must be reheated at their homes. Orders can be placed each week for pick up the following week. Meals are \$6 each. No limit to number of meals purchased, Meals can be picked up by clients or delivered at a \$5 fee.</p>
<p><b>Community Meals</b>  Golden Circle  Contact: Outreach workers  Tel: (403) 343-6074</p>	<p><b>Hours</b>  Wednesday at 11:30 am</p>	<p><b>Comments</b>  Hot lunch provided.  Cost: \$7 for members, \$8 for non-members.</p>

<p><b>Grocery Delivery</b> Gaetz Sobey's Tel: 1-800-608-5373 www.go-ceries.ca</p>	<p><b>Hours</b> Usually same day delivery</p>	<p><b>Comments</b> Prefer clients to order online. Delivery charge: \$20 for up to \$150 in groceries; \$30 for up to \$250 in groceries Payment upfront with credit card Special circumstances they may take cash</p>
<p><b>Grocery Delivery</b> Red Deer Co-Op 5118-47th Ave Tel: (403) 309-8904</p>	<p><b>Hours</b> Flexible delivery (usually early morning or late evenings)</p>	<p><b>Comments</b> Delivery provided by the Co-op. Delivery charge of \$10/ delivery. Payments for groceries to be made in cash or by cheque (must provide cheque cashing card).</p>
<p><b>Transportation</b> Red Deer Co-op Tel: (403) 309-8904</p>	<p><b>Hours</b> Every Thursday</p>	<p><b>Comments</b> The Red Deer Co-op charts a bus every Thursday that picks people up at high senior density areas of the city. It takes them to the Co-op to get their groceries and takes them home after. The service is paid for by Red Deer Co-op and is free to the participants.</p>
<p><b>Transportation</b> Reduced transit prices, Action Bus and Attendance Programs Red Deer Transit PO Box 5008 T4N 3T4 Tel: (403) 342-8225 Contact for Action Bus (403) 309-8400</p>	<p><b>Hours</b> Action Bus Monday- Friday 7:30 am -11pm and Sat 7:00am – 11:00pm. Sun 8:00am - 5:00pm</p>	<p><b>Comments</b> Provides monthly bus passes for seniors. Cost: \$55.00/month. Senior GIS subsidized rate = \$31.50/mo. 12 tickets = \$20.50 (available at City Hall , Parkland/Bower Mall, Bishop Rexall Drugs, North and South side Fast Gas, and Neighbors Petro Canada) To register for GIS rate bring proof to City Hall Main Floor – Community Services Transit Administration (may be moving to the terminal). Action Bus: for seniors and individual with disabilities or short-term medical issues. Must have application filled out by physician. Cost: \$3/trip. Attendant Program: must apply and provide proof from physician that they cannot travel alone. The client pays for their bus fare but their companion can ride at no cost.</p>

<b>REDWATER</b>			
<p><b>Food Bank</b>  Redwater Fellowship of Churches Food Bank  Box 582  Redwater AB T0A 2W0  Contact: 780-942-2061</p>	<p><b>Hours</b>  Monday, Wednesday, Friday  9:00 am to 5:00 pm  Leave a phone message</p>	<p><b>Comments</b>  To provide food to families and individuals in emergency situations. To provide packed lunches, hot lunches and milk programs at local schools for children who would otherwise go without food. Also provides school supplies. Infant formula and diapers available on request. Services County of Thorhild.</p>	
<p><b>Community Kitchen</b>  Families First Society/Parent Link Center  10302A-99 Ave  Fort Saskatchewan, Alberta  Phone: 780-998-5595 ext 221  e-mail: familiesfirstsociety.ca</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Creative Kitchen program available.</p>	
<p><b>Meals on Wheels</b>  Diamond Spring Lodge  Box 1060 Redwater, Alberta T0A 2W0  Phone: 780-942-4553  Fax: 780-942-4570  Contact: Diamond Spring Lodge</p>	<p><b>Hours</b>  Monday – Saturday  (stat holidays included)  Lunch</p>	<p><b>Comments</b>  Volunteers deliver meals for a small cost. Contact for more information</p>	
<b>RIMBEY</b>			
<p><b>Canadian Prenatal Nutrition Program</b>  Babies First  For client intake contact the Rimbey Community Health Centre  Contact: Meagan Clark  Tel: (403) 843-2288</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Serves: Rimbey, Breton and Winfield area.  Offers food and vitamin/mineral supplements.  Vitamin/mineral supplements are provided free of charge. It also offers education on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development and assists women to access community resources for practical and personal support.  Eligibility determined by intake assessment.</p>	
<p><b>Food Bank</b>  Rimbey Food Bank  Contact: FCSS office  Tel: (403) 843-2030  Fax: (403) 843-3270  info@rimbeyfcss.com</p>	<p><b>Hours</b>  Phone FCSS for an appointment M-F (8:30-12:00 and 1:00 to 4:30) Pick-up at 11:15 on Wednesday</p>	<p><b>Comments</b>  Requests for hampers made through Rimbey FCSS.  Hampers are provided based on an assessment of client's needs.  Families can access only once a month and a maximum of 6 hampers per year.</p>	



<p><b>Community Garden</b>  Neighborhood Place  Contact: Rick Kreklewich  Tel: (403) 843-3151</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Contact Rick for further information.</p>
<p><b>Community Kitchen</b>  FCSS  Contact: Deana Harris  Tel: (403) 843-2030  info@rimbeyfcss.com</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Call Deana for more information.  Kitchens are run 4 to 6 times per year.</p>
<p><b>Grocery Delivery</b>  Rimbey Foods  Contact: Sheldon Ibbotson  Tel: (403) 843-2650  Co-op Contact: (403) 843-2258</p>	<p><b>Hours</b>  Delivery between 2-4pm  Monday to Saturday</p>	<p><b>Comments</b>  Free delivery in town for seniors.  Phone before noon.  Products for Celiac condition available.  Specialty meats available such as local beef, yak and lamb.  Cash on delivery at the door.</p>
<p><b>Meals on Wheels</b>  FCSS  Contact: Moira Gates  Tel: (403) 843-2030  mgates@rimbeyfcss.com</p>	<p><b>Hours</b>  Mon - Friday and  holidays.  Served at noon.</p>	<p><b>Comments</b>  Cost: \$7.00  Servicing seniors and people with disabilities or convalescing.  Hot full course meals delivered at noon</p>
<p><b>ROCKY MOUNTAIN HOUSE</b></p>		
<p><b>Food Bank</b>  The Lord's Food Bank  Box 1242, 4923 52 Street, T4T 1A9  Contact: Rev. Dan Gonzales  Tel: (403) 845-7546  mtnbchapel@yahoo.ca</p>	<p><b>Hours</b>  Food Bank  Tuesday &amp; Thursday  11:30 am to 2:30 pm   Soup Kitchen  Tuesdays &amp; Thursday  11:30 am to 1:30 pm</p>	<p><b>Comments</b>  Can access the food bank hampers twice per month (a maximum of 1 per week).  Hampers provided to individuals and families that are below the poverty line. Must reside in Rocky or surrounding area.  Must provide health care numbers for all household members.  Christmas hampers are also provided the week before Christmas. Can access the soup kitchen whenever open, are welcome to bread, goodies etc. when available.  Summer hours (June-September) 11:30 am to 1:30 pm.</p>

<p><b>Community Kitchen</b>  Rocky Community Learning Council  Contact: Jana Thompson  Tel: (403) 845-4544  Kitchen held at Church of the Nazarene  59 Avenue, Rocky Mountain House</p>	<p><b>Hours</b>  September –June  Once a month-usually  Tuesdays 6pm to 9pm, but  subject to change</p>	<p><b>Comments</b>  Kitchens are open to anyone. Group meets once per month.  Meal preparation is done every second month. The cost is \$2.50 per portion of meal.</p>
<p><b>Canadian Prenatal Nutrition Program</b>  Baby Biz  4832 49th Street, Rocky Mountain House  Contact: McMan Youth Family and Community Services Assoc.  Tel: (403) 845-6306  rmhbabyz@mcm.ca</p>	<p><b>Hours</b>  Monday to Friday  8:30am to 4:30 pm</p>	<p><b>Comments</b>  Prenatal nutrition program that serves: Rocky Mountain House, Caroline &amp; Area.  Provides coupons for milk, vegetables &amp; fruit, canned fish , whole wheat bread, eggs, &amp; vitamins. Breastfeeding supplies available.  One-on-one nutrition consults provided.  Weekly meeting include prenatal information, snack &amp; support. Additional group meeting especially for pregnant teens. Transportation available if needed</p>
<p><b>Meals on Wheels</b>  West Country Family Service  4934 50th St., Box 646, T4T 1A5  Tel: (403) 845-2033  wcfsa@telus.net</p>	<p><b>Hours</b>  Monday-Friday at 12 pm</p>	<p><b>Comments</b>  Provides nutritious lunch meals for \$7.00 per meal. Program is open to anyone. Individuals must call ahead to sign up to receive meals.</p>
<p><b>Community Meals</b>  Rocky Native Friendship Centre  Tel: (403) 845-2788</p>	<p><b>Hours</b>  September – June  Wednesday – noon</p>	<p><b>Comments</b>  Soup, Bannock and Coffee by donation.</p>
<p><b>Community Garden</b>  National Historic Site  Contact: Recreation Parks and Community Services  Tel: (403) 845-3720</p>	<p><b>Hours</b>  May-September</p>	<p><b>Comments</b>  Open to anyone. Registration takes place in the Spring through Recreation Parks and Community Services.  There are 20 plots in total.  Cost: \$30 per plot</p>
<b>SEDGEWICK</b>		
<p><b>Community Kitchen</b>  Flagstaff Community Kitchens  Box 328, Sedgwick, AB T0B 4C0  Contact: Nannette Jones  Tel: (780)384-2235</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Depends on availability.  Call for more information.</p>

**SHERWOOD PARK**

<b>Community Meals</b> Sherwood Park Meals on Wheels 2020 Brentwood Boulevard 780-467-2281	<b>Hours</b> Monday to Friday Meals delivered 11am-1pm	<b>Comments</b> Available to residents of Sherwood Park; not available to acreages. Nutritious meals for people who have difficulty preparing meals themselves. Delivery Monday to Friday between 11 a.m. and 1 p.m. in Sherwood Park. Cost \$7/meal
<b>Community Meals</b> Meals on Wheels Edmonton - Frozen Meals 780-429-2020 <a href="http://www.mealsonwheelsedmonton.org">www.mealsonwheelsedmonton.org</a> 11111 103 Ave., Edmonton	<b>Hours</b> Contact	<b>Comments</b> Delivers frozen meals to Sherwood Park with a minimum \$40 purchase plus a delivery fee of \$8 or pick up orders at Edmonton Meals on Wheels Monday to Friday, 9 a.m. – 3:30 p.m. Meal prices range from \$4 to \$6 each.
<b>Canadian Prenatal Nutrition Program</b> Health for Two Program Various locations throughout Edmonton and area including Public Health Centers and community agencies. Contact: Michelle Teghtmeyer (Regional Coordinator) Ph: 780-735-3008 Fax: 780-735-4203 <a href="mailto:michelle.teghtmeyer@albetahealthservices.ca">michelle.teghtmeyer@albetahealthservices.ca</a>	<b>Hours</b> Monday – Friday 8:30 am – 4:30 pm Hours vary at sites.	<b>Comments</b> Free prenatal information, nutrition assistance including food (usually milk) vouchers. Eligibility: Pregnant women who are living on a tight budget, trying to improve their nutrition and health, feeling alone and overwhelmed, feeling too young/old to have a baby, wanting to learn more about pregnancy, childbirth and life with a new baby, wanting to meet other women who are pregnant, and women who are newcomers to Canada.  Offers referral services, coupons to redeem for milk, prenatal vitamin supplements, information on pregnancy and baby's development in the first year. Public Health Agency of Canada program to support and improve the health, nutrition and well-being of pregnant women who are facing social or economic challenges.
<b>Food Bank</b> Strathcona Food Bank 255 Kaska Road Sherwood Park AB T8A 4E8 Contact: 780-449-6413	<b>Hours</b> Monday – Friday 9:00 am – 12:00 noon	<b>Comments</b> Feeding Infants: Provides formula, jarred baby food, cereal, diapers. Baby formula normally accessed once per month. Quantity of baby food provided based on availability. Must live in Sherwood Park or the County of Strathcona. No referral required; Phone in request for hamper by 9:00 am for the same day. Must present picture identification, health card identification for each household member, and proof of residence (e.g. copy of a utility bill). Provides a hamper once per month; enough food for at least 3-5 days.

<p><b>Good Food Club</b>  WeCan Food Basket Society  5825 – 93A Avenue  Edmonton AB T6B 0X1  Contact: 780-413-4525  Fax: 780-442-2625  <a href="http://www.wecanfood.com">www.wecanfood.com</a>  Sherwood Park Depot: Parent Link Center  3 Spruce Ave., Sherwood Park</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Groceries purchased in bulk from wholesale at 25% savings.  \$5.00 annual membership fee.  \$25.00 order includes: 3 kinds of frozen meat; 3 kinds of fresh vegetables and 3 kinds of fresh fruit.  Meat order costs: \$15.00; Vegetable and fruit order costs: \$10.00.  Orders must be paid for by first Friday of the month and are picked up from Depot on the third Thursday or Friday of the month at the hour specified.  Check web page for location of depots or phone WeCan.  May purchase several orders. Unclaimed food is sold at closing time as there is no storage. Depots located in Edmonton, Wetaskiwin, Leduc, Sherwood Park, Spruce Grove; Stony Plain, St. Albert.</p>
<p><b>Meal Assembly</b>  Cena  # 152, 2693 Broadmoor Blvd.  Sherwood Park AB T8H 0G1  <a href="http://www.sherwoodpark.cenatogo.com">www.sherwoodpark.cenatogo.com</a>  Contact: 780-416-2926</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Order and pick up homemade fresh/frozen meals or go in and assemble the dishes yourself.  Individual or multiple serving size meals usually available.</p>
<p><b>SLAVE LAKE</b></p>		
<p><b>Canada Prenatal Nutrition Program</b>  Healthy Choices  Slave Lake Healthcare Centre  Slave Lake, AB  Tel: (780)805-3553  Fax: (780)805-3550</p>	<p><b>Hours</b>  Tuesday and Thursday  9am - 3:30pm</p>	<p><b>Comments</b>  Program offers basic nutrition advice to pregnant and nursing moms.  Liaise with other agencies dependent on the need of the mother.  Food and milk coupons provided (3 x 2L milk per week, 1 dozen eggs per week, 2 x \$10 fresh vegetables per month)</p>
<p><b>Food Bank</b>  Slave Lake Community Food Bank  Native Friendship Center  416 – 6 Avenue NE  Slave Lake, AB  Tel: (780)849-3039  Fax: (780)849-2402</p>	<p><b>Hours</b>  Tuesday - Thursday  9am - 11:30am</p>	<p><b>Comments</b>  After hours emergency during regular operating hours.  Eligibility: Need to provide monthly income and expenses; 2 pieces of ID; can only be accessed every 3 months, unless an emergency.</p>

<p><b>Meals on Wheels</b>  Town of Slave Lake  Box 1030  Slave Lake, AB, T0G 2A0  Contact: Tammy  Tel: 780-849-8031</p>	<p><b>Hours</b>  Monday - Friday  Lunchtime</p>	<p><b>Comments</b>  Hot lunch delivered to your door for \$5.50.  Meals are from the Hearthstone café and include: soup, salad, fruit and a bun.  Monthly payment schedule available. Call to see if you qualify.</p>
<p><b>Emergency Meals</b>  Slave Lake Friendship Centre  416 – 6th Ave NE  Slave Lake, AB  Tel: (780) 849-3039</p>	<p><b>Hours</b>  Monday - Thursday  8:30am - 4:30 pm  Friday  8:30am - 3:30pm</p>	<p><b>Comments</b>  Will cook for people on an individual basis.  Generally the homeless (since closure of Salvation Army soup kitchen)</p>
<p><b>Community Garden</b>  Located at Slave Lake Healthcare Centre, but administrated by  Slave Lake Friendship Centre  416-6th Ave NE  Slave Lake, AB  Contact: Melaney Sexsmith  Tel: (780) 805-3570</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Plots are purchased for \$45; A refund of \$30 is received if the plot has been  cleaned at the end of the growing season.  Plots are in high demand, reserve early.</p>
<p><b>SMOKY LAKE</b></p>		
<p><b>Meals on Wheels</b>  Town of Smoky Lake FCSS  Box 460, Smoky Lake, AB, T0A 3C0  Contact: Valerie Billey  Tel: 780-656-3674  Fax: 780-656-3675  <a href="mailto:fcss@smokylake.ca">fcss@smokylake.ca</a></p>	<p><b>Hours</b>  Monday to Friday</p>	<p><b>Comments</b>  Meals delivered between 11:45 am and 12:30 pm.  Free delivery by volunteers within town limits.  Cost is \$6.50 - \$7.00 per meal.</p>
<p><b>Food Bank</b>  Smoky Lake Food Bank  Box 1083  Smoky Lake, AB, T0A 3C0  Contact: Noreen Easterbrook  Tel: 780-656-3740</p>	<p><b>Hours</b>  No set hours</p>	<p><b>Comments</b>  Volunteer call back</p>

**SPRUCE GROVE**

<b>Community Garden</b> Sustainable Food Edmonton PO Box 34183 Kingsway Garden Mall Edmonton AB T5G 3G4 <a href="http://sustainablefoodedmonton.org/">http://sustainablefoodedmonton.org/</a> contact: cgfacilitator@sustainablefoodedmonton.org Contact : 780-488-2500 Fax: 780-488-2513	<b>Hours</b>	<b>Comments</b> Sustainable Food Edmonton is the umbrella organization that offers the programs of City Farm, Community Gardens and Little Green Thumbs. A community garden is a group of people coming together to nurture, develop and sustain a growing space in their community. Community gardens not only provide fresh healthy food, they build community spirit, promote health and wellness and enhance our natural environment. Each garden is unique, as it reflects and strengthens the particular community it serves. Community gardens are managed by volunteer community groups; plot fees between \$5 and \$50. Many locations throughout Edmonton and area (Beaumont, Stony Plain, St. Albert, Leduc, Morinville). Contact Sustainable Food Edmonton in late winter (February) to get linked to an existing community garden or anytime to get support to start your own!
<b>Community Kitchen</b> Spruce Grove FCSS Community Kitchen and St. Andrews United Church 1A Fieldstone Drive Spruce Grove AB Contact: Beverly Baxter 780-962-7634 ext 160	<b>Hours</b> Meet 1 day per month 9:00 am – 4:00 pm Two community kitchens operate in Spruce Grove	<b>Comments</b> Costs \$5.00 per person; makes about 4-5 supper meals for the family plus may do baking as determined by the group. Learn new recipes and try out new foods in two sessions: one for planning and one for cooking. Meals are divided among the group to take home. This subsidized program supports those with low incomes.
<b>Community Supports</b> NeighborLink Parkland 105, 505 Queen St. Spruce Grove AB Contact: 780-960-9669 Email Address: neighbourlink.parkland@telus.net	<b>Hours</b> Monday – Friday 9:00 am – 4:00 pm	<b>Comments</b> Volunteer, faith based, not for profit organization that assists clients from Spruce Grove, Stony Plain and the County of Parkland. Assess client situation; may refer clients for counseling, transportation, food vouchers, depending on individual need.
<b>Community Supports</b> Family and Community Support Services 105, 505 Queen St Spruce Grove, AB Phone (Information and Referral): 780-962-7583	<b>Hours</b> Monday – Friday 9am-12:00pm 12:30pm-4:00pm	<b>Comments</b> Helps link families with appropriate resources for basic needs; also available is counseling, help for addictions, family violence, education, finance and mental health.
<b>Meals on Wheels-Spruce Grove</b> 780-960-0529 <a href="mailto:fcss@sprucegrove.org">fcss@sprucegrove.org</a> Jeri Wilson	<b>Hours</b> Contact for further information	<b>Comments</b> Provides hot nutritious meals at noon, Monday - Friday (excluding statutory holidays) to people in the community who are unable to cook for themselves

<p><b>Food Bank</b>  Parkland Food Bank  Mailing Address: PO Box 5213, Main Station,  Spruce Grove, AB T7X 3A3  Physical Address: 105 Madison Crescent, Spruce Grove, AB  Contact: 780-962-4565</p>	<p><b>Hours</b>  Monday, Wednesday,  Friday  9:00 am -12:00 noon  Wednesday nights  6:30 pm – 8:00 pm  Closed on stat holidays</p>	<p><b>Comments</b>  The Parkland Food Bank provides food assistance to residents of Spruce Grove, Stony Plain, and Parkland County. To receive assistance, you must be eligible and registered at the food bank. Eligibility is dependent on proof of residence and financial need.  To register, please visit the Food Bank and bring the following documentation:  1. proof of residency (e.g. utility bills)  2. proof of financial need (income tax statement, bills, pay stubs etc)  The Food Bank prefers a referral; will do a needs assessment  Hamper provides perishable and non-perishable food for 7 days  Clients may come once a week for fresh produce and baked goods  Full hamper available once every 2 months including canned goods and staples  Baby food, nutritional supplements available depending on donations</p>
<b>ST. ALBERT</b>		
<p><b>Canadian Prenatal Nutrition Program</b>  Health for Two Program  Various locations throughout Edmonton  and area including St. Albert  Contact: Michelle Teghtmeyer  Regional Coordinator  Tel: 780-735-3008  Fax: 780-735-4203  <a href="mailto:michelle.teghtmeyer@albetahealthservices.ca">michelle.teghtmeyer@albetahealthservices.ca</a></p>	<p><b>Hours</b>  Monday – Friday  8:30 am – 4:30 pm</p>	<p><b>Comments</b>  Free prenatal information, nutrition assistance including food (usually milk) vouchers.  Eligibility: Pregnant women who are living on a tight budget, trying to improve their nutrition and health, feeling alone and overwhelmed, feeling too young/old to have a baby, wanting to learn more about pregnancy, childbirth and life with a new baby, wanting to meet other women who are pregnant, and women who are newcomers to Canada.   Offers referral services, coupons to redeem for milk, prenatal vitamin supplements, information on pregnancy and baby's development in the first year. Public Health Agency of Canada program to support and improve the health, nutrition and well-being of pregnant women who are facing social or economic challenges.  Public Health Centers have info about how to join Health for Two.</p>

<p><b>Community Garden</b>  Sustainable Food Edmonton  PO Box 34183  Kingsway Garden Mall  Edmonton AB T5G 3G4  <a href="http://sustainablefoodedmonton.org/">http://sustainablefoodedmonton.org/</a>  contact: cgfacilitator@sustainablefoodedmonton.org  Contact : 780-488-2500  Fax: 780-488-2513</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Sustainable Food Edmonton is the umbrella organization that offers the programs of Cityfarm, Community Gardens and Little Green Thumbs. A community garden is a group of people coming together to nurture, develop and sustain a growing space in their community. Community gardens not only provide fresh healthy food, they build community spirit, promote health and wellness and enhance our natural environment. Each garden is unique, as it reflects and strengthens the particular community it serves. Community gardens are managed by volunteer community groups; plot fees between \$5 and \$50. Many locations throughout Edmonton and area (Beaumont, Stony Plain, St. Albert, Leduc, Morinville). Contact Sustainable Food Edmonton in late winter (February) to get linked to an existing community garden or anytime to get support to start your own!</p>
<p><b>Community Meals</b>  St. Albert Senior Citizens Club  St. Albert Meals on Wheels  7 Tache Street  St. Albert AB T8N 2S3  <a href="http://www.stalbertseniorsclub.org">www.stalbertseniorsclub.org</a>  Contact: 780-459-0433 Extension 6  Fax: 780-459-9588</p>	<p><b>Hours</b>  Monday – Friday</p>	<p><b>Comments</b>  Available to residents of St. Albert.  Meals are normally delivered Monday to Friday between 11:30 am - 12:30 pm. Free delivery.  Meals include soup, salad, entrée and dessert (entrée is chilled and requires heating in the client's home).  Can provide special diet meals.  Frozen meals available</p>
<p><b>Food Bank</b>  St Albert Food Bank  50 Bellrose Dr  St. Albert AB T8N 3L5  Contact Suzan Krescy  780-459-0599  Fax: 780-459-0599</p>	<p><b>Hours</b>  Monday, Wednesday,  Friday  9:00 am – 3:00 pm</p>	<p><b>Comments</b>  Must live in the Municipality of Sturgeon. Provides assistance once/month. Will offer Collective Kitchen in cooperation with community partners. Social worker available and may refer clients to other services; clothing assistance and shower facilities available. Provides hamper with enough non-perishable food to last up to 2 weeks. Infant formula may be available.</p>



<p><b>Good Food Club</b>  WeCan Food Basket Society  5825 – 93A Avenue  Edmonton AB T6B 0X1  Contact: 780-413-4525  Fax: 780-442-2625  <a href="http://www.wecanfood.com">www.wecanfood.com</a>  St. Albert Depot: At. Albert Salvation Army Church  165 Liberton Dr., St Albert</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Groceries purchased in bulk from wholesale at 25% savings.  \$5.00 annual membership fee.  \$25.00 order includes: 3 kinds of frozen meat; 3 kinds of fresh vegetables and 3 kinds of fresh fruit.  Meat order costs: \$15.00; Vegetable and fruit order costs: \$10.00.  Orders must be paid for by first Friday of the month and are picked up from Depot on the third Thursday or Friday of the month at the hour specified.  Check web page for location of depots or phone WeCan.  May purchase several orders. Unclaimed food is sold to at closing time as there is no storage. Depots located in Edmonton, Wetaskiwin, Leduc, Sherwood Park, Spruce Grove; Stony Plain, St. Albert.</p>
<p><b>Meal Assembly</b>  The Dinner Factory  #111, 1 Hebert Road  St. Albert AB  <a href="http://www.dinnerfactory.ca">www.dinnerfactory.ca</a>  Contact: 780-470-3463  Email: <a href="mailto:info@dinnerfactory.ca">info@dinnerfactory.ca</a></p>	<p><b>Hours</b>  Summer Hours:  Monday 10-5  Tues, Wed, Fri 10-6  Thurs 10-8  Sat 10-3</p>	<p><b>Comments</b>  Dinner Factory is a meal assembly (meal prep) store located in St. Albert. Dinner Factory provides for you to create several nutritious, cost-effective meals. The Dinner Factory does the shopping, chopping, preparation and clean up. In about 2 hours, you can assemble 12 delicious, healthy, ready-to-cook family-sized entrees to be taken home to your fridge or freezer to be cooked at your convenience</p>
<b>ST. PAUL</b>		
<p><b>Food Bank</b>  Mannawanis Native Friendship Center  4901 - 50 Street  St. Paul, AB  Contact: Peggy Grandjamb  Tel: 780-645-4630  Fax: 780-645-1980</p>	<p><b>Hours</b>  Tuesday and Thursday  1:00 pm - 3:00 pm</p>	<p><b>Comments</b>  Proof of residency.  One current utility bill with clients name on it.  Alberta Health Care.  Photo ID if possible.  Also have clothing bank.</p>
<p><b>Community Garden</b>  Community Garden Society of St. Paul  Box 856, St. Paul, AB, T0A 3A0  <a href="http://www.communitygardenstp.com">www.communitygardenstp.com</a>  Contact: Linda Boone  Tel: 780-645-6673  <a href="mailto:info@communitygardenstp.com">info@communitygardenstp.com</a></p>	<p><b>Hours</b>  24 hours/day  7 days/week</p>	<p><b>Comments</b>  \$15 for garden plot (includes \$5 for yearly membership)  \$10 for box (includes \$5 for yearly membership)</p>

<b>STANDOFF/BLOOD TRIBE</b>			
<b>Food Bank</b>	Kainai Food Bank Operated by: Blood Tribe FCSS P.O. Box 118 Standoff, AB T0L-1Y0 Contact: Leona Wolf Child - Coordinator/Manager Email: mironshirt@bloodtribefcss.com Phone: 403-737-2888 Fax: 403-737-2877 <a href="http://www.bloodtribefcss.com/foodbank99.html">http://www.bloodtribefcss.com/foodbank99.html</a>	<b>Hours</b> Monday, Wednesday & Friday 10:00 am - 3:00 pm Tue & Thu Emergencies Only	<b>Comments</b> To promote nutrition by adhering to the Canada Food Guide and the Aboriginal Food Guide. To promote counseling awareness in budgeting, food planning through workshops. To provide emergency food to the Blood Tribe Members.
<b>Community Kitchen</b>	Operated by: Blood Tribe FCSS P.O. Box 118 Standoff, AB T0L-1Y0 Contact: Leona Wolf Child - Coordinator/Manager Email: mironshirt@bloodtribefcss.com Phone: 403-737-2888 Fax: 403-737-2877 <a href="http://www.bloodtribefcss.com/foodbank99.html">http://www.bloodtribefcss.com/foodbank99.html</a>	<b>Hours</b> Cooking sessions are scheduled for Wednesdays 1:00 pm - 3:00 pm	<b>Comments</b> The Community Kitchen Offers FREE - Day Care Food to take home Cooking classes An opportunity to experience cooking fast healthy meals.
<b>Community Garden</b>	Operated by: Blood Tribe FCSS P.O. Box 118 Standoff, AB T0L-1Y0 Contact: Leona Wolf Child - Coordinator/Manager Email: mironshirt@bloodtribefcss.com Phone: 403-737-2888 Fax: 403-737-2877 <a href="http://www.bloodtribefcss.com/foodbank99.html">http://www.bloodtribefcss.com/foodbank99.html</a>	<b>Hours</b>	<b>Comments</b> Each garden is carefully planted by community members on a volunteer basis. During the summer months they are cared for and nurtured until the gardens are harvested communally. Potatoes and a variety of vegetables are grown, some plants are started in the Tribe's own greenhouse and transplanted into the gardens.
<b>STETTLER</b>			
<b>Food Bank</b>	Stettler & District Food Bank Society Contact: Kathy Willis (ED) (403) 742-4567 Box 1492, 4720-50 St., T0C 2L0, Location: Stettler United Church Basement bwillis@telusplanet.net	<b>Hours</b> Tuesday & Thursday 1:00 pm - 3:00 pm	<b>Comments</b> Provides emergency food hampers to those in need. 2 hampers/ mo. Closed statutory holidays. Partnering with Stettler Community Garden to provide seasonal locally grown produce

<p><b>Canada Prenatal Nutrition Program</b>  Connections Program  Contact: Betty Parker, Stettler McMan Parent Link Centre  Ph: 403-742-3606  connections@mcman.ca</p>	<p><b>Hours</b>  Monday to Friday</p>	<p><b>Comments</b>  Provides home based visitation programs, groups, food and prenatal vitamin coupons. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development.  Serves: Stettler, Big Valley, Castor, Coronation, Consort, County of Paintearth and Special Area 4.</p>
<p><b>Grocery Delivery</b>  Sobey's  Customer Service (403) 742-5025</p>	<p><b>Hours</b>  Mon, Tues, Thur, Fri  Delivery at 1:00 pm  Orders must be phoned in  before 11:00 am</p>	<p>Seniors- \$5.00 phone in fee and \$5.00 delivery charge  Non Seniors-\$10.00 phone in Fee and \$10.00 delivery charge  No deliveries on Wed, Sat, Sun or Holidays</p>
<p><b>Meals on Wheels</b>  Paragon Place  Contact: Cheryl Smith (403) 742-6568  Box 2097 T0C 2L0</p>	<p><b>Hours</b>  Mon -Friday  Noon meal  Delivery between 11:30-12:30</p>	<p><b>Comments</b>  Cost: \$7.00 per meal  Must order at least one day ahead.  Volunteer delivery</p>
<p><b>Transportation</b>  Stettler and District Handi-bus  Contact: Joanne Wiechnik (403) 742-5858</p>	<p><b>Hours</b>  Monday- Friday</p>	<p><b>Comments</b>  Call Handi-bus to arrange ride.  Cost \$5.00 each way Monday-Friday  Saturday evenings, weekends and holidays available. (rates may vary- call for more information)</p>
<p><b>Stettler Community Garden</b>  Contact: Robert Spencer for information  Plot rental at Town Office (403)-742-8305</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Contact Town of Stettler in March to request a plot  Various sizes available</p>

**STONY PLAIN**

<b>Community Supports</b> Family and Community Support Services 2nd Floor, 4905 - 51 Avenue Stony Plain, AB T7Z 1Y1 T: 780-963-8583 F: 780-963-1951	<b>Hours</b> Monday – Friday 8:30 am – 4:30 pm	<b>Comments</b> Helps link families in need with appropriate resources for basic needs, counseling, addictions, family violence, education, finance and mental health. Emergency food vouchers may be available; referrals to Parkland Food Bank and the WeCan Food Basket Society (Food Co-Op).
<b>Canadian Prenatal Nutrition Program</b> Health for Two Alberta Parenting for the Future Association 5413 – 51 St. Stony Plain AB <a href="http://www.apfa.ca">Web address: www.apfa.ca</a> Contact: Angela Lundberg (Coordinator) 780-963-0549 Fax: 780-963-3876	<b>Hours</b> Monday – Friday 8:30 am – 4:30 pm	<b>Comments</b> Available for pregnant women at any point in pregnancy and up to 6 months after baby is born. Have weekly meetings with an educational topic and lunch provided. Home visits also available. Clients may qualify for milk, vegetable/fruit and prenatal vitamin coupons based on their income. Many programs and services available to families (community garden, parenting groups, drop in, summer camp) (Week-end and evening programs run September to June)
<b>Food Bank</b> Parkland Food Bank Mailing Address: PO Box 5213, Main Station, Spruce Grove, AB T7X 3A3 Physical Address: 105 Madison Crescent, Spruce Grove, AB Contact: 780-962-4565	<b>Hours</b> Monday, Wednesday, Friday 9:00 am -12:00 noon Wednesday nights 6:30 pm – 8:00 pm Closed on stat holidays	<b>Comments</b> The Parkland Food Bank provides food assistance to residents of Spruce Grove, Stony Plain, and Parkland County. To receive assistance, you must be eligible and registered at the food bank. Eligibility is dependent on proof of residence and financial need. To register, please visit the Food Bank and bring the following documentation: 1. proof of residency (e.g. utility bills) 2. proof of financial need (income tax statement, bills, pay stubs etc) The Food Bank prefers a referral; will do a needs assessment Hamper provides perishable and non-perishable food for 7 days Clients may come once a week for fresh produce and baked goods Full hamper available once every 2 months including canned goods and staples Baby food, nutritional supplements available depending on donations

<p><b>Good Food Club</b>  WeCan Food Basket Society  5825 – 93A Avenue  Edmonton AB T6B 0X1  Contact: 780-413-4525  Fax: 780-442-2625  <a href="http://www.wecanfood.com">www.wecanfood.com</a>  Stony Plain Depot: Aboriginal Parent Link  Perc Building  5413 51 St., Stony Plain</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Groceries purchased in bulk from wholesale at 25% savings.  \$5.00 annual membership fee.  \$25.00 order includes: 3 kinds of frozen meat; 3 kinds of fresh vegetables and 3 kinds of fresh fruit.  Meat order costs: \$15.00; Vegetable and fruit order costs: \$10.00.  Orders must be paid for by first Friday of the month and are picked up from Depot on the third Thursday or Friday of the month at the hour specified.  Check web page for location of depots or phone WeCan.  May purchase several orders. Unclaimed food is sold to at closing time as there is no storage. Depots located in Edmonton, Wetaskiwin, Leduc, Sherwood Park, Spruce Grove; Stony Plain, St. Albert.</p>
<p><b>Meals on Wheels</b>  21 Glenview Crescent, Stony Plain, AB T7Z-1A7  780-963-6685  Jean Shaul, President</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Delivery of meals to those who require the service</p>

**STRATHMORE**

<b>Food Bank</b> Wheatland County Food Bank c/o Wheatland FCSS, 85 Lakeside Boulevard Mailing Address: Box 2156, Strathmore, AB T1P 1K2 Contact: Sharon Tibeau Tel: (403) 934-5335 Fax: (403) 934-2457 <a href="mailto:coordinator@wfcss.org">coordinator@wfcss.org</a>	<b>Hours</b> Monday to Friday 9:00 am – 4:30 pm	<b>Comments</b> Areas of service include: Strathmore, Carseland, Gleichen, Cheadle, Rockyford, Standard, Hussar, Rosebud. Clients must wait two months between hampers and may receive up to six hampers per year. Must phone by Friday of the week before the hamper is needed.
<b>Meals on Wheels</b> Strathmore, AB Tel: (403) 934-5335	<b>Hours</b> Delivery of hot supper meals Monday - Friday Excluding Holidays	<b>Comments</b> Cost \$5:80 per meal
<b>Good Food Box</b> Strathmore, AB Tel: (403) 934-6330	<b>Hours</b>	<b>Comments</b> Offered: small (20 lb), medium (30 lbs) or large (40 lbs) sized food boxes. Cost \$15:00 (Small), \$20.00 (Medium), \$25.00(Large) Orders must be in before noon, food boxes will arrive 10 days after order was received. Boxes must be picked up.
<b>Canadian Prenatal Nutrition Program</b> Growing Opportunities Contact: May Rostecki-Budzey Tel: (403) 361-7216 <a href="mailto:gomrb@telus.net">gomrb@telus.net</a>	<b>Hours</b>	<b>Comments</b> Serves Strathmore, Drumheller, Carseland, Gleichen, Cheadle, Rockyford, Standard, Hussar, Rosebud, Carbon, Morrin Free and confidential. Provides in-home education and nutrition support with a nurse, dietitian and support worker. Services include: - Prenatal Vitamins - Milk Vouchers - Cooking workshops
<b>Good Food Club</b> Tel: (403) 934-6330	<b>Hours</b> Contact for schedule to order and pick up.	<b>Comments</b> Occurs one time per month. Once food box is ordered it will be ready for pick up nine days later.

<b>SUNDRE</b>		
<p><b>Food Bank</b>  Mountain View Food Bank  Located: 5025-50<sup>th</sup> Street  Mailing: Box 3958 Olds, Alberta T4H1P6  President: Fred Hansen  Contact: Pat Graham  (403) 556-1693 (message service)  Additional Contact: Greenwood  Neighbourhood Place  Phone: (403) 638-1011  Fax: (403) 638-1012  Email: info@greenwoodneighbourhoodplace.org  www.greenwoorneighbouhoodplace.org</p>	<p><b>Hours</b>  Tuesdays  09:00 am - 1:00 pm</p>	<p><b>Comments</b>  Individuals need to go in person to apply for hamper.  Need to bring identification: Health care card (preferred), Drivers License (OK), not SIN card.  RD can request a volunteer to access food bank for an emergency.  Greenwood Neighbourhood Place will also provide volunteer drivers to the food bank if transportation is an issue.</p>
<p><b>Grocery Delivery</b>  Sobeys Customer Service  Contact: (403) 638-3886</p>	<p><b>Hours</b>  Deliveries 7 days a week</p>	<p><b>Comments</b>  No charge service for those in need (e.g. Single moms, seniors, those without transport), only within town.  Deliver after 6pm. May need to come in and pick their own groceries.</p>
<p><b>Meals on Wheels</b>  Sundre Hospital Dietary Department  Contact: (403) 638-3033 ext 7027</p>	<p><b>Hours</b>  Monday to Friday  No deliveries made on holidays</p>	<p><b>Comments</b>  Reduced fee; local volunteers deliver. Delivery time 12:00.  Meals \$9.50/person/day. Prices subject to change.</p>
<p><b>Community Meals</b>  Cooking for Kindness  Contact: Greenwood Neighbourhood Place  (403) 638-1011</p>	<p><b>Hours</b>  Jan-May, Oct &amp; Nov  3<sup>rd</sup> Wednesday of every  month</p>	<p><b>Comments</b>  Held at Sundre West Country Center.  Complimentary lunch for seniors.  Hosted by volunteer committee to provide a hot homemade meal in a social setting.</p>
<b>SWAN HILLS</b>		
<p><b>Food Bank</b>  Swan Hills Food Bank  5536 Main Street (Town Office Building)  Swan Hills, AB  Contact: FCSS  Tel: 780-333-4119  Fax: 780-333-4547</p>	<p><b>Hours</b></p>	<p><b>Comments</b></p>

**SYLVAN LAKE**

<b>Food Bank</b> Sylvan Lake Food Bank 4607 47 Avenue, Sylvan Lake, AB T4S 1N9 Contact: Gina Williamson (403) 887-4534	<b>Hours</b> Wednesday 9:30 am – 12:00 noon Enter at back door.	<b>Comments</b> Emergency food service. If access to emergency food services is required on other weekdays, please contact Sylvan Lake Community Partners at 403-887-9989.
<b>Meals on Wheels</b> Sylvan Lake Senior Citizens Lodge, 4620 47 Ave. Contact: Chelsea or Wanda (403) 887-2555 chelseasyvan@shaw.ca	<b>Hours</b> Monday - Friday	<b>Comments</b> Cost: \$8.00 per meal. This lodge can only provide up to 6 meals per day. Servicing those unable to prepare nutritious meals and wishing to remain in own home.
<b>Community Kitchen</b> Sylvan Lake Collective Kitchen Contact: Donna Hughs Tel: (403) 506-4998 or Cell: (403)598-7844 Email: hughesdb@gmail.com	<b>Hours</b> 2 days/month 1st Wed of the month (9 am-11:30 am) 1st Thurs of the month (6 pm-8:30 pm)	<b>Comments</b> Approximately 5-10 people/group. Cost \$30 for 4 dishes (Soup, Casserole, Meat) Meal is for a family of 4. Meet and cook at the Community Centre Payment gathered 1 month prior to the event
<b>Community Garden</b> Neighbourhood Place Tel: (403) 887-3433	<b>Hours</b>	<b>Comments</b> Everyone encouraged to help harvest, weed, water. 11 Plots assigned at beginning of the garden season. Garden is self serve and at no cost. Hoping for a new site next year.
<b>Community Garden</b> Growing Green Neighbours Contact: Cindy Tel: (403) 887-1137 EXT. 221 Community Centre	<b>Hours</b> Spring - Summer	<b>Comments</b> A network/action groups advocating for access to healthy food for all, focusing on increasing awareness of food security issues and community gardening. Everyone encouraged to help harvest, weed, and water. Garden is self-serve and at no cost
<b>Support Center</b> 4936 50th Avenue Sylvan Lake, AB, T4S 1C9 Community Partners Association Contact: (403) 887-9989 www.sylvanlakecommunitypartners.ca	<b>Hours</b> Monday - Friday 9:00AM - 4:00PM	<b>Comments</b> Christmas Dinner, Emergency fund, emergency hampers, baby food bank, family violence counselling, welcome bags. See Website for all details.



<p><b>Community Garden</b>  Community Partners Association  Contact: Giselle (fes@communitypartners.ca) (403) 887-9989  Community Partners Association  4936- 50 Ave  Box 9080  Sylvan Lake, AB  T4S 1S6</p>	<p><b>Hours</b>  Sundays 3pm  (meet for 1-1.5 hours)</p>	<p><b>Comments</b>  Free Program for children 0-10 years. Children learn how to container garden and meet weekly to watch garden grow and learn about a variety of gardening topics. Food from the gardens will be donated and used in the community suppers.</p>
<p><b>Canadian Prenatal Nutrition Program</b>  Building Incredible Babies  Contact: Donna Just, Intake worker for BIB  Tel: (403) 309-8223</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Serves: Red Deer &amp; Sylvan Lake. Intake based on physician or self-referral. Nutrition education facilitated by Registered Nutritionist throughout program. Participants are provided with prenatal vitamins, milk, eggs, and vegetable and fruit coupons. Individual visits, plus invitation to attend bimonthly group sessions in Red Deer.</p>
<p><b>Community Meals</b>  Community Christmas Supper  Community Health Centre  Contact: Donna Ellerby  Tel: (403) 347-0356 or 304-0712 (cell)</p>	<p><b>Hours</b>  Either December 24<sup>th</sup> or  December 25<sup>th</sup>.  4-7pm</p>	<p><b>Comments</b>  Christmas supper held at the Sylvan Lake Community Centre. It is free of charge and open to anyone.</p>
<p><b>Food Hamper</b>  Sylvan Lake Christmas Bureau  Contact: Barb Watson  Tel: (403) 887-5132</p>	<p><b>Hours</b>  Program runs during  December</p>	<p><b>Comments</b>  Supplies food vouchers at Christmas to families with children. Vouchers must be used before Christmas.</p>
<p><b>Transportation</b>  Sylvan Lake Senior Citizens Bus Association  Contact for transportation to Red Deer:  Mary (403) 887-4579  Contact for transportation to other locations:  Sylvan Lake Senior Center(403) 887-2482</p>	<p><b>Hours</b>  Transportation to Red Deer .  every Thursday.  Transportation to other  locations are advertised in  the paper and at senior  centre.</p>	<p><b>Comments</b>  Providing transportation for senior citizens and/or those with disabilities. Buses are not wheelchair accessible. Passengers are picked up from their houses. For trips to Red Deer, bus leaves Thursdays at 9:15am and returns at 1:30pm. There is a service fee of \$5 for trips to Red Deer. Fees for other trips vary based on distance.</p>
<p><b>Community Garden</b>  Youth Services  youthservices@sylvanlake.ca or  Tel: (403) 887-1137 ext 223</p>	<p><b>Hours</b>  Part of drop in program  (dates and times vary)</p>	<p><b>Comments</b></p>

<p><b>Community Kitchen</b>  Youth Services  Contact: Program Coordinator  (403) 887-1137  Youth Centre - Family &amp; Community Centre</p>	<p><b>Hours</b>  Wednesday or Thursday  (contact program  coordinator for specific  dates/times)</p>	<p><b>Comments</b>  Future Chefs and Baking up a Storm are cooking programs for children aged 9-12 years. Baking up a Storm Junior is for children 6-8 years.  These programs are offered at low cost (\$25-\$30) to local children and youth.</p>
<p><b>Community Meals</b>  Youth Services  4725 – 43 Street  Contact: Youth Services  Email: <a href="mailto:youthservices@sylvanlake.ca">youthservices@sylvanlake.ca</a>  Tel: (403) 887-1137 ext 223</p>	<p><b>Hours</b>  Part of drop in program  (dates and times vary)</p>	<p><b>Comments</b>  After School Snack Program.</p>
<b>TABER</b>		
<p><b>Food Bank</b>  Salvation Army Community &amp; Family  Services Food Bank  5324 49 Avenue, Taber, AB T1G 1T8  Tel: (403) 223-0061</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  All applicants must have identification.</p>
<p><b>Food Bank</b>  Taber Food Bank Society  5512 48 Avenue  Taber, AB T1G 1S4  Phone: 403-223-1833  <a href="mailto:taberfood@gmail.com">taberfood@gmail.com</a></p>	<p><b>Hours</b>  Monday – Friday  9:00am – 4:00pm</p>	<p><b>Comments</b>  Provide 1 hamper per month.  Pick shelf open daily.  Alberta Health Care and Rental Receipts are a priority.</p>
<p><b>Meals on Wheels</b>  Taber and District Housing Foundation  4730 50 Avenue  Taber, AB T1G 1N6  Phone: 403-223-2767  Fax: 403-223-2189</p>	<p><b>Hours</b>  Monday – Friday  Meals delivered  between 12:00pm -  1:00 PM</p>	<p><b>Comments</b>  \$8.00/meal.  Deliver lunch meal only.  Available for anyone over the age of 65 in the community (or special referral).  Delivered by volunteers.  No delivery on statutory holidays.</p>

**THREE HILLS**

<b>Food Bank</b> Three Hills Area Food Bank Box 1695, T0M 2A0 Tel: (403) 443 1005 threehillsfoodbank@telus.net	<b>Hours</b> No set office hours	<b>Comments</b> Clients phone and leave a message on a cell phone. hampers.
<b>Meals on Wheels</b> Chateau Three Hills through Senior's Outreach Contact: (403) 443-2121 info@chateauthreehills.com	<b>Hours</b> Monday – Friday	<b>Comments</b> Meals are supplied for \$9.00/meal and local volunteers deliver Mon – Fri.  Lunch only; Delivery at 11:45am
<b>Canadian Prenatal Nutrition Program</b> Baby Steps For client intake contact: Three Hills Community Health Centre: (403) 443-5355 ext. Public Health	<b>Hours</b>	<b>Comments</b> Free monthly food coupons for milk, eggs, fruit, vegetables, peanut butter, whole wheat bread and canned tuna or salmon are offered to participants. Vitamin/mineral supplements are provided free of charge. It also offers education on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development and assists women to access community resources for practical and personal support. Incentives provided for those who continue to breastfeed. Eligibility determined by intake assessment.
<b>Grocery Delivery</b> IGA Contact: (403) 443-5022	<b>Hours</b> Tuesday, Thursday, Saturday	<b>Comments</b> \$5 delivery fee on Tuesday and Saturday. Free delivery on orders over \$100.00. Must be ordered before 4 p.m. No fee on Thursday for seniors with minimum \$25 order.

**TOFIELD**

Community Supports Family and Community Support Services 5024 – 51 Avenue, Tofield AB T0B 4J0 Contact: Wanda (780) 662-7067	<b>Hours</b> Monday - Friday 8:30 an-12:00 noon; 1:00-4:00	<b>Comments</b> Teaching Independent Living Skills. Counseling session \$35/ hr subsidized Meals on Wheels (\$7/meal) - Volunteer delivery daily Spring income tax program; AB senior referral to apply for special needs Youth outreach program and December Christmas Hamper with Food Bank
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**TROCHU**

<b>Food Bank</b> Trochu Food Bank Must phone: St. Mary's Health Care Centre Contact: Colleen Maxwell or Janice Weiss (403) 442-3955 Delivery Coordinator: Peter Verhesen Mailing Box 100 Trochu, AB T0M2C0	<b>Hours</b> Call for orders Monday to Friday 8:00 am -3:00 pm Deliveries made Wed and Friday mornings.	<b>Comments</b> Food Hampers are delivered to those in need or those who find themselves in an emergency situation. 4 boxes per year. Christmas hampers also available.
<b>Canadian Prenatal Nutrition Program</b> Baby Steps For client intake contact: Elnora Community Health Centre: (403) 773-3636	<b>Hours</b>	<b>Comments</b> Free monthly food coupons for milk, eggs, fruit, vegetables, peanut butter, whole wheat bread and canned tuna or salmon are offered to participants. Vitamin/mineral supplements are provided free of charge. It also offers education on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development and assists women to access community resources for practical and personal support. Eligibility determined by intake assessment.
<b>Meals on Wheels</b> St. Mary's Health Care Centre Contact: Dorothy Meding dorothy.meding@covenanthealth.ca	<b>Hours</b> Call for orders Mon-Friday 8 am-3pm. Deliveries made daily between 4-6 pm.	<b>Comments</b> Cost: \$6.50 per meal. Volunteers deliver meals. No delivery on weekends or stat holidays.
<b>Grocery Delivery</b> Trochu Foods Contact: (403) 442-4313	<b>Hours</b> Mon, Thurs, Sat at 4:00 pm	<b>Comments</b> Free delivery for minimum order \$25.00.

<b>TURNER VALLEY-BLACK DIAMOND</b>			
<p><b>Canadian Prenatal Nutrition Program</b>  Healthy Moms, Healthy Babies  Contact: Gwen  Tel: (403) 933-6518</p>	<p><b>Hours</b>  08:00 am - 4:30 am</p>	<p><b>Comments</b>  Free and confidential.  Prenatal admission only.  Targeted for low-income, new immigrants, young mothers, and mothers with limited support system.  Provides education and nutrition support, which may include:  - Fresh food boxes (September to June)  - Cooking circles  - Coupons  - Prenatal Vitamins</p>	
<p><b>Meals on Wheels</b>  Tel: (403) 933-8515</p>	<p><b>Hours</b>  Delivery of hot meal  at noon (Mon-Fri)  Excluding Holidays</p>	<p><b>Comments</b>  Cost \$5  For more information, call Mon-Fri between 8:00 am - 11:00 am.</p>	
<p><b>Food Bank</b>  Oilfields Food Bank  United Church in the Valley  125 Royal Avenue,  Turner Valley, AB T0L 2A0  Tel: (403) 938-7719</p>	<p><b>Hours</b>  Tuesdays  1:00pm-3:00pm</p>	<p><b>Comments</b>  Areas of service include: Turner Valley, Black Diamond.</p>	
<b>TWO HILLS</b>			
<p><b>School Program</b>  Two Hills Mennonite School</p>	<p><b>Hours</b>  Monday to Friday  during the school year</p>	<p><b>Comments</b>  Breakfast  No cost</p>	
<p><b>Community Garden</b>  Rock Church  Contact: Gordie</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  Bus leaves from Vegreville once a week to take people to the garden.</p>	
<b>VALLEYVIEW</b>			
<p><b>Food Bank</b>  Interfaith Community Food Bank Society  5104 – 50 Street  Valleyview, AB, T0H 3N0  Contact: Joyce Craig  Tel: (780)524-2105 EMERGENCIES ONLY</p>	<p><b>Hours</b>  Second Wednesday of  every month  1:30pm-4:30pm</p>	<p><b>Comments</b>  Can be accessed once per month.</p>	

**VAUXHAULL**

<b>Food Bank</b> Vauxhall and Area Food Bank Phone: (403) 654-0848	<b>Hours</b> By appointment only	<b>Comments</b> Provides food hampers to Vauxhall, Hays, Enchant and surrounding rural areas. Must provide proof of identification and residence in the area. Confidential.
<b>Good Food Club</b> Good Food Box Vauxhall Community Health 406 1 Avenue North Box 366 Vauxhall, AB T0K 2K0 Phone: 403-654-2232 Fax: 403-654-2134	<b>Hours</b> Orders are to be placed by the last Friday of every month	<b>Comments</b> Available for anyone. \$10/box. Orders are to be picked up the second Friday of every month between 1:00 pm – 3:00 PM Pick up orders from: Vauxhall Community Health 406 1 Avenue North.

**VEGREVILLE**

<b>Food Bank</b> Vegreville Food Bank 4615 60 Street (Pentecostal church) Vegreville AB T9C 1N4 Contact: (780)632-6002 (Tel)	<b>Hours</b> Tuesday & Friday 10:00 am – 12:00 noon	<b>Comments</b> Only Tuesdays in July and August.
<b>School Program</b> CALs (Community Association for Lasting Success) Box 766, 5106 48 Ave. Vegreville, T9C 1R9 Contact: Heather Giebelhaus Tel: (780) 632-3225 bclub@vcals.org	<b>Hours</b> Tues/Wed/Thurs 10:00 AM	<b>Comments</b> Breakfast Club. K-6 and junior senior high programs. No cost.
<b>Community Meals</b> "Loaves and Fishes" Vegreville Pentecostal Church 4615 60 Street , Vegreville , AB T9C 1N4 Contact: Nellie Highet Tel: 780-632-4166	<b>Hours</b> Every Friday 11:30 am – 1:00 pm	<b>Comments</b> Anyone can access. No meals July and August, re-commences after September long weekend.

<p><b>Meals on Wheels</b>  FCSS  Contact: Lisa Topilko  Tel: 780-632 3966</p>	<p><b>Hours</b>  7 days a week for lunch  Monday-Sunday</p>	<p><b>Comments</b>  Delivered hot or prepackaged cold on Friday for the weekend.  \$7.00 per meal. Frozen meal option - pick-up all meals for the week.</p>
<p><b>Community Garden</b>  Rock Church  Contact: Gordon Ralfs 780-366-2034</p>	<p><b>Hours</b>  Garden is close to the  community of Two Hills</p>	<p><b>Comments</b>  Bus leaves from the Rock once a week. (No Sunday)  10% of produce donated to Rock Church Kitchens</p>
<p><b>Community Garden</b>  Parkland Conservation Farm  In Mundare</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  See Mundare</p>
<p><b>VERMILION</b></p>		
<p><b>Food Bank</b>  Holy Name Rosary Catholic Church  4620-53 Ave, Vermilion, AB  Church Office Phone: (780) 853-5161  Coordinator: Marie O'Neil 853-4079 or  Adeline Handel 853-5455</p>	<p><b>Hours</b>  Friday 1:00-3:00 pm</p>	<p><b>Comments</b>  Bring your Health Care card or ID</p>
<p><b>Emergency Meals</b>  Parkview Alliance Church office  5004-51 Ave , Vermilion T9X 1B3  Contact person: Florence Tovell:  Tel: 780-853-4229</p>	<p><b>Hours</b></p>	<p><b>Comments</b>  The church office is located behind the "EDGE". Please use the side door  accessible from the parking lot. (Office is closed on Monday).  This is to help those in need until the food bank is open on Friday. A hot soup lunch is  available Fridays at noon at the Edge,</p>
<p><b>Emergency Meals</b>  Mary Duchanan  780-853-4145</p>	<p><b>Hours</b>  Contact Mary  (Leave a detailed message)</p>	<p><b>Comments</b>  Emergency bag of food staples with vouchers to buy some perishables- meant for  one to 2 meals.</p>
<p><b>Good Food Club</b>  Good Food Box  Vermilion Good Food Box  Front reception at Vermilion Public Health  Provincial building –  4701 52 St., Vermilion T9X 1J9  780-853-5270  (Partnered with Midwest Food Resource Project)</p>	<p><b>Hours</b>  Clients are called to pick up  for the afternoon (Center  closes at 4:30PM)</p>	<p><b>Comments</b>  Top quality fruits and vegetables available monthly at a lower price.  Cost: \$15 (cash only)  Order and pick up days vary. Best to call to find out the order and pick up  deadlines for the next month.</p>

<p><b>School Program</b> Hot Lunch Program Vermilion Elementary School Tel: (780) 853-5444</p>	<p><b>Hours</b> Tuesday, Wednesday, Thursday</p>	<p><b>Comments</b> Cost \$3.00 per meal. Open to all. Free to those who cannot afford it.</p>
<p><b>School Program</b> Vermilion Elementary Tel: 780 853 5444 St Jerome's Tel: 780 853 3231</p>	<p><b>Hours</b> Contact schools for times and dates</p>	<p><b>Comments</b> Free for kids attending the schools.</p>
<p><b>Community Kitchen</b> Teaching Independent Living Skills (TIPS) CPNP c/o FCSS 5024 – 51 Avenue, Tofield AB T0B 4J0 Contact: Carol Mackey (780) 662-7067</p>	<p><b>Hours</b> 3<sup>rd</sup> Wednesday of the month</p>	<p><b>Comments</b> Available to TIPS clients only Milk, vegetables and fruit hamper for pregnant and nursing mothers if needed.</p>
<p><b>Grocery Delivery</b> East Alta Coop (780) 853-5335</p>	<p><b>Hours</b> Everyday</p>	<p><b>Comments</b> Pick up or Delivery \$2.00 fee or \$10.00 for commercial orders/delivery Order must be in by 2:30 PM for same day delivery- No Deliveries on Sunday</p>
<p><b>Kids Cooking Program</b> Contact: Kate Van Imschoot (780) 845-2209 kate.vanimschoot@albertahealthservices.ca</p>	<p><b>Hours</b></p>	<p><b>Comments</b> Provide assistant to schools who want to start a kids cooking program in Vermillion, Kitscoty and Clandonald</p>
<p><b>Collective Kitchen</b> Contact: Suzette Dejong- Hanover Brighter Beginnings (780) 853 6633</p>	<p><b>Hours</b></p>	<p><b>Comments</b> For Vermillion, Kitscoty and Clandonald</p>
<p><b>Food Bank</b> Food Bank Tofield and area Service areas In between Tofield and Holden. Contact Sara: 780 662 3511</p>	<p><b>Hours</b> Tuesday or Friday 10:00A - 12:00PM</p>	<p><b>Comments</b> If you cannot reach the Food Bank contact FCSS who will connect with the Food Bank and arrange to have the food hamper for pick-up at the FCSS office. Book hamper by phone</p>



<b>VETERAN</b>			
	<b>School Program</b> Veteran School Contact: Joan Bousquet Family School Liaison Phone: 403-575-3915	<b>Hours</b>	<b>Comments</b> Jr. Chef's School Nutrition Program – developed to help students learn cooking skills, healthy eating practices and address food security issues to some extent; the class is offered just before lunch. Food provided as a supplement.
<b>VULCAN</b>			
	<b>Food Bank</b> Vulcan County Food Bank Box 594 Vulcan, AB T0L 2B0 Contact: Brenda English Tel: (403) 485-2192 Fax: (403) 485-6043	<b>Hours</b> Monday –Thursday 9:00 am – 3:00 pm	<b>Comments</b> Must call before 11:00 am the day before pick-up (or earlier). Suggested maximum use of three hampers per year, with the exception of Christmas hampers. Also provides books and a tax service for basic income tax returns. Closed from Christmas to the first week of January.
	<b>Meals on Wheels</b> Tel: (403) 485-6955	<b>Hours</b> Delivery Mon-Fri 11:30 am	<b>Comments</b> 2 meals per day Cost \$10 per meal
	<b>Canadian Prenatal Nutrition Program</b> Healthy Moms, Healthy Babies Contact: Marnie Tel: (403) 485-2285	<b>Hours</b> 08:00 am - 4:30 am	<b>Comments</b> Free and confidential. Prenatal admission only. Targeted for low-income, new immigrants, young mothers, and mothers with a limited support system. Provides education and nutrition support, which may include: - Fresh food boxes (September to June) - Cooking circles - Coupons - Prenatal Vitamins
<b>WAINWRIGHT</b>			
	<b>Food Bank</b> Presbyterian Church 1138 4 <sup>th</sup> Ave Wainwright AB Contact (780) 842-3033	<b>Hours</b> Tuesday 11am-1pm	<b>Comments</b>
	<b>Collective Kitchen</b> Contact: Kelsey Robinson (780) 806-4000	<b>Hours</b>	<b>Comments</b>

<p><b>Community Kitchen - CPNP</b> Teaching Independent Living Skills (TIPS) c/o FCSS 902 5<sup>th</sup> Ave Wainwright AB Contact: Diane Bachelдор 780 842 5481</p>	<p><b>Hours</b> Thursday 11:30 am-1:00 pm once per month (2nd Thursday of the month)</p>	<p><b>Comments</b> Available to TIPS clients only. Milk, vegetables and fruit hamper for pregnant and nursing mothers if needed.</p>
<p><b>Meals on Wheels</b> Wainwright District and Family Community Center 902 5<sup>th</sup> Ave., Wainwright Contact: Susan Phone: (780) 842-2777 Email: alh@incentre.net Email: wdss@silvercrest.ca</p>	<p><b>Hours</b></p>	<p><b>Comments</b> Delivery Helps senior fill in government forms Life alert program - call in center for home falls/ accidents</p>
<p><b>WESTLOCK</b></p>		
<p><b>Canada Prenatal Nutrition Program</b> Healthy Families, Healthy Futures #203 10011 - 106 Street, Westlock, AB T7P 2K3 Contact: Linda West Tel: (780)307-2444 Fax: (780)307-2447 <a href="mailto:hfr11@telusplanet.net">hfr11@telusplanet.net</a></p>	<p><b>Hours</b> Monday to Friday 8:30am-4:30pm</p>	<p><b>Comments</b> No cost to participants in Healthy Families Prenatal program.</p>
<p><b>Food Bank</b> Good Samaritan Food Bank East on Highway 55 and North on Parkview Road (Watch for signs). Athabasca, AB Tel: 780-675-3556</p>	<p><b>Hours</b> Wednesdays 11am-5pm</p>	<p><b>Comments</b> Located in Athabasca but will deliver to families in need in other communities.</p>
<p><b>Food Bank</b> Westlock &amp; District Food Bank Association 9903 106 Avenue, Westlock, AB, T7P 1Y5 Tel: 780-349-7132 Fax: 780-349-5551</p>	<p><b>Hours</b> Tuesday &amp; Thursday 1:00PM - 3:30PM</p>	<p><b>Comments</b> Clients can access once a month.</p>
<p><b>Transportation</b> Westlock and District Transportation (Handi-bus) Tel: 780-349-9432</p>	<p><b>Hours</b> Call to book an appointment</p>	<p><b>Comments</b> \$5.50 each direction</p>

<p><b>Meals on Wheels</b>          Alberta Health Services          Westlock Community Health Centre          10024 107 Ave, Westlock, AB          Contact Person: Ask to speak to a Home Care Nurse          Tel: 780-349-3316 ext 1          Fax : 780-349-5725</p>	<p><b>Hours</b>          Monday to Friday          8:00 AM-4:30 PM</p>	<p><b>Comments</b>          \$8.00 per meal</p>
<p><b>Community Kitchen</b>          Westlock Adult Learning Centre          #2 10007 100 Ave, Westlock, AB          Tel: 780-349-5253          Fax: 780-349-3111</p>	<p><b>Hours</b>          Call for more information</p>	<p><b>Comments</b>          Provide low cost cooking sessions for low income individuals or those with minimal cooking skills.</p>
<p><b>Grocery Services</b>          Sobeyes          9943 100 St, Westlock, AB          Tel: 780-349-3544</p>	<p><b>Hours</b>          8 AM – 9 PM daily</p>	<p><b>Comments</b>          Grocery delivery service. Cost is \$5 if you go to the store &amp; do the shopping yourself and get it delivered or \$10 if you call in an order and staff fill it for delivery.</p>
<b>WETASKIWIN</b>		
<p><b>Community Meals</b>          Breakfast Table          Neighbours Outreach Wetaskiwin          Wayside Chapel          5009 48 Avenue          Tel: (780) 352-8428</p>	<p><b>Hours</b>          Monday - Friday          10:30 am - 12:30 PM</p>	<p><b>Comments</b>          Everyone is welcome.          Assistance for drinking problems; link to supportive services</p>
<p><b>Food Bank</b>          Salvation Army Food Bank          5010-51Ave, T9A 0V1          Contact: Linda Ortlauf          Tel: (780) 352-2416          Email: safoodbank@persona.ca</p>	<p><b>Hours</b></p>	<p><b>Comments</b>          No referral necessary, but preferred. 1 hamper/month.          Call for appointment.</p>
<p><b>Canadian Prenatal Nutrition Program</b>          Nutritious Beginnings          Contact: Lisa Cottrell          Tel: (780) 361-4119          Email: LisaCT@brighter-futures.ca</p>	<p><b>Hours</b></p>	<p><b>Comments</b>          Serves the area of Breton, Buck Creek, Drayton Valley, Wetaskiwin and Winfield. Participants are provided with: prenatal vitamins, monthly food coupons while pregnant, as well as information on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. One on one visits and monthly support group offered.</p>

<p><b>Transportation</b> Wetaskiwin Community Transportation Society Contact: (780) 312-7433</p>	<p><b>Hours</b> Office Hours: Monday - Friday 8:00 am-5:00 pm</p>	<p><b>Comments</b> Monday- Saturday; Rides limited on Sunday (e.g. church). Special requests for weekend can be made. Call the day before to ensure you get the time slot you need.</p>
<p><b>Community Garden</b> Horizons Centre Contact Donna May: (780) 352-6096</p>	<p><b>Hours</b></p>	<p><b>Comments</b> Plots and tools are provided, please inquire with the agency involved if support for seeds is required. Call before June 1st for plot.</p>
<p><b>Meals on Wheels</b> City of Wetaskiwin, Family &amp; Community Support Services (780) 361-4425</p>	<p><b>Hours</b></p>	<p><b>Comments</b> Meals available at noon. Monday through Friday certain days can be requested. Cost is \$6.50/meal and delivered by volunteers. Minimum of 2 days notice is required.</p>
<p><b>WHEATLAND</b></p>		
<p><b>Food Bank</b> Wheatland County Food Bank c/o Wheatland FCSS, 85 Lakeside Blvd. Mailing address: Box 2156, Strathmore, AB T1P 1K2 Contact: Marleen Hockin Tel: (403)934-5335 Fax: (403)934-2457</p>	<p><b>Hours</b> Monday to Friday 9:00 am – 4:30 pm</p>	<p><b>Comments</b> Clients must wait two months between hampers.</p>
<p><b>WHITECOURT</b></p>		
<p><b>Food Bank</b> Whitecourt Interagency Food Bank 5004 – 52 Avenue, Whitecourt, AB www.whitecourt.ca Contact: Lori Vodden Tel: (780) 778-6300 Fax: (780) 778-2062</p>	<p><b>Hours</b> Tuesday and Thursday 10:00 am-11:30 am</p>	<p><b>Comments</b> Clients can access four times per year</p>
<p><b>Meals on Wheels</b> Whitecourt Health Care Centre #20 Sunset Blvd., Whitecourt, AB, T7S 1M8 Contact: Lori Arnott or Teresa Marshall Tel: (780)778-5540 ext 243</p>	<p><b>Hours</b> Monday to Friday No holidays</p>	<p><b>Comments</b> Meals delivered by volunteer drivers close to noon. The cost is \$6.00 - \$7.00 per meal. Clients can phone directly.</p>

	<p><b>Community Garden</b>  Whitecourt Community Garden Society  Box 509, Whitecourt, AB, T7S 1N6  Contact: Christine Corke  Tel: (780)778-6300 ext 417  <a href="mailto:christinecorke@whitecourt.ca">christinecorke@whitecourt.ca</a></p>	<p><b>Hours</b>  Annually from  May 1 – Sept. 30</p>	<p><b>Comments</b>  Open to all community members.  \$25 per garden plot (50 plots available).</p>
	<p><b>Grocery Delivery</b>  Whitecourt Garden Market IGA  4802 – 51 Street, Whitecourt, AB,  T7S 1R9  Contact: Customer Service  Tel: (780)778-5900  Fax: (780)778-6025</p>	<p><b>Hours</b>  Monday to Sunday  8am-9pm  Holidays  11am-6pm</p>	<p><b>Comments</b>  \$10-20 delivery charge depending on size of order.</p>
	<p><b>Community Meals</b>  Tennille's Hope Kommunity Soup Kitchen  5020 – 50 Avenue, Whitecourt, AB  Mail: PO Box 1684, T7S 1P5  Contact: Laurie Ellis  Tel: (780)778-8316</p>	<p><b>Hours</b>  Wednesday and Friday  11am-2pm</p>	<p><b>Comments</b>  Mission: Feeding the lost physically and spiritually.  Everyone in the community is welcome.  Holiday meals may be provided.  Ongoing fundraising events.  100% volunteer and donor driven.</p>