

# Food Connections

There are many opportunities in communities to address food security. This document provides a listing of

- Emergency meals
- Soup kitchens
- Food hampers
- Food banks
- Good food clubs
- Community kitchens
- Community gardens
- Young chefs programs/after school cooking clubs
- CPNP programs with a food component/vouchers
- Out of school programs

To discover what resources are in your community, put your cursor on the community in the directory list, press control and click to follow the link.

Please note: This document does not include the following food connections. For information on this go to the following web sites/contacts listed.

Meals on Wheels - [www.mealcall.org/canada/alberta/index.htm](http://www.mealcall.org/canada/alberta/index.htm)

Farmer's Market - [www.albertamarkets.com/abmarkets](http://www.albertamarkets.com/abmarkets) or Farmers' Markets [www.agric.gov.ab.ca/store/farmersmarket/](http://www.agric.gov.ab.ca/store/farmersmarket/)

Local produce producers - [www.albertafarmfresh.com/](http://www.albertafarmfresh.com/)

School Feeding Programs – AB Breakfast for Learning - [www.bflalberta.org](http://www.bflalberta.org)

For local delivery options please contact your local grocery store

For school feeding programs (other than after school programs) please contact your local schools or contact AB Breakfast for Learning.

For local shelters or youth drop in centres please contact your local Family and Community Support Services for information on local shelters.

This listing is maintained by the provincial community nutritionists and it is updated annually in February. Please contact your local community nutritionist for any updates.

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## ALBERTA CAPACITY BUILDING & RELIEF PROGRAMS

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
<b>AIRDRIE</b>			
Community Garden	<b>AIRDRIE COMMUNITY GARDEN</b> Contact: Tyler Bradbury, Airdrie Horticulture Society (403)815-1400(Tel)		
Food Bank	<b>AIRDRIE FOOD BANK</b> 20 East Lake Way, Airdrie, AB T4A 2J3 Contact: Lori McRitchie, Hamper Coordinator (403)948-0063 (Tel), (403)948-9332 (Fax) lori@airdriefoodbank.com	Monday to Friday 9:00 am – 3:00 pm  Plus Wednesday evenings 5:00 pm - 8:00 pm	<ul style="list-style-type: none"> <li>• Areas of service are: Airdrie, Balzac, Crossfield, Madden.</li> <li>• Emergency Food Packs available.</li> <li>• School Programs – Snack Attack (emergency shelf items) to all elementary and middle schools in Airdrie.</li> <li>• Good Food Box contact.</li> </ul>
Community Kitchen	Contact: Denisa Sanness Community Links (403) 945-3900 (Tel) (403)945-3901 (Fax) denisa@yourcrc.com		
Support Services	Community Links 112-1 <sup>st</sup> Avenue NW, Airdrie, AB T4B 2T9 (403) 945-3900 (Tel) (403) 945-3901 (Fax) ask@yourcrc.com		<ul style="list-style-type: none"> <li>• Emergency Food Packs available</li> <li>• Collaboration with Best Beginnings Program</li> </ul>
Best Beginning Program, Calgary Health Region	Airdrie Community Health Centre 604 Main Street South, Airdrie, AB T4B 2B9 (403) 912-8400 (Tel) (403) 912-8410	Monday to Friday 8:30 am – 4:30 pm	<ul style="list-style-type: none"> <li>• Support services for pregnant women who qualify.</li> <li>• Food coupons for milk.</li> <li>• Vitamins provided free of charge</li> <li>• Group sessions may be available</li> <li>• Counselling with nurse, outreach worker and nutritionist</li> </ul>
Meals on Wheels	Airdrie Meals on Wheels (403) 815-1400 (Tel)		
School Program	R.J. Hawkey Elementary School Breakfast Program (403) 948-3939 (Tel)		<ul style="list-style-type: none"> <li>• Supported by Airdrie Food Bank</li> <li>• Available to all students</li> </ul>
Cooking Program	Airdrie Boys and Girls Club (403) 948-3331		
Community Meals	Manna House Airdrie Alliance Church 1604 Summerfield Boulevard, Airdrie, AB Contact: Laura (403) 948-8781 (Tel) <a href="mailto:mannahouse@live.ca">mannahouse@live.ca</a>	Two Thursdays per month.	<ul style="list-style-type: none"> <li>• Meal and entertainment provided to all who attend.</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
<b>ALIX</b>			
Food Bank	Neighbourhood Network Contact: Glenna Carlson Ph: (403) 747-2107		<ul style="list-style-type: none"> <li>As Needed. Please Call for Appointment.</li> </ul>
Canadian Pre-natal Nutrition Program (CPNP)	Baby Steps For client intake contact: Lacombe Community Health Center: Ph: (403) 782-3218  For program information contact: Patricia Leitner Ph: (403) 356-6410 Email: Pleitner@dthr.ab.ca		<ul style="list-style-type: none"> <li>Serves: Lacombe and county, Ponoka, and Innisfail.</li> <li>Free monthly food coupons for milk, eggs, fruit, vegetables and peanut butter are offered to participants.</li> <li>Vitamins are provided free of charge.</li> <li>Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development.</li> <li>Eligibility determined by intake assessment at each community health center.</li> </ul>
<b>ALTARIO</b>			
School Programs	Altario School Contact: Joan Bousquet, Family School Liaison (403) 552-2290		<ul style="list-style-type: none"> <li>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</li> <li>Offering the class just before lunch.</li> <li>Food provided as a supplement.</li> </ul>
<b>ATHABASCA</b>			
Food Bank Soup Kitchen	Good Samaritan Ministries Box 972, Athabasca, AB T9S 2A8 Contact: Lois Ukeytel (780)675-4471 (Tel)	Monday, Wednesday and Fridays 1:30 pm – 4:00 pm	<ul style="list-style-type: none"> <li>1 hamper per family per week.</li> <li>Soup kitchen – can visit all 3 days.</li> <li>Garden – for food bank root cellar – hold vegetables.</li> </ul>
Community Kitchen	Contact: Athabasca Native Friendship Center 675-3086		<ul style="list-style-type: none"> <li></li> </ul>
<b>BANFF</b>			
Food Bank	Banff Food Bank Association Back Entrance of Banff Park Church 455 Cougar Street, Banff, AB Contact: Ann Ockeloen (403)762-1060 (Tel) Email address: aneuwe@telusplanet.net	Drop in: Tuesdays and Saturdays 12:00 Noon – 1:00 p.m. Hamper service by appointment only	<ul style="list-style-type: none"> <li>Clients can access 6 times per year.</li> <li>Hamper service by appointment only.</li> </ul>
CPNP	Healthy Moms, Healthy Babes 301 Lynx Street, Box 1266, Banff, AB T1L 1B3 Contact: Sandra MacDonald (403)678-5656 (Tel) or (403)762-2990(Tel)	Monday – Friday 8:30 am – 12:00 Noon and 1:00 pm – 4:30 pm	

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
<b>BARRHEAD</b>			
Food Bank	Barrhead Food Bank c/o Barrhead FCSS, 4921 50 <sup>th</sup> Avenue, Mail: Box 4616, Barrhead, AB T7N 1A5 Contact: Glenda Thomas (780)674-3341 (Tel) (780)674-4571 (Fax) Email address: gjthomas@telusplanet.net	Tuesdays & Thursdays 2:00 pm – 4:00 pm	
<b>BEAUMONT</b>			
Food Bank	Leduc & District Food Bank 4810 – 49 <sup>th</sup> Avenue, Leduc, AB Mailing Address: Box 5008, Leduc, AB T9E 6L5 Contact: Laurie Livingston (780) 986-5333 (Tel) (780) 986-5333 (Fax) Email address: leducfb@infocentre.net	Monday, Wednesday & Friday 9:00 am – 12:00 Noon and 1:00 pm – 4:00 pm	
<b>BEAVERLODGE</b>			
Community Kitchen	Cooks R Us Community Kitchen c/o Babies Best Start 10105 97 Ave, Grand Prairie, AB T8V 0N5 Contact: (780)513-2008 (Tel) (780)513-2199 (Fax)	Monday – Friday 9:00 am – 4:30 pm	<ul style="list-style-type: none"> <li>• Held once per month.</li> </ul>
<b>BEISEKER</b>			
Food Bank	Beiseker Food Bank Contact: Ladean (403) 947-2837 (tel) or Barb (403) 947-2263 (tel)		<ul style="list-style-type: none"> <li>• Available once every 3 months</li> </ul>
<b>BENTLEY</b>			
Farmers' Market	Bentley Farmer's Market Contact: Colleen McNaught Ph: (403) 748-3501	Sat-1:30-3:30 pm Curling Rink Arena	<ul style="list-style-type: none"> <li>• May long weekend to September long weekend</li> <li>• Holiday Markets TBA</li> </ul>
Grocery Delivery	Select AG Foods Ph: (403) 748-4161	Mon- Sat 9-9 Sunday 10-6	<ul style="list-style-type: none"> <li>• Free delivery within town limits</li> </ul>
Meals on Wheels	Bentley FCSS & Neighbourhood Place Contact: Barb Carson Ph: (403) 749-2160 Email: <a href="mailto:Community@telus.net">Community@telus.net</a> Address: Box 913 4843-52 Ave Bentley AB T0C 0J0	Mon, Wed, Fri Delivery	<ul style="list-style-type: none"> <li>• Cost: \$7.00</li> <li>• Meals are available Tues and Thurs, but not delivered.</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Blessing Pantry	Bentley FCSS & Neighbourhood Place Contact: Barb Carson Ph: (403) 749-2160 Email: <a href="mailto:Community@telus.net">Community@telus.net</a> Address: Box 913 4843-52 Ave Bentley AB T0C 0J0	Mon-Fri 10-3 pm	<ul style="list-style-type: none"> <li>FCSS in partnership with two churches provide a \$25.00 gift certificate from a grocery store and/or pharmacy.</li> </ul>
Canadian Pre-natal Nutrition Program (CPNP)	Baby Steps For client intake contact: Rimbey Community Health Center: (403) 843-2288  For program information contact: Patricia Leitner Ph: (403) 356-6410 Email: <a href="mailto:Pleitner@dthr.ab.ca">Pleitner@dthr.ab.ca</a>		<ul style="list-style-type: none"> <li>Serves: Bentley and area.</li> <li>Free monthly food coupons for milk, eggs, fruit, vegetables and peanut butter are offered to participants.</li> <li>Vitamins are provided free of charge.</li> <li>Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development.</li> <li>Eligibility determined by intake assessment at each community health center.</li> </ul>
<b>BLACKFALDS</b>			
Community Garden	Private Edith Schaeffer Ph: (403) 885-4666 Address: Box 338 Blackfalds, AB T0M 0J0		<ul style="list-style-type: none"> <li>Sprucelane Organics (4 km north of Blackfalds – west of Hwy 2A).</li> <li>Deposit of \$50 required.</li> <li>Seed, soil and tools provided.</li> <li>Membership \$5.00/wk and 2 hours of gardening time.</li> <li>Individual lots rented for \$90.00.</li> </ul>
Canadian Pre-natal Nutrition Program (CPNP)	Building Incredible Babies Contact: Lisa Smith Ph: (403) 309-8214 Email: <a href="mailto:Lsmith@fsca.ca">Lsmith@fsca.ca</a> Address: 5409-50 Ave	Group meets every two weeks.	<ul style="list-style-type: none"> <li>Serves: Red Deer and Sylvan Lake.</li> <li>Intake based on physician or self-referral.</li> <li>Nutrition education facilitated by Registered Nutritionist throughout program.</li> <li>Each session there is a draw for a food hamper with recipes.</li> <li>Participants are provided with prenatal vitamins, milk, eggs, and produce coupons.</li> </ul>
Food Bank	Neighbourhood Place Contact: Margaret Graham Email: <a href="mailto:nplace@blackfalds.com">nplace@blackfalds.com</a> Address: Box 137 5016 Waghorn Street Blackfalds, AB T0M 0J0		<ul style="list-style-type: none"> <li>The food bank is run by a committee of community residents who coordinate volunteers, food drives and volunteer training.</li> </ul>
Farmers' Market	Blackfalds Farmers' Market Ag Society Contact: Melodie Stol Ph: (403) 885-2587	Monday 4-7 pm At Arena	

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
<b>BLAIRMORE</b>			
Food Bank	Crowsnest Pass Food Bank Society 10509 20 <sup>th</sup> Blairmore Avenue, Blairmore, AB T0K 0E0 Contact: Darryl Hillier (403)564-5110 (Tel)	Tuesday & Wednesday 6:00 pm – 8:00 pm Thursday 11:00 am – 2:00 pm	
<b>BON ACCORD</b>			
Food Bank	Bon Accord/Gibbons Food Bank Box 866, Bon Accord, AB T0A 0K0 Contact: Bonny Nimmo (780) 923-2344 (Tel)	Clients have access to an answering machine 24 hours a day.	<ul style="list-style-type: none"> <li>• Deliveries made twice a week.</li> <li>• Run exclusively by volunteers.</li> </ul>
<b>BONNYVILLE</b>			
Community Garden	Bonnyville Community Garden Contact: Florence Senecal (780)826-3381 (Tel); (780) 826-6470 (fax) Email address: <a href="mailto:florence.senecal@aspenrha.ab.ca">florence.senecal@aspenrha.ab.ca</a>		<ul style="list-style-type: none"> <li>• Open to all community members.</li> </ul>
Community Kitchen	Bonnyville Community Kitchen 4714 – 48 Street, Bonnyville T9N 2J7 Contact: Vicky Kuehn (780)826-2120 (Tel); (780)826-6488 (fax) Email address: bdfcss@town.bonnyville.ab.ca		Open to all community members
Support Service	Family & Community Support Services 4714 48 Street, Bonnyville, AB T9N 2J7 Contact: (780)826-2120 (Tel) (780)826-6488 (Fax) e-mail: bdfcss@town.bonnyville.ab.ca		
Soup Kitchen	Bonnyville Canadian Native Friendship Centre 4711 – 50 Avenue, Box 5399, Bonnyville, AB, T9N 2G5 Contact : Vern John (780)826-3374 (Tel); (780)826-2540 (fax)	Tues, Wed, Thur from 11:30 – 1pm	<ul style="list-style-type: none"> <li>• Open to all community members</li> <li>• No charge</li> </ul>
Food Bank	Bonnyville Canadian Native Friendship Centre 4711 – 50 Avenue, Box 5399, Bonnyville, AB, T9N 2G5 Contact : Vern John (780)826-3374 (Tel); (780)826-2540 (fax)	M, W, Fri from 8:30 am to 4:30 pm (except holidays.)	<ul style="list-style-type: none"> <li>• Photo ID and proof of current residency required</li> </ul>
Farmers Market	Tuesday 3-6:30pm: Beaver River Fish and Game Association Contact: Sharon Johnson (780)635-2460  Saturday 12-3pm Centennial Centre Contact: Sue Phillips (780)815-6028		<ul style="list-style-type: none"> <li>•</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
CPNP	Healthy Babies Contact: Karen Severn, Outreach Worker (780) 826-3381 (ph) (780) 826-6470 (fax) Email address: Karen.severn@aspenrha.ab.ca	Call during office hours, 8:30 to 4:30, Mon to Fri	<ul style="list-style-type: none"> <li>Serves Bonnyville, Iron River, Fort Kent, Ardmore, Glendon areas</li> </ul>
<b>BOW ISLAND</b>			
Meals without Squeals	15 School Crescent Bow Island Bow Island, Alberta TOK OGO <b>Phone:</b> (403) 545-2074 <b>Email:</b> n/a <b>Contact person:</b> Char Brocklesby <b>Hours of operation:</b> Monday through Friday (anytime)	<b>Services:</b> Delivers meals to elderly and shut-ins at noon (lunch) <b>After hours crisis services:</b> No	<b>Service languages:</b> English <b>Membership/service fees:</b> \$5 charge for meals <b>Eligibility criteria for services or membership:</b> Have to show that you need the service
Food Bank	Bow Island Food Bank United Church 139 2 <sup>nd</sup> Ave W Bow Island, AB T0K 0G0 Contact: Lisa Braat (403) 545-2631 (phone/fax)	No Set Hours	<ul style="list-style-type: none"> <li>Will make up food hamper on request basis.</li> </ul>
<b>BOWDEN</b>			
Food Bank	See Neighbourhood Place/ FCSS for referral to Innisfail Food Bank Contact: Cheryl May or Mary Lou Thomson Ph: (403) 224-3319		<ul style="list-style-type: none"> <li>Will provide 1 emergency food hamper if necessary before referral to Innisfail Food Bank.</li> </ul>
<b>BOYLE</b>			
Food Bank	Boyle Food Bank Seventh Day Adventist Church Box 533, Boyle, AB T0A 0M0 Contact: Fred Korbut (780)689-5649 (Tel)	Tuesdays and Thursdays 2:00 pm – 4:00 pm	
<b>BRETON</b>			
Food Banks	Faith Covenant Contact: Pastor Dan Ph: (780) 696-3669		<ul style="list-style-type: none"> <li>6 hampers /year; same policy as Drayton Valley.</li> </ul>
Meals on Wheels	FCSS Contact: Ph: (780) 696-3636 Email: <a href="mailto:Bfcss@telus.net">Bfcss@telus.net</a> Address: Box 480 Breton, AB T0C 0P0	Tues and Thursday Noon Meal	<ul style="list-style-type: none"> <li>Cost: \$6.00</li> <li>Prepared by Breton HC</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Canada Prenatal Nutrition Program (CPNP)	Nutritious Beginnings Contact: Kelly Weiss Ph: (780) 360-6543 Email: <a href="mailto:nutritiousbeginnings@brighter-futures.ca">nutritiousbeginnings@brighter-futures.ca</a>		<ul style="list-style-type: none"> <li>Serves: Breton, Buck Creek, Drayton Valley, Wetaskiwin and Winfield.</li> <li>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.</li> <li>One on one visits and monthly support group offered.</li> </ul>
Grocery Delivery	Big Way Contact: Ph: (780) 696-3933  Breton Family Foods Contact: Ph: (780) 696-2441		<ul style="list-style-type: none"> <li>Will deliver in exceptional situations</li> </ul>
Transportation	FCSS Contact: Ph: (780) 696-3636	Operated by Golden Age Club	<ul style="list-style-type: none"> <li>Seniors van available but with priority</li> <li>1<sup>st</sup> – Medical 2<sup>nd</sup> – Seniors 3<sup>rd</sup> – Community</li> </ul>
Cooking With Friends	Brighter Futures Family Resource Society Contact: Ph: (780) 696-2543	Meets once a month in Drayton Valley and once a month in Breton	<ul style="list-style-type: none"> <li>Low cost, budgeting and meal planning.</li> <li>Free for first visit to the group.</li> <li>Cost: \$5.00 per family member after that.</li> </ul>
<b>BROOKS</b>			
Food Bank	Brooks Food Bank Box 293, Brooks, AB T1R 1B3 Contact : Manager (403)793-2535 (Tel) (403)362-8176 (Fax)	Monday to Friday 9:00 am – 5:00 pm Wednesday 9:00 am – 7:30 pm	<ul style="list-style-type: none"> <li>One visit every 6 weeks.</li> </ul>
Community Garden	Global Friendship Immigration Centre Community Gardens 120 1 <sup>st</sup> Avenue East, Box 1742, Brooks, AB T1R 1C5 Contact: Doreen Medway (403)362-6115 (Tel) (403)362-6337 (Fax)		<ul style="list-style-type: none"> <li></li> </ul>
Food FUNdamentals/ Cook Up Time! Kitchen Club	Food Coalition Society of Brooks 440 3 Street East, Bag 300 Brooks, AB T1R 1B3 Contact: Julie Musgrove, Food Coordinator 403-501-3315 (Tel) 403-501-3323 (Fax)	Monday – Friday 8:00 am – 4:30 pm	<ul style="list-style-type: none"> <li>Registered Dietitian who can assist with providing information to what is available in Brooks.</li> </ul>
Farmer's Market	<b>Contact:</b> Bonnie Spragg 403 378 3277 smzinyk@telus.net	Thursdays 3 PM - 6 PM May 1, 2008 - Oct 9, 2008 Special Markets: Christmas - Dec 11 12:00 PM - 5:00 PM	<ul style="list-style-type: none"> <li>Kinsmen Rodeo Grounds, 7St SE across from Railway Avenue</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
CPNP	Home Visitation Program of Southeast Alberta Contact: Kari Degethoff 403-526-7473		•
Good Food Box	Food Coalition Society of Brooks 440 3 Street East, Bag 300, Brooks, AB, T1R 1B3 Good Food Box Coordinator Contact: Jose Groenenberg 403-363-0467 (Tel) 403-964-2170 (Fax)	Good Food Box Pick-Up is 3 <sup>rd</sup> Tuesday of each month	•
<b>CALGARY</b>			
For a listing of Calgary Health Region's resources please visit the following website: • <a href="http://www.calgaryhealthregion.ca/programs/nutrition/services/foodsecurity/programs.htm">http://www.calgaryhealthregion.ca/programs/nutrition/services/foodsecurity/programs.htm</a>			
<b>CAMROSE</b>			
Food Bank	Camrose Food Bank Box 1936, Camrose, AB T4V 1X8 Contact: (780)679-3220 (Tel) Email address: nbrlink@incentre.net	Tuesdays & Thursdays 9:00 am – noon Wed: Noon – 3:30 pm	• Food Bank
Food Box	Camrose Good Food Box #3 Community Centre 4516 – 54 Street, Camrose, AB T4V 4W7 Contact: (780) 608-0099		• Place order by 2 <sup>nd</sup> Thursday of the month • Pickup on 3 <sup>rd</sup> Thursday of the month • Also delivered to Bashaw, Tofield, Daysland, Killam, Strome, Sedgewick
Breakfast Program	Food for Kids Breakfast Program Box 1936, Camrose, AB T4V 1X8 Contact: Pat Hagen (780)679-3220 (Tel) Email address: nbrlink@incentre.net	Monday to Friday 7:00 am – 8:00am	• School Breakfast Program. • 3 schools involved.
Martha's Table	St. Francis Xavier Church, 5010 48A Avenue Camrose, AB T4V 0K8 And Pleasantview Community Church 5804 47 Avenue, Camrose, AB T4V 0G5	Tuesdays 5 – 6 p.m. Thurs 12 – 1:15 p.m.  Sat – 4:30 – 6 pm	• Free Soup and Sandwiches
Community Kitchen	Teaching and Independent Parent Supports Community Kitchens 4604 57 <sup>th</sup> Street, Camrose, AB T4V 2E7 Contact: Annette Hillaby (780)672-0257 (Tel) Email address: <a href="mailto:ahillaby@cafcl.org">ahillaby@cafcl.org</a>	Once a month	•
Basic and Intermediate Cooking Classes	Community Kitchen Canadian Mental Health 4870 51 Street, Camrose, AB T4V 1S1 Contact: Lois Shaw (780) 672-2570		• For people with severe and persistent mental illness

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
<b>CANMORE</b>			
Food Bank	Bow Valley Food Bank Contact: 403 – 678-9488	Monday & Wednesday 6:00 pm – 7:00 pm	<ul style="list-style-type: none"> <li>Monday and Wednesdays are call in nights for hampers picked up Tuesday/Thursday</li> </ul>
<b>CAROLINE</b>			
Emergency Food Hampers	Contact: Rev. Jason Sedore @ (403) 722-3921 <a href="mailto:admin@avitalchurch.com">admin@avitalchurch.com</a> <a href="mailto:pastorjason@avitalchurch.com">pastorjason@avitalchurch.com</a>		<ul style="list-style-type: none"> <li>Providing emergency assistance to those in need as well as Christmas food hampers.</li> </ul>
Farmers Market	Caroline Farmer's Market Contact: Jennifer Larsen (403) 722-3531	Friday 1:00 – 3:30 pm Friday 5:00 – 8:00 pm	<ul style="list-style-type: none"> <li>May to Mid- Sept – at Caroline Curling Club</li> <li>Fall – at Kurt Browning Hall</li> </ul>
Canadian Pre-natal Nutrition Program (CPNP)	Baby Biz Contact: Julia Morrison (403) 845-5316 or Clearwater Neighbourhood Place (403) 844-2101 <a href="mailto:Cnp@telusplanet.net">Cnp@telusplanet.net</a>	Thursday 6:30-8:30pm	<ul style="list-style-type: none"> <li>Prenatal nutrition program that serves: Rocky Mountain House, Caroline and area.</li> <li>Provides coupons for milk, vegetables and fruit, eggs, vitamins, peanut butter. Mothers receive breastfeeding incentives. Nutrition education provided for participants.</li> <li>Meetings – weekly snack and transportation provided. For intake call Neighbourhood Place.</li> </ul>
Grocery Delivery	Pioneer General Store Contact: Gail Wahl (owner) @ (403) 722-3755 <a href="mailto:pio.gen@telusplanet.net">pio.gen@telusplanet.net</a>	Friday	<ul style="list-style-type: none"> <li>Delivery occurs on Fridays for any grocery order. Phone prior to 2:00 pm Friday.</li> </ul>
<b>CARSTAIRS</b>			
Community Support Services	Carstairs Family and Community Support Services Box 370, 844 Centre Street, Carstairs, AB T0M 0N0 Contact: Robbin Bowman (403)337-2633 (Tel) (403)337-3343 (Fax) Email address: <a href="mailto:fcss@town.carstaris.ab.ca">fcss@town.carstaris.ab.ca</a>	Monday to Wednesday 8:30 am – 4:00 pm	
<b>CASTOR</b>			
Canadian Pre-natal Nutrition Program (CPNP)	Babies Matter Contact: Peggy Kimber at the Coronation Community Health Centre (403) 578- 3200		<ul style="list-style-type: none"> <li>Provides home based visitation programs, groups, food and prenatal vitamin coupons. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breast feeding and infant development.</li> <li>Serves: Castor, Coronation, Consort, County of Paintearth, and Special Area 4.</li> </ul>
Grocery Delivery	Food Town (403) 882-3031	Daily	<ul style="list-style-type: none"> <li>Free delivery in town</li> </ul>
Grocery Delivery	AG-Magnet Foods Mike or Brenda (403) 882-3262	Tuesday and Friday	<ul style="list-style-type: none"> <li>Free delivery in town</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Meals On Wheels	FCSS/ Paintearth Lodge Contact: Joanne Wjechnik (403) 883-2115 Box 752, T0C 0X0, casfc@wildrose.net	Monday thru Friday	<ul style="list-style-type: none"> <li>• Cost: \$6.50</li> <li>• Call FCSS to order. Volunteer delivery</li> </ul>
Transportation	Castor/Halkirk Handi-Van Contact: Joanne Wjechnik (403) 882-2115 (403) 882-2115	Monday to Friday	<ul style="list-style-type: none"> <li>• Call FCSS to arrange ride; book 1 week in advance. \$5.00 in town, \$5.00 for Halkirk, \$20.00/hr out of town and \$5.00 surcharge per person , \$10.00 standby.</li> </ul>
<b>CHESTERMERE</b>			
Support Services	Chestermere Family and Community Support Services 105 Marina Road, Chestermere, AB T1X 1V7 (403) 207-6067 (Tel) (403) 569-0512 (Fax)	Monday to Friday 8:30 am – 4:30 pm	<ul style="list-style-type: none"> <li>• Food Bank</li> <li>• Emergency Food Packs available.</li> </ul>
<b>CLARESHOLM</b>			
Food Bank	Contact: Mabel Both (403) 625-4604 (Tel) (403) 625-3813 (Tel)	Wednesdays 9:00 am-12:00 pm	<ul style="list-style-type: none"> <li>• Drop-in, no appointment necessary</li> </ul>
<b>COALDALE</b>			
Food Bank	Coaldale Food Bank 1716 20 Ave, Coaldale, AB T1M 1M2 Contact: (403)345-2720 (Tel)	Tuesday & Friday 9:30 am – 1:30 pm or by appointment	
<b>COCHRANE</b>			
Food Hampers	Cochrane Food Hamper Program Contact: Claire Young (403)932-3400 (Tel)	Hamper pickup: Thursday 4:00 pm – 6:00 pm	<ul style="list-style-type: none"> <li>• Hampers have to be ordered by noon Wednesday each week.</li> <li>• Maximum of 4 hampers per year.</li> <li>• Year runs from July 1 – June 30.</li> </ul>
<b>COLD LAKE</b>			
Community Kitchen	Cold Lake Creative Kitchen Down Town Cold Lake Anglican Hall Contact: Candice Sutterfield (780)594-4404 (ph) ; 780 595-2404 (fax) ; Email address : <a href="mailto:c.sutterfield@yahoo.ca">c.sutterfield@yahoo.ca</a>	Wednesdays  10 : 00 am	<ul style="list-style-type: none"> <li>• Cook about 5 -6 meals .</li> <li>• A great place to meet new people</li> </ul>
Food Bank	Tritown Emergency Food Bank 5003 50 Avenue, Cold Lake, AB Contact: (780) 594-4172 (Tel)	Wednesdays 10:30 - 2:30 (Except 1 <sup>st</sup> Wednesday of the month)	<ul style="list-style-type: none"> <li>• Provides food hampers on an emergency basis.</li> </ul>
Native Friendship Centre	Native Friendship Centre 5015-55 <sup>th</sup> Street, Cold Lake, AB Contact: Agnes Gendron (780) 594-7526	Monday to Thursday 8:30 – 4:30	Lunch is provided every Thursday
Community Garden	Contact: Ajaz Quraishi, (780) 826-0045 (ph)		

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Meals on Wheels	Family and Community Support Services, 718 10 St, Cold Lake, AB, T9M 1N2 Contact: Stuart York (780)594-4495 (ph) Email address: syork@coldlake.com	Call during office hours, 8:30 to 4:30, Mon to Fri	<ul style="list-style-type: none"> <li>Meals on Wheels available Monday to Friday (lunch)</li> </ul>
CPNP	Healthy Babies Contact: Candice Sutterfield, Outreach Worker or Shayna Miles-Ingram, Coordinator at: (780)594-4404 (ph) (780) 594-2404 (fax) Email: <a href="mailto:Candice.sutterfield@aspenrha.ab.ca">Candice.sutterfield@aspenrha.ab.ca</a> <a href="mailto:Shayna.miles-ingram@aspenrha.ab.ca">Shayna.miles-ingram@aspenrha.ab.ca</a>	Call during office hours, 8:30 to 4:30, Mon to Fri	Serves Cold Lake and area, Elizabeth Settlement, and Fishing Lake Settlement.
<b>CONSORT</b>			
Canadian Pre-natal Nutrition Program (CPNP)	Babies Matter Contact: Peggy Kimber at the Coronation Community Health Centre (403) 578-3200		<ul style="list-style-type: none"> <li>Provides home-based visitation programs, groups, food and prenatal vitamin coupons.</li> <li>Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development.</li> <li>Serves: Castor, Coronation, Consort, County of Paintearth, and Special Area 4.</li> </ul>
Grocery Delivery	Food Town (403) 577-3566	Afternoons	<ul style="list-style-type: none"> <li>Free delivery in town if \$100 order or more</li> </ul>
Meals on Wheels	Consort Hospital Cook on shift (403) 577-4008 Contact : Donna Kozack dkozack@dthr.ab.ca	Monday thru Friday	<ul style="list-style-type: none"> <li>Cost: \$7.50</li> <li>Call dietary office at hospital to order. Volunteer delivery Mon- Fri. with 2 extra frozen meals.</li> </ul>
Transportation	Handi Bus Consort Hospital Sandy Kelts (403) 577-3555	By Appointment	<ul style="list-style-type: none"> <li>Cost depends on driver availability, volunteer or paid, out of town service available.</li> </ul>
<b>CORONATION</b>			
Canadian Pre-natal Nutrition Program (CPNP)	Babies Matter Contact: Peggy Kimber at the Coronation Community Health Centre (403) 578-3200		<ul style="list-style-type: none"> <li>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.</li> <li>Serves: Castor, Coronation, Consort, County of Paintearth, and Special Area 4.</li> </ul>
Grocery Delivery	Food Town (403) 578-3571	After 6pm usually	<ul style="list-style-type: none"> <li>Free delivery in town.</li> </ul>
Meals on Wheels	Coronation Hospital Contact: Donna Kozak (403) 578-3803 dkozak@dthr.ab.ca	Monday thru Friday	<ul style="list-style-type: none"> <li>Cost: \$7.50/meal</li> <li>Meals prepared at hospital. Volunteer delivery.</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Transportation	Coronation & District Handibus Society Contact Coronation Hospital and Care Centre to arrange (403) 578-3803 Coordinator: Jenny Bowthorpe (403) 578- 3695	Available throughout the week	<ul style="list-style-type: none"> <li>• Call Hospital for bookings.</li> <li>• Cost: \$5.00 local; prices vary for out of town</li> </ul>
<b>CREMONA</b>			
Support Services	Cremona Family and Community Support Services 205 1 <sup>st</sup> Street east Cremona, AB T0M 0R0 (403) 510-4521 (Tel) Email: fcss@village.cremona.ab.ca		
<b>CROWSNEST PASS</b>			
Food Bank	Crowsnest Pass Food Bank Society 10509 20 <sup>th</sup> Blairmore Avenue, Blairmore, AB T0K 0E0 Contact: Darryl Hillier (403)564-5110 (Tel)	Tuesday & Wednesday 6:00 pm – 8:00 pm Thursday 11:00 am – 2:00 pm	
<b>DIDSBURY</b>			
Support Services	Didsbury Family and Community Support Services Didsbury Neighbourhood Place Bay #2 2030 17 <sup>th</sup> Avenue, Didsbury, AB T0M 0W0 Contact: Nicole Aasen (403) 335-8719 (Tel) (403) 335-9794 (Fax)		•
<b>DRAYTON VALLEY</b>			
Food Bank	Drayton Area Community Food Bank Society 4820 51 Avenue, Drayton Valley, AB T7A 1L2 Contact: (780) 514-3777 Cardium Contact: Margie (780) 542-6250	Monday & Thursday Mornings by Appointment Only	<ul style="list-style-type: none"> <li>• Clients must phone to make an appointment.</li> <li>• 6 hampers/yr</li> </ul>
Farmers' Market	Drayton Valley Ag Society	Wednesday 10:30 – 2:00 in Omniplex	<ul style="list-style-type: none"> <li>• March - December</li> </ul>
Meals on Wheels	Shangri La Lodge 4864 – 54 <sup>th</sup> Ave, Drayton Valley T7Z 1C4 Contacts: (780) 542-3216 (780) 542-2985	Mon thru Friday Noon	<ul style="list-style-type: none"> <li>• Cost: \$6.50/meal; Dr. referral, Home Care or self request.</li> <li>• Volunteer church groups deliver only in town.</li> </ul>
Canadian Pre-natal Nutrition Program	Nutritious Beginnings Contact: (780) 360- 6543 nutritiousbeginnings@brighter-futures.ca		<ul style="list-style-type: none"> <li>• Serves the area of Breton, Buck Creek, Drayton Valley, Wetaskawin and Winfield. Participants are provided with prenatal vitamins, monthly food coupons while pregnant. as well as information on</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
CPNP)			healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. One on one visits and monthly support group offered.
Grocery Delivery	IGA Contact: (780) 542-4644		<ul style="list-style-type: none"> <li>No Charge for delivery</li> </ul>
Cooking with Friends	Brighter Futures Family Resource Society Contact: (780) 696-2543	Meets once a month in Drayton Valley Meets once a month in Breton	<ul style="list-style-type: none"> <li>Low cost budgeting and meal planning.</li> <li>Free for first visit to group. Cost of \$5.00 per family member after that.</li> </ul>
<b>DRUMHELLER</b>			
Food Bank	Drumheller Salvation Army Food Bank PO Box 3097, Drumheller, AB T0J 0Y0 Contact: (403) 823-2215 (403) 823-2283 (Fax) Bramwell_pearce@can.salvationarmy.org	Tuesday & Thursday 1:00 pm – 4:00 pm	<ul style="list-style-type: none"> <li>Someone usually in the office between 9:00 am – 5:00 pm Monday – Friday. Call and leave a message if there is no answer.</li> </ul>
Farmers' Market	Greentree Mall/Co-op Contact: (403) 823-8995 Susan	Saturday 9:30-1	<ul style="list-style-type: none"> <li>May – Oct ; Special Christmas market</li> </ul>
Canadian Pre-natal Nutrition Program CPNP)	Growing Opportunities (GO Program) Contact: May Rostecki-Budzey (403) 361-7200 email <a href="mailto:Gomrb@telus.net">Gomrb@telus.net</a>		<ul style="list-style-type: none"> <li>Serves: Strathmore, Drumheller,</li> </ul>
Grocery Delivery	IGA 101- 6 <sup>th</sup> Avenue SE Drumheller T0J 0Y6 Contact: (403) 823-3995		<ul style="list-style-type: none"> <li>Picking &amp; delivery fee</li> </ul>
Meals on Wheels	Drumheller Health Centreout of Drumheller hospital Contact: Patti (403) 820-7214	Monday thru Friday Delivered at noon	<ul style="list-style-type: none"> <li>Cost: \$7.50/ meal ; 3 course</li> </ul>
<b>ECKVILLE</b>			
Grocery Delivery	Eckville Co-op Contact: Shelley (Mgr) (403) 746-2100	Hours: 9-6; Th 9-8; Sun 11-5	Free delivery in town. Phone order before 2 pm or purchase in-store before 3 pm.
Collective Kitchen	Karin Engen, Eckville Neighborhood Place (403)746-2466, <a href="mailto:ecnhp@persona.ca">ecnhp@persona.ca</a> . Kitchen coordinated by Amy Cunningham, Eckville Parent Link 746- 5861, <a href="mailto:eckvilleparentlink@hotmail.com">eckvilleparentlink@hotmail.com</a>		
<b>EDMONTON</b>			
Canada Prenatal Program	Health for Two Various locations throughout the city Suite 300, 10216 124 Street, Edmonton T5N 4A3 Contact: Lorraine Green	Monday to Friday 8:30 am – 4:00 pm	<ul style="list-style-type: none"> <li>Prenatal Health Promotion program.</li> <li>Several community sites and Heath Centres in Capital Health region.</li> <li>Information and support for pregnant women with</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
	(780) 735-3008-(Tel) (780) 482-4203 (Fax)		social and economic barriers, including food security problems.
Collective Kitchen	Edmonton Collective Kitchens Suite 300, 10216 – 124 Street, Edmonton T5N 4A3 Contact: Diane Thursby (780) 735-3044 (Tel) ( (Fax) 780) 482-4203 Email address: diane.thursby@capitalhealth.ca	Monday to Thursday	<ul style="list-style-type: none"> <li>Collective kitchens are made up of small groups of people who get together on a regular basis to plan and cook meals.</li> </ul>
Collective Kitchen	Candora Society 248, 3210 118 Avenue, Edmonton, AB T5W 4W1 Contact: (780) 474-5011 (Tel) (780) 474-5041 (Fax)		<ul style="list-style-type: none"> <li>In Abbotsfield Shoppers Mall.</li> </ul>
Collective Kitchen	Wecan Cook Project 10435 - 76 St. NW Edmonton, AB T6A 3B1 Contact: Cathy 780-413-4525 (Tel) Email: info@wecanfood.com Web address: www.wecanfood.com		<ul style="list-style-type: none"> <li>Focus on youth, families and those new to Canada</li> <li>Learn to cook with Wecan Food Basket foods</li> <li>Program partners with community organizations. Wecan provides instructor, food, cooking supplies, course material; community partner provides an approved kitchen space. and registers clients</li> </ul>
Collective Kitchen	Y.M.C.A 10030 102 A Avenue Edmonton, AB T5J 0G5 Contact: 780-423-9612 (Tel)		<ul style="list-style-type: none"> <li>Only for people in the Y.M.C.A. Family Ties Program</li> </ul>
Collective Kitchen	Basic Shelf Program Suite 300, 10216 124 Street, Edmonton T5N 4A3 Contact: Diane Thursby (780) 735-3044 (Tel) (780) 482-4203 (Fax) Email address: diane.thursby@apitalhealth.ca		<ul style="list-style-type: none"> <li>Program for people living on a fixed income.</li> <li>Prepare nutritionally balanced meals from a cookbook</li> <li>12 weekly sessions</li> <li>Each participant receives a cookbook and a basic shelf food hamper</li> </ul>
Food Bank	Edmonton Gleaners Association PO Box 62061, Edmonton, AB T5M 4B5 Contact: Client Services (780) 425-4190 (Fax) (780) 426-1590 Email : info@edmontonsfoodbank.ca Web address: www.edmontonsfoodbank.com	Monday to Friday 8:30 am – 4:00 pm	<ul style="list-style-type: none"> <li>Clients can call until 4:00 pm.</li> <li>Clients can come for pickup until 3:00 pm. <ul style="list-style-type: none"> <li>No walk-in hamper pick up.</li> </ul> </li> </ul>
Food Hampers	Salvation Army Family Services 9620 101 A Avenue N.W., Edmonton, AB T5H 0C7 Contact: (780) 424-9222 (Tel)	Monday to Thursday 9:00 am – 11:00 am, 1:00 pm – 3:00 pm Breakfast Friday 7:30 am – 8:15 am	<ul style="list-style-type: none"> <li>Emergency food hampers can be obtained once every 3 months to those who qualify.</li> <li>Seniors lunch (55 years) served every second Friday.</li> <li>Must pre-register on the day of lunch.</li> </ul>
Food Program	Unity Center	Monday, Wednesday.	<ul style="list-style-type: none"> <li>Bread program for those who live in area</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
And Other Services	14530 72 St Room 101 Edmonton, AB Contact: 780-478-6521	Friday 11 am	<ul style="list-style-type: none"> <li>• Services such as clothing, furniture, income tax filing, assistance completing government forms</li> </ul>
Food Co-op	Wecan Food Basket Society 10435 - 76 St. NW Edmonton, AB T6A 3B1 Contact: Cathy 780-413-4525 (Tel) Email: info@wecanfood.com Web address: www.wecanfood.com		<ul style="list-style-type: none"> <li>• Groceries purchased in bulk from wholesale at 25-40% saving</li> <li>• \$5.00 annual membership</li> <li>• \$20.00 for meat, vegetable and fruit order</li> <li>• \$12.00 for meat order only; \$8.00 for vegetable and fruit order only</li> <li>• Pay by first Friday of month and pick up grocery order from depot near your home on Thursday or Friday at designated time.</li> </ul>
Meal Services	Edmonton Meals on Wheels 1111 103 Ave. NW Edmonton, AB T5K 2P1 Contact: 780-429-2020 (tel) 780-242-5561 (Fax)	Monday –Friday 8:00-4:00 pm	<ul style="list-style-type: none"> <li>• Hot meals, frozen meals and food for families in crisis available</li> <li>• No delivery charge for orders over \$40.00. \$4 charge for orders under \$40. for frozen meals</li> </ul>
Meal Services	PDG Express Meal Services 10053 111 Street N.W., Edmonton, AB T5K 2H8 Contact: (780) 455-5620 (Tel) (780) 988-0266 (Fax)		<ul style="list-style-type: none"> <li>• Available to residents of Edmonton,</li> <li>• Microwave meals available.</li> <li>• Cost: \$4.95 – 7.50 per meal.</li> <li>• Delivery charge of \$6.00</li> </ul>
Trepuree Frozen Meals	Glenrose Rehabilitation Hospital Contact: (780) 735-7994 (Tel)	Monday - Friday 7:00 am – 2:00 pm	<ul style="list-style-type: none"> <li>• Sells “trepuree” - \$3.25 per package, \$9.50 for a package of 3 or \$48.00 for a case of 24.</li> <li>• Pick up at the cafeteria.</li> <li>• Phone ahead for orders.</li> </ul>
School Lunch	Edmonton School Lunch Program 9321 Jasper Avenue, Edmonton, AB T5H 3T7 Contact: Manisha Patel, Program Manager Teresa Androschuk, Program Facilitator (780) 424-5408 (Tel) (780) 424-1201 (Fax)	Monday to Friday 8:30 am – 3:00 pm	<a href="mailto:mpatel@e4calberta.org">mpatel@e4calberta.org</a> <a href="mailto:t.androschuk@e4c">t.androschuk@e4c</a> <ul style="list-style-type: none"> <li>• Nutritious Snack Program</li> <li>• Summer Snack in the Shack</li> <li>• Young Chef Program gr. 4-6 in some schools</li> </ul>
Soup Kitchen	Bissell Centre 10527 96 Street, Edmonton, AB T5H 2H6 (mailing) Physical Address: 10530-96 st Contact: (780) 423-2285 (Tel) Employment Services: 424-4385 Daycare: 429-4126	Monday to Friday 10:30 am Sandwiches Sunday 12:00 noon – 1:30 pm	<p>Sunday sandwiches provided after Church services.</p> <p>Adult &amp; Family Support Services ( Clothing, household goods, baby needs), employment programs to help those in need find employment.</p>
Soup Kitchen	Canadian Native Friendship Centre 11205 101 Street, Edmonton, AB T5G 2A4 (780) -479-1999	Friday 12:00 noon – 1:00 pm Wednesday 6-7 pm Vegetarian Supper	<ul style="list-style-type: none"> <li>• Soup and bannock.</li> <li>• Monday Food Bank (must live in area)</li> </ul>
Soup Kitchen	Christ Church	Every third Saturday of	<ul style="list-style-type: none"> <li>• Open to everyone.</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
	12116 102 Avenue, Edmonton, AB T5N 0L6 Contact: (780) 488-1118 (Tel)	the month. Dinner served at 5:00 pm	<ul style="list-style-type: none"> <li>• Not open in December.</li> </ul>
Soup Kitchen	Hope Mission – 9908 106 Avenue N.W. Edmonton, AB T5H 0N6 Contact: (780) 422-2018 (Tel) (780) 424-4851 (Fax)	Monday to Friday 8:00 am – 8:45 am 12:00 noon – 12:45 pm 5:00 pm – 5:45 pm Saturday, Sunday & Holidays Brunch 10:45 am – 11:45 am Dinner 5:00 pm – 5:45pm	<ul style="list-style-type: none"> <li>• Meals available only to men who are not on assistance.</li> <li>• After the 30<sup>th</sup> of the month available to men on assistance.</li> <li>• If on assistance men need to let their social worker know they are using the Centre.</li> <li>• Closed last 4 working days of the month.</li> </ul>
Soup Kitchen	Inner City Victory Church 10665 98 Street, Edmonton, AB Contact: (780) 424-4803 (Tel) (780) 424-4851 (Fax)	Friday 7:00pm- 9:30 pm	Coffeehouse
Soup Kitchen	Mustard Seed Church 10635 96 Street, T5H 2J4 (780) 426-5600 Tel (780) 426-5400 (Fax)	Monday to Friday Coffee Drop in 1-4 pm Monday to Friday 7:00-8:00pm Supper  Saturday Supper 5:00 pm – 6:00 pm	<ul style="list-style-type: none"> <li>• Zero tolerance for drug and alcohol intoxication</li> </ul>
Soup Kitchen	Operation Friendship Senior Society 9526 106 Avenue, Edmonton , AB T5H 0N2 Contact : (780) 429-2626 (Tel)	Monday to Friday 8:00 am –6:30 pm Sunday, Sunday, & Holidays 10:30 am & 6:30 pm	<ul style="list-style-type: none"> <li>• Meal services for seniors 55 years and older only.</li> <li>• Serves inner city residents.</li> <li>• Recreation programs; Toiletries</li> </ul>
Soup Kitchen	House of Refuge 10339 A 95 St Edmonton, AB T5H 2B7 Contact: Tim 983-4123 Web Site: www.refugemission.com	Monday – Friday 5 pm – 9 pm	<ul style="list-style-type: none"> <li>• Drop in; All welcome</li> <li>• Supper: Soup and sandwiches 8 pm</li> <li>• Clothing, blankets available</li> </ul>
Soup Kitchen	Red Road Healing Society 3010 119 Ave. NW Edmonton, AB T5W 4T4 Contact : 780-471-3220 Fax 780-471-2750	Friday 12 noon	<ul style="list-style-type: none"> <li>• Soup and bannock</li> <li>• Wednesday 1 pm Simply cooking: Take home meals</li> <li>• Tuesday 5-6:30 pm Longhouse Gatherings</li> </ul>
Soup Kitchen	Robertson – Wesley United Church 10209 123 Street N.W., Edmonton, AB T5N 1N3 Contact: (780) 482-1587 (Tel) (780) 424-1580 (Fax)	Second Saturday of the month 5:00 pm	<ul style="list-style-type: none"> <li>• Community Dinner open to everyone.</li> <li>• Not open in December.</li> <li>• Food Depot Wednesday</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Soup Kitchen	St. Peter's Lutheran Church 9606 110 Avenue N.W., Edmonton, AB T5H 1H5 Contact: (780) 426-1122 (Tel) (780) 426-1141 (Fax)	Tuesday Wednesday & Thursday Breakfast 7:00 am – 9:00 am	<ul style="list-style-type: none"> <li>Open to people in need</li> </ul>
Soup Kitchen	Victory Café and Soup Bar- Victory Church 13411 Fort Road N.W., Edmonton, AB T5A 1C6 Contact: (780) 475-1647 (Tel)	Monday-Friday 4:00 pm – 6:00 pm	<ul style="list-style-type: none"> <li>Supper Meal</li> <li>Open to everyone.</li> <li>Moving across street: Will offer shower facilities, toiletries, laundry services at new location</li> </ul>
Soup Kitchen	WEAC 9611 101 A Avenue, Edmonton, AB (Tel) 423-5302	Monday to Friday 7:00 am – 8:00 am 12:00 noon – 1:00 pm 4:30 pm – 5:30 pm	<ul style="list-style-type: none"> <li>Meals are for women staying in the shelter only.</li> </ul>
Young Chefs	Young Chefs Suite 300, 10216 124 Street Edmonton, AB T5N 4A3 Contact: Diane Thursby 780-735-3044 (Tel) 780-482-4203 (Fax) Email address: <a href="mailto:diane.thursby@capitalhealth.ca">diane.thursby@capitalhealth.ca</a>	Monday to Thursday 8:00 am – 4:00 pm	<ul style="list-style-type: none"> <li>Offered to children ages 8-16 years old.</li> <li>Children acquire knowledge and skills in meal preparation, food safety and budgeting.</li> </ul>
Young Chefs	City of Edmonton Community Services Child Friendly Edmonton Web Address: <a href="http://www.edmonton.ca">www.edmonton.ca</a> Tel: 780-944-5423		<ul style="list-style-type: none"> <li>City of Edmonton Community Services, Program Team will partner with community groups who want to run a Young Chefs program in their neighbourhood.</li> </ul>
Junior Chef and Annual Charitable Program Funding Grants for Edmonton	Kids in the Kitchen Junior League of Edmonton 10447 86 Avenue, Edmonton, AB T6E 2M4 Contact: (780) 433-9739 (Tel) Web address : <a href="http://www.jledmonton.org">www.jledmonton.org</a> E-mail address: <a href="mailto:jledm@telusplanet.net">jledm@telusplanet.net</a>	Office hours: Tuesday & Wednesday 9:00 am – 3:00 pm	<ul style="list-style-type: none"> <li>Partner with community organizations to run Kids in the Kitchen program</li> <li>Kids in the Kitchen is a one day special event held once a year</li> <li>Junior League of Edmonton provides an annual grant to a charitable organization with a worthy program plan to help children and youth at risk (See web site for information)</li> </ul>
<b>EDSON</b>			
Food Bank	Contact: Linda Brown (780)723-5816 (Tel)	9 to 11 on Tuesdays	<ul style="list-style-type: none"> <li></li> </ul>
Farmers Market	Located at the Friendship Center Building	April – Dec (Fridays)	<ul style="list-style-type: none"> <li></li> </ul>
W.I.N./CPNP	Contact: Janine LeBlue (780)723-5494	10:30 am-2pm	<ul style="list-style-type: none"> <li></li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
<b>ELNORA</b>			
Food Bank	See Trochu Food Bank		
Grocery Delivery	Jewell's Groceries Contact: (403) 773 -3613	Mon to Fri 9-6 Sat 9-6 Sun- Closed	<ul style="list-style-type: none"> <li>• Offers free delivery on all food orders</li> </ul>
Meals on Wheels	Vilage Office of Elnora Contact: (403) 773-3920 Fax: 773-3173 <a href="mailto:elnorafcss@platinum.ca">elnorafcss@platinum.ca</a>	May be ordered Tuesday and Thursday	<ul style="list-style-type: none"> <li>• Cost \$ 7.00 for hot or cold meals</li> <li>• Delivered Tuesdays and Thursdays</li> </ul>
<b>EVANSBURG</b>			
Community Kitchen	Lobstick Community Learning Society Box 191. Evansburg, AB T0E 0S0 Contact: Nancy Dinsdale (780)727-4077 (Tel) (780)727-4077 (Fax)		<ul style="list-style-type: none"> <li>• Operating one day a month in Evansburg.</li> </ul>
<b>FISHING LAKE</b>			
Collective Kitchen	Fishing Lake Collective Kitchen Contact: Candice Sutterfield (780)594-4404 (ph) (780)594-2404 (fax) Email address: <a href="mailto:Candice.sutterfield@aspnrha.ab.ca">Candice.sutterfield@aspnrha.ab.ca</a>		
<b>FORT MACLEOD</b>			
Food Bank	Salvation Army Food Bank 2272 24 Street, Fort Macleod, AB T0Z 0Z0 Contact: (403)553-4849 (Tel)	Thursday 1:00 pm – 3:00 pm	<ul style="list-style-type: none"> <li>•</li> </ul>
<b>FORT MCMURRAY</b>			
Soup Kitchen	Salvation & Army's Men's Emergency Shelter 9919 MacDonald Ave, Fort McMurray T9H 1S7 Contact: Sylvie (780) 743-4135 (Tel) (780) 791-2909 (Fax)	Saturday and Sunday 11:00 am – 1:00 pm Winter hours: Saturday and Sunday 11:00 am – 5:00 pm	<ul style="list-style-type: none"> <li>• The shelter operates 7 days per week and provides men working in the community with breakfast, bagged lunches and supper</li> <li>• The shelter in open 5:00 pm to 7:00 am</li> </ul>
Soup Kitchen	Fellowship Baptist Church Soup Kitchen 151 Alberta Drive, Fort McMurray, AB T9H 1R2 Contact: Flex Turner (Volunteer position) (780)743-3747 (Tel)	Monday to Friday 11:30 am – 12:30 pm Summer – July & August, Monday, Wednesday & Friday 11:30 am – 12:30 pm	<ul style="list-style-type: none"> <li>• Available to anyone in the community</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Canada Prenatal Program	Food for Two Children's Centre Non Profit Society of Fort McMurray 254 Gregoire Dr, Fort McMurray T9H 4K6 Contact: Linda Lynch (780) 791-6773 (Tel)	Prenatal Tuesday mornings 11:00 to 12:00 Postnatal Thursday mornings 11:00 to 12:00	<ul style="list-style-type: none"> <li>Lunch is provided after each program</li> </ul>
Food Bank	Fort McMurray Food Bank 370 MacAlpine Crescent, Fort McMurray T9H 4B1 Contact: Erin Lambert (780)743-1125 (Tel) (780)743-9156 (Fax) Email address: foodbanktelusplanet.net	Monday to Thursday 8:00 am – 3:00 pm Friday 8:00 pm to 12:00 pm	<ul style="list-style-type: none"> <li></li> </ul>
Community Garden	Helen Pacholko Park Hillcrest Drive, Fort McMurray, AB T9H 3T7 Contact: Helen Pacholko (780)791-5640 (Tel) or Sandra (780)790-1915 (Tel)	Gardens are open to the public 24 hours	<ul style="list-style-type: none"> <li>25 plots available</li> <li>Charges \$30.00 per plot and will return \$20.00 at the end of the season once clean up is performed</li> </ul>
<b>FORT SASKATCHEWAN</b>			
Food Bank	Fort Saskatchewan Food Bank 9803 102 Street, Fort Saskatchewan, AB T8L 2C1 Contact: 780-998-4099 (Tel)	Tuesday and Friday 10:00 am – 12:00 noon 1:00 pm – 3:00 pm	
<b>FOX CREEK</b>			
Food Bank	Town of Fox Creek Community Resource Centre Fox Creek Food Bank, Box 610 Fox Creek, AB T10H 1P0 Contact: Kim Palmer or Sue Foley (780)622-3758 (Tel) (780)622-3738 (Fax)	Monday to Thursday 9:00 am – 4:30 pm Friday 9:00 am – 1:00 pm	<ul style="list-style-type: none"> <li>Clients can access 4 times per year.</li> <li>Extras evaluated on an individual basis.</li> </ul>
<b>GRANDE CACHE</b>			
Food Bank	Contact: Mildred 780-827-5037	Tues 1-3 PM	<ul style="list-style-type: none"> <li>Opposite Woodlands Insurance Company</li> </ul>
Hot Lunch	Aboriginal Hot Lunch Eagle's Nest Contact: 780 827-5153		<ul style="list-style-type: none"> <li></li> </ul>
Community Garden	Grande Cache Helping Hands Garden Box 1590, Grande Cache, AB T1E 0V0 Contact: (780)827-5099 (Tel) (780)827-4787 (Fax)	No set hours, very flexible	<ul style="list-style-type: none"> <li></li> </ul>
<b>GRANDE PRAIRIE</b>			
Collective Kitchen	Grande Prairie Friendship Center- Aboriginal Head Start 10105 97 Avenue, Grande Prairie, AB T8V 0N5 Contact: Lee Ann Murphy (780)532-5771 (Tel) (780)532-6738 (Fax)		<ul style="list-style-type: none"> <li>Collective Kitchen runs September to June, two times per month.</li> <li></li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Collective Kitchen	Grande Prairie Friendship Center- Babies Best Start 10105 97 Avenue, Grande Prairie, AB T8V 0N5 Contact: (780)513-2008 (Tel) (780)513-2199 (Fax)		•
Collective Kitchen	Odyssey House, 2 <sup>nd</sup> Stage Contact: (780)402-7093 (Tel)		• Once a month.
Food Bank	Salvation Army Food Bank 9615 102 Street, Grande Prairie, AB T8V 2T8 Contact: (780)532-3720 (Tel)	Monday to Friday 9:30 am – 12:24 pm 2:00 pm- 4:30 pm	• Phone to make an appointment, there may be a wait.
Food Bank	Salvation Army Food Bank 10132 100 Avenue, Grande Prairie, AB T8V 0V4 Contact: (780)532-3720 (Tel)	Monday to Saturday 9:30 am – 5:30 pm	•
<b>HANNA</b>			
Food Bank	Hanna Food Bank Contact: Donna Crowle (403) 854-3058 Box 1284, T0J 1P0 Location: provincial Building	Wednesday 2:00 pm – 3:00 pm	• Donations from local community (no fresh produce)
Grocery Delivery	Super A Fods (403) 854-3711		Free in town delivery
Meals on Wheels	Hanna District Health Service Contact: (403) 854-5251	Monday – Friday Noon	Cost: \$6.30 / meal; 3 course Volunteer delivery
Pre-natal Nutrition Program (CPNP)	Growing Opportunities (GO Program) Contact: May Rostecki-Budzey (403) 934-3454 Baby Steps For client intake contact : Hanna Community Health Centre: (403) 854-5236 For Program information contact : Patricia Leitner (403) 341-2119 Pleitner@dthr.ab.ca		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 at each community health centre.
<b>HIGH LEVEL</b>			
Food Bank	Native Friendship Centre 10801-96 <sup>th</sup> Street, High Level, AB T0H 1Z0 Contact: Sandy Simpson (780)926-3355	Mondays, Wednesdays and Thursdays 1:00 pm - 4:00 pm	
Community Garden	Samesoil Community Garden 10103-100 <sup>th</sup> Street, High Level, AB T0H 1Z0 Contact: Carrie Demkiw (780)841-3321	May-October	
Soup Kitchen	Native Friendship Centre 10801-96 <sup>th</sup> Street, High Level, AB T0H 1Z0 Contact: Sandy Simpson (780)926-3355	Mondays-Fridays 12:00 pm – 1:00 pm	

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
School Lunch Program	Spirit of the North School Contact: Ann Roberts (780)841-7200		
After-School Program	H.L. Youth Activity Centre- Kidz in the Kitchen Tammy Predovic Ph: (780)926-3733 website: <a href="http://www.hlyac.ca">www.hlyac.ca</a>		
Canadian Pre-natal Nutrition Program	A Baby Counts  For Program information contact: Tammy Peacock (780)926-3355 prenatal@hlnfcs.ca		<ul style="list-style-type: none"> <li>• Free monthly milk coupons</li> <li>• Gift certificates to grocery stores</li> <li>• Free vitamin supplements</li> <li>• Baby food making courses</li> <li>• Collective kitchens</li> </ul>
Meals on Wheels	Northwest Health Centre- Home Care Contact: Marian Vanderzouwen (780)841-3231	Monday - Fridays	<ul style="list-style-type: none"> <li>• Meals provided are enough for lunch and supper. Clients are provided with an entrée, soup, salad, dessert, sandwich and Ensure.</li> <li>• Clients must be referred to Home Care in order to be on the program</li> <li>• Cost: \$5.00 can be subsidized for low income clients</li> </ul>
Christmas Food Hamper Program	Native Friendship Centre 10801-96 <sup>th</sup> Street, High Level, AB T0H 1Z0		
<b>HIGH PRAIRIE</b>			
Food Bank	High Prairie & District Food Bank Society 5115- 50st, High Prairie, AB T0G 1E0 Contact: (780)523-5777 (Tel)	Monday- Friday 10-12 and 1-3	•
<b>HIGH RIVER</b>			
Food Bank	Emergency Food Bank 22 4 Avenue S.E., High River, AB T1V 1M5 Contact: April Miller or Jeff Howard (403)652-2195 (Tel) or (403)652-7530 (Tel) (403)652-4855 (Fax)	Monday, Wednesday & Friday 9:00 am – 12:30 pm	• Food bank is managed by the Salvation Army but is under the High River Ministerial.
<b>HINTON</b>			
Food Bank	Contact: Kathy Tees Mailing Address: 201, 247 Pembina Avenue Hinton, AB T7V 2B3 Messages: (780) 865-3965 Phone: (780) 865-6026	Open Tuesdays, 7:00 pm – 8:00 pm at the Hinton Centre 965 Switzer Drive	Food Donations may be left at Safeway or the Hinton Centre



City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
			<ul style="list-style-type: none"> <li>♦ Children under 6 ride free</li> </ul> <p>HandiBus punch cards will be honoured on the Transit System.  Monthly passes are eligible for a tax credit on Federal income tax.  Tickets may be purchased at Safeway customer service, Medi Plus Pharmacy, King Drug Pharmacy, Civic Centre and the Recreation Centre</p>
<b>INNISFAIL</b>			
Food Bank	Innisfail & Area Food Bank Contact : (403) 227-0600 Box 6084, 5007 50 Street, T4G 1S7	Tuesday 1:30 pm – 3:30 pm	<ul style="list-style-type: none"> <li>• Use alley entrance.</li> <li>• Clients are eligible for hampers once every 5 –6 weeks. Health Care Card required.</li> </ul>
Meals on Wheels	Innisfail Hospital Contact: Marian Moritz, Client Co-ordinator (403) 227-4328	Hot supper meal (& soup / sandwich for next day's lunch) delivered Monday thru Friday 4:30 to 5:30 pm	<ul style="list-style-type: none"> <li>• Cost \$8.00 per meal (includes both a hot and evening meal and soup &amp; sandwich for the following day). Volunteer delivery service.</li> </ul>
Farmers Market	Contact: Lori-Ann Rogan (403) 227-4582	Thursday 10 to 1:00 pm	<ul style="list-style-type: none"> <li>• May through Sept. Held at the Innisfail Arena</li> </ul>
Seniors Cooking Club	Lorna Gaidica (403) 227-3457 Lgaidica@telusplanet.net Held at the Innisfail United Church	3 <sup>rd</sup> Wednesday of each month	<ul style="list-style-type: none"> <li>• Approx 10 members.(single seniors) Member share cost of meals (approx \$7)</li> </ul>
School Garden	Joint project of the Historical Village and Innisfail Garden Club (seasonal operation). Contact Innisfail Historical Village (403) 227-2906 Dale Mather Town Office (403) 227-3376 or Tracey Walker (403) 1177		<ul style="list-style-type: none"> <li>• Garden is planted, maintained and harvested by grade 1 students at the local elementary school</li> </ul>
Food Co-op	Innisfail Neighborhood Place (403) 227-7744 arranges access to and pick up of food orders from Red Deer Food Co-op		<ul style="list-style-type: none"> <li>• See Red Deer section for more detail</li> <li>• Cost: Produce only \$9.00, Meat &amp; Produce \$11.00</li> </ul>
Collective Kitchen	Contact Colleen Miller (403) 227-6879	Monthly planning & cooking session	<ul style="list-style-type: none"> <li>• Call Neighbourhood Place to register (403) 227-4477</li> </ul>
Canadian Pre-natal Nutrition Program (CPNP)	Baby Steps For client intake contact: Innisfail Community Health Center: (403) 227-7820  For program information contact: Patricia Leitner (403) 341-2119 Pleitner@dthr.ab.ca		<ul style="list-style-type: none"> <li>• 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.</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Grocery Delivery	Innisfail Co-op (403) 227-4888		<ul style="list-style-type: none"> <li>• Must register over phone or in person. Must be Coop member. Delivery charge \$5, no delivery charge for seniors within town.</li> </ul>
Transportation	Handi Bus Royal Canadian Legion (403) 227-3622	Mon-Friday 8-4:30 pm	<ul style="list-style-type: none"> <li>• Cost: Return trip to Red Deer \$30 \$2.50 each way within town</li> <li>• \$0.45/km for misc. long distance trips</li> </ul>
School Programs	John Wilson Elementary School (403) 227-3292	Daily	<ul style="list-style-type: none"> <li>• Breakfast – toast program</li> </ul>
<b>IRRICANA</b>			
Food Bank	Irricana Food Bank Contact: Town of Irricana (403) 935-4672 (Tel) (403) 935-4270 (Fax)		<ul style="list-style-type: none"> <li>• Areas of service include: Irricana, Kathryn and Keoma.</li> </ul>
<b>JASPER</b>			
Community Dinner	Community Dinner Program Jasper Activity Centre Contact: (780)852-7458 (Tel)	December to April Sunday night 5:30 pm – 7:30 pm	<ul style="list-style-type: none"> <li>•</li> </ul>
Community Outreach	Community Outreach Services 612 Connaught Drive (upstairs) Mailing address: PO Box 1090, Jasper, AB T0E 1E0 Contact: (780)852-2100 (Tel)	Monday to Friday 8:30 am – 4:30 pm	<ul style="list-style-type: none"> <li>• Drop-in centre offering coffee, muffin/baked goods, emergency food packs.</li> </ul>
Meals on Wheels	Seton Healthcare Centre Contact Home Care: (780)852-6628	Mon, Wed, Fri, noons	<ul style="list-style-type: none"> <li>•</li> </ul>
CPNP	Women, Infants & Nutrition (WIN) Contact: Janice Yeaman, Dietitian (780) 852-6633 For appointment (780) 852-4759 Or Community Outreach (above)	By appointment	<ul style="list-style-type: none"> <li>• Free food coupons for milk products &amp; fruit/vegetables offered to participants. Vitamins are provided free of charge.</li> <li>• Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development.</li> </ul>
Food Bank	Jasper Food Bank Anglican Church Basement Contact: (780)852-8800	Nov 1 to April 30 Wednesday 7:00 pm – 8:00 pm	<ul style="list-style-type: none"> <li>• Emergency basis year round.</li> <li>• 2 pieces of ID are required.</li> </ul>
<b>LAC LA BICHE</b>			
Food Bank	Waskayoo Community Food Bank Lac La Biche Canadian Native Centre Box 2338, Lac La Biche, AB T0A 2C0 Contact: : Hazel Desjarlais (780)623-3249 (Tel) (780)623-1846 (Fax)	Monday to Wednesday 8:30 am – 4:30 pm	<ul style="list-style-type: none"> <li>•</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Soup Kitchen	Lac La Biche Canadian Friendship Centre B0x 2338, Lac La Biche, AB T0A 2C0 Contact: (780)623-3249 (Tel) (780)623-1846 (Fax)	Tuesdays and Thursdays 12:00 pm – 2:00 pm	•
Grocery Delivery	IGA (780)623-4234  Hamars AG (780)623-4401	Available during store hours  Available during store hours	<ul style="list-style-type: none"> <li>• Free to seniors in town; \$3.00 charge for anyone else living in town</li> <li>• \$3.00 charge for delivery in town; \$5.00 charge for delivery out of town.</li> </ul>
CPNP	Healthy Babies Contact: Jeanine Kearns, Outreach Worker (780)623-4471 (ph) (780)623-2615 (fax) Email address: jeanine.kearns@aspenrha.ab.ca	Call during office hours, 8:30 to 4:30, Mon to Fri	• Serve Lac La Biche and area, Buffalo Lake Settlement and Kikino Settlement.
<b>LACOMBE</b>			
Food Bank	Lacombe Community Food Bank & Clothing Centre 5225 53 Street Lacombe, AB T4L 1H8 Contact: Millie Snow (403) 782-6777	Tues 1-4pm Wed 4-8 pm Thurs 6-8pm Fri 1-3pm	• Must bring ID and financial information to register. Must be from Lacombe area to be eligible.
Meals On Wheels	Contact: Lori Stephan (403) 782- 6637 Sharon Dixon (403)782-6637	Mon thru Friday 12:00 to 1:00 pm	• Cost \$6.00 per meal. Must order in advance and lunch delivery is 1:00 to 1:30 pm
Collective Garden	See Blackfalds – Edith Schaefer		•
Community Suppers	Donnie Tafts at FCSS 782-6637 <a href="mailto:dtafts@lacombefcss.net">dtafts@lacombefcss.net</a> Neighbourhood Place (403) 782- 0886	Held monthly at the Lacombe Legion (usually 3 <sup>rd</sup> Wednesday commencing at 5)	Free; features locally grown/produced foods and raises awareness of food security issues
Canadian Pre-natal Nutrition Program (CPNP)	Baby Steps For client intake contact: Lacombe Community Health Center: (403) 782-3218  For program information contact: Patricia Leitner (403) 341-2119 Pleitner@dthr.ab.ca		<ul style="list-style-type: none"> <li>• Serves: Lacombe, Ponoka, and Innisfail.</li> <li>• Free monthly food coupons for milk, eggs, fruit, vegetables and peanut butter are offered to participants. Vitamins are provided free of charge.</li> <li>• Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development.</li> <li>• Eligibility determined by intake assessment at each community health centre.</li> </ul>
Transportation	Lacombe Handivan Mimi Stewart (403) 872-1552		• A local round trip costs \$5.00. one way trip \$3. Call to make reservations
Other	Lacombe Neighbourhood Link Contact: Judy Riske (403) 782-0110		• Seven churches working together to meet the social needs of people in Lacombe.

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Backyard Friends	Edith Schaeffer (403) 309-8214 Box 338, Blackfalds Alberta T0M 0J0, or Donnie Tafts, FCSS; See Community Suppers above		<ul style="list-style-type: none"> <li>Once / month supper meal with short speaker afterwards. Objective: targeting food security issues. Hopes to establish a good food box program.</li> </ul>
<b>LAMONT</b>			
Emergency food	Lamont FCSS Linda Bernicki 780 895 7751	Monday – Friday 8:30- 4:00 pm	<ul style="list-style-type: none"> <li></li> </ul>
<b>LANGDON</b>			
Support Services	Langdon Family and Community Support Services 228A Centre Street North, Langdon, AB T0J 1X2 Contact: Rosanne (403) 936-3676 (Tel) (403) 936-3696 (Fax)		<ul style="list-style-type: none"> <li>Food Bank</li> <li>Emergency Food Packs</li> </ul>
<b>LEDUC</b>			
<b>Prenatal Services</b>	Health for two Various locations throughout the city Suite 300 10216 124 Street, Edmonton, AB T5N 4A3 Contact: Lorraine Green (780)413-7972 (Tel) (780)482-4203 (Fax)	Monday to Friday 8:30 am – 4:30 pm	<ul style="list-style-type: none"> <li>Prenatal Health Promotion program.</li> <li>Several community sites and Heath Centres in Capital Health region.</li> <li>Information and support for pregnant women with social and economic barriers, including food security problems.</li> </ul>
Food Bank	Leduc & Leduc County Food Bank 4810 49 Avenue, Mailing address: Box 5008, Leduc, AB T9E 6L5 Contact: Laurie Livingston (780)986-5333 (Tel) (780) 986-5333 (Fax) Email address: <a href="mailto:leducfb@incentre.net">leducfb@incentre.net</a>	Monday, Wednesday & Friday 10:00 am – 12:00 noon & 1:00 pm – 4:00 pm	<ul style="list-style-type: none"> <li>Serves Beaumont, Calmar, Devon, Leduc Co., New Serepta, Thorsby and Warberg.</li> </ul>
<b>LEDUC COUNTY</b>			
Food Bank	Leduc & District Food Bank 4810 49 Avenue Mailing address: Box 5008, Leduc, AB T9E 6L5 Contact: Laurie Livingston (780) 986-5333 (Tel) (780)986-5333 (Fax) Email address: <a href="mailto:leducfb@incentre.net">leducfb@incentre.net</a>	Monday, Wednesday & Friday 10:00 am – 12:00 noon 1:00 pm – 4:00 pm	<ul style="list-style-type: none"> <li></li> </ul>
Food Co-op	We Can Food Co-op #1 Alexander Park, Leduc, AB T9E 8H5 Contact: Kim Goodwin (780) 980-7174 (Tel)	Monday to Friday 8:30 am – 4:30 pm	<ul style="list-style-type: none"> <li>Membership \$5.00.</li> <li>Food orders \$20.00.</li> <li>Each month participants receive a food basket consisting of 3 meats, 3 fruits and 3 vegetables.</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Soup Kitchen	Leduc Fellowship Church 4401 Rollyview Road Leduc, AB Contact: (780)986-9299 (Tel)	Monday to Friday 9:00 am – 12:00 noon Not open Thursdays	<ul style="list-style-type: none"> <li>Last Saturday of the month hot meal service 12:00 noon – 1:00 pm.</li> <li>Food hampers available.</li> <li>Gift Certificates available for groceries after assessment. <ul style="list-style-type: none"> <li>Partners with the food bank. Membership \$5.00.</li> <li>Food orders \$20.00.</li> </ul> </li> <li>Each month participants receive a food basket consisting of 3 meats, 3 fruits and 3 vegetables.</li> </ul>
<b>LESLIEVILLE – See Eckville, Rocky Mountain House &amp; surrounding area.</b>			
<b>LETHBRIDGE</b>			
Community Kitchen	Chinook County Community Kitchens Coalition 801 1 Avenue S., Lethbridge, AB T1J 4L5 Contact: Rosemarie Renwick (403)388-6655 ext 3571 (Tel)	Monday to Friday 8:30 am – 4:30 pm	•
Food Box	Lethbridge Community Good Food Club Box 1054, Lethbridge, AB T1J 4A2 Contact: Heather Caldwell (403)327-8815 (Tel) Email address: goodfoodclub@shaw.ca	Pick Up 2 <sup>nd</sup> Thursday of Every Month	• Order sheets can be picked up at the Lethbridge Community Health Site – 801 – 1 <sup>st</sup> Ave S. Orders are due the last Thursday of Every Month.
Community Garden	Grow it Community Garden Association 2404 41 Street N. Mailing address: #204 905 1 Avenue S. Suite 174 Lethbridge, AB T1J 4M7 Contact: (403)320-0968 (Tel) or Rick Williams at the City of Lethbridge		<ul style="list-style-type: none"> <li>94 plots of various sizes ranging from 250 square feet to 1200 square feet.</li> <li>Registration fee \$50.00</li> <li>Rent price \$0.04 cents per square foot.</li> <li>President Wayne Schellhorn.</li> </ul>
Food Bank	Interfaith Food Bank 1116 3 Avenue N., Lethbridge, AB T1H 0H6 Contact: (403) 320-8779 (Tel)	Client Services Monday to Friday 9:30 am – 11:45 am & 1:00 pm – 3:30 pm Administration Monday to Friday 8:00 am – 4:00 pm	• Supply emergency food hampers, and daily bread and miscellaneous food items as required.
Food Bank	Lethbridge Community College Students Association Food Bank Attn: LCCSA Food Bank 3000 College Drive S., Lethbridge, AB T1K 1L6 Contact: Chantelle Nelson (403)320-3373 (Tel)	By appointment only	
Food Bank	University of Lethbridge Food Bank Society Student's Union 1016 2 Avenue S., 020-4401 University Drive	Monday to Friday 10:00 8:30 am – 12:00 noon &	<ul style="list-style-type: none"> <li>Closed Holidays.</li> <li>Supplement hampers available daily.</li> <li>Hampers are available on an emergency basis 6</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
	Lethbridge, AB T1J 0C9T1K 3M4 Contact: Susie Bourreg, Shelly Tuff (403)320-1879 (Tel) (403)317-2995 (Fax)- 329-2222	1:00-4:30 pm – 3:30 pm Wednesday 10:00 am – 12:00 noon	times per year. • Must have ID and Alberta Health Care cards for everyone in the family.
Meals on Wheels Food Bank	Lethbridge Society for Meals on Wheels 102 5 Avenue S., Lethbridge, AB T1J 0S9 Contact: Jack Speakman (403)327-7990 (Tel) (403)327-7990 (Fax) Email address: mowlethbridge@shaw.ca	Monday to Friday 8:30 am – 4:30 pm	<ul style="list-style-type: none"> <li>• 24 hour answering service.</li> <li>• Open holidays.</li> <li>• Fee – Sliding fee scale.</li> </ul>
Soup Kitchen	Lethbridge Soup Kitchen Association 1107 2 Avenue N., Lethbridge, AB T1H 0E6 Contact: (403)328-8688 (Tel)	Monday to Saturday 8:30 am – 3:00 pm Noon meal served: Monday to Saturday 12:00 noon – 1:00 pm	<ul style="list-style-type: none"> <li>• Open all holidays except Christmas</li> </ul>
	McMan Youth, Family and Community Services Association 2814 5 Avenue N., Lethbridge, AB T1H 0P1 Contact: Gordon Henwood, Marion Wright or Colette Acheson (403)328-2488 (Tel) (403)328-2645 (Fax) Email address: <a href="mailto:ethbridge.maman@telusplanet.net">ethbridge.maman@telusplanet.net</a>	Monday to Friday 8:30 am – 4:30 pm  Open Holidays	<ul style="list-style-type: none"> <li>• Therapeutic Substitute Family Care – Provides short term intervention and support for children and youth in the care of Child Welfare who require out of home placement.</li> <li>• Respite, Receiving, Assessment and Intervention Home – located in Picture Butte – 6 bed residential facility for youth between ages of 8-18 who are in the care of Child Welfare.</li> <li>• Referral Mechanism: Southwest Alberta Child and Family Service Authority or contact us directly.24 hour answering service.</li> <li>• \$6.00 / hot meal</li> <li>• Delivery on statutory holidays that fall on weekdays.</li> <li>• Delivered by volunteers</li> </ul>
	St. Vincent De Paul Society Catholic Churches in Lethbridge Contact: (403)328-5693 (Tel- voice mail only)		<ul style="list-style-type: none"> <li>• Monetary assistance, food or furniture.</li> </ul>
	Treaty 7 Urban Indian Housing Authority 200 519 7 Street S. Lethbridge, AB T1J 2G8 Contact: (403)327-1995 (Tel) (403)327-0849 (Fax) Email address: adminast@shaw.ca	Monday to Friday 8:30 am – 4:30 pm	<ul style="list-style-type: none"> <li>• Residential rentals.</li> <li>• Tenant counsellor to aid in Homecare, budgeting, nutrition etc.</li> </ul>
<b>LINDEN</b>			
Collective Kitchen	Kneehill Collective Kitchen Box 539 , Linden, AB T0M 1J0 Contact: Elaine Ayre		<ul style="list-style-type: none"> <li>•</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
<b>LLOYDMINSTER</b>			
Community Kitchen	Community Kitchen 5109 51 Street, Lloydminster, AB T9V 1R8 Contact: Tiffany Falcon (780)872-0672 (Tel)	Monday to Friday 8:00 am – 4:00 pm usually	<ul style="list-style-type: none"> <li>• Groups gather monthly.</li> <li>• Interval Home partnering with Midwest Food Resource Project.</li> </ul>
Food Box	Midwest Food Resource Project Good Food Box 5109 51 Street, Lloydminster, AB T9V 1R8 Contact: Tiffany Falcon (780)872-0672 (Tel)	Monday to Friday 8:00 am – 4:00 pm usually	<ul style="list-style-type: none"> <li>• \$15.00 for a box of food once a month.</li> <li>• Box pick up last Thursday of the month</li> <li>• Cost reduced to those who volunteer</li> </ul>
Soup Kitchen	Lloydminster Native Friendship Center Civic – 4602 49 Avenue Lloydminster, AB S9V 1K5 Contact: 306-825-6558 or 825-6050 (Tel) 306-825-6565 (Fax)	Monday to Friday 9:00 am – 5:00 pm	<ul style="list-style-type: none"> <li>• Soup and Bannock lunch free.</li> <li>• Donations greatly appreciated.</li> </ul>
Food Bank	Salvation Army Food Bank (Thrift Store) 4616 49 Avenue, Box 1043, Lloydminster S9V 1E9 Contact: Jackie 306-825-4840 (Tel)	Tuesday to Friday 10:30 am	<ul style="list-style-type: none"> <li>• Any perishable food is handed out daily at 10:30 am, six days a week.</li> </ul>
Community Garden Plots	Bud Miller Leisure Center 2902 59 ave Lloydminster (780) 875-4497	Seasonal May to Oct 6 am -11pm	<ul style="list-style-type: none"> <li>• 785 square feet for \$30.00 per year</li> <li>• Need to attend in person to sign an agreement</li> <li>• To carry in own water</li> </ul>
<b>MANNVILLE</b>			
Food Bank	Rev. Mark Sanders (Anglican Church pastor) (780)-581 - 4389	Call if needed	<ul style="list-style-type: none"> <li>• Deliveries can be arranged</li> </ul>
<b>MAYERTHORPE</b>			
Food Bank	Mayerthorpe & District Food Bank Contact: Janis Modler (780)786-2526 (Tel)		<ul style="list-style-type: none"> <li>•</li> </ul>
Meals on Wheels	Mayerthorpe Meals on Wheels Contact: Dorothy Hodakinson (780)786-2171 (Tel)		<ul style="list-style-type: none"> <li>•</li> </ul>
Food Hampers	United Church (Basement) Contact: Janice Modler (780)786-2526 (Tel)	Tuesday 9:00 am – 12:00 noon (Orders) 4:45 pm- 5:15 pm (Pickup)	<ul style="list-style-type: none"> <li>• Once a month up to six times a year.</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
<b>MEDICINE HAT</b>			
Community Connection	Community Food Connections Association Contact: Marcia Stodalka, Chair Team Leader, Community Nutrition Program Palliser Health Region 2948 Dunmore Road S.E., Medicine Hat, AB T1A 8E3 (403)502-8209 (Tel)  Web-site: <a href="http://nonprofit.memlane.com/cfca/">http://nonprofit.memlane.com/cfca/</a>	Monday to Friday 8:00 am – 4:30 pm	<ul style="list-style-type: none"> <li>• Non-profit Society sponsors Community Kitchens, Community Gardens, Food FUNdamentals, Food Charter Initiative, and Using Local Produce Project, as well as Food Talk Asset Mapping/Community Capacity project in partnership with the GFSA and Palliser Health Region Community Nutrition Department.</li> </ul>
Community Gardens	Garden Coordinator – Nancy Buye (403)502-6096 or (403)502-8209	Monday to Friday 12:00 – 4:00 pm. 8:30 – 4:30 pm.	<ul style="list-style-type: none"> <li>• Gardens currently located in Medicine Hat and Redcliff. New garden being developed in Medicine Hat by summer of 2009.</li> </ul>
Nutrition Education and Cooking Classes	Food FUN damentals Cooking Class/Nutrition program- 2948 Dunmore Road S.E., Medicine Hat, AB T1A 8E3 Contacts: Emily Burt, Pat MacIntosh, Marcia Stodalka (403)502-8238or 502-8209	Monday to Friday 8:00 am – 4:30 pm	<ul style="list-style-type: none"> <li>• Registered Dietitian and Food Coordinator offer 6 week program on cooking skills and nutrition</li> </ul>
Lunch Box Program & food for residents of low income housing	Champion's Centre 435 N. Railway St SE, Medicine Hat, T1A 2Z3 Contact: Klaas Kooster 1-866-877-7708 Email address: champs54@telusplanet.net	5 – 6 pm weekdays	<ul style="list-style-type: none"> <li>•</li> </ul>
CPNP	Best Babies Canada Prenatal Nutrition Program C/O BRIDGES Family Programs 477 3 <sup>rd</sup> . St. SE Medicine Hat, AB T1A 0G8 Contact: Emily Burt/Pat MacIntosh/Kari Degethoff (403) 526-7473	8:30 – 4:30 p.m. weekdays	<ul style="list-style-type: none"> <li>• Limited Enrollment,</li> <li>• Connections to other Food Programs <ul style="list-style-type: none"> <li>○ Bi-weekly drop-in</li> <li>○ Referrals taken most days</li> <li>○ Regional Program (serves Bow. Is. Oyen, Med. Hat, and Brooks)</li> </ul> </li> </ul>
Food Box	Good Food Box Strathcona Centre 1150 5 Street S.E., Medicine Hat, AB T1A 8C7 Contact: Brenda or Sharon (403)502-6096 (Cell) (403)529-8369 (Fax) Email address: cfca@thehat.ca	Monday to Friday 12:00 noon – 4:00 pm	<ul style="list-style-type: none"> <li>•</li> </ul>
Food Bank	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	Monday to Friday 8:30 am – 5:00 pm	<ul style="list-style-type: none"> <li>•</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Farmers Market	Medicine Hat Exhibition and Stampede Cypress Centre Ph. 527-1234	Saturdays, May to September	
Hot meal program	Champion's Centre 435 N. Railway St SE, Medicine Hat, T1A 2Z3 Contact: Klaas Kooster 1-866-877-7708 Email address: champs54@telusplanet.net	5 – 6 pm weekdays	•
CPNP	Best Babies Canada Prenatal Nutrition Program C/O BRIDGES Family Programs 477 3 <sup>rd</sup> . St. SE Medicine Hat, AB T1A 0G8 Contact: Kimberlee Eilers/Kari Degethoff (403) 526-7473	8:30 – 4:30 p.m. weekdays	<ul style="list-style-type: none"> <li>• Limited Enrollment,</li> <li>• Connections to other Food Programs <ul style="list-style-type: none"> <li>○ Bi-weekly drop-in</li> <li>○ Referrals taken most days</li> <li>○ Regional Program (serves Bow. Is. Oyen, Med. Hat, and Brooks)</li> </ul> </li> </ul>
<b>MORINVILLE</b>			
Food Bank	Morinville Community Development Services / FCSS 10125 100 Avenue, Morinville, AB T8R 1L6 Contact: Joyce Preeper (780) 939-4361 (Tel) (780)939-7448 (Fax) Web address: joyce@town.morinville.ab.ca	Food Bank Tuesday & Thursday 1:30 pm – 2:30 pm Community Corner Drop In Monday to Friday 9:30 am – 3:30 pm	<ul style="list-style-type: none"> <li>• Emergency food bank available in Morinville via referral to St. Albert.</li> <li>• Community Corner Drop in offers free bread and goodies Monday to Friday.</li> <li>• Referrals taken any day</li> </ul>
<b>MIRROR – See Alix, Bashaw, Lacombe &amp; surrounding area.</b> <b>Mirror Food Bank Contact: Mary Whitworth (403) 788-2074 As Needed. Please call for an appointment</b>			
<b>NANTON</b>			
Food Bank	Nanton Food Bank Contact: Lynn Maynard (403) 646-0073 (Tel)		•
<b>OKOTOKS</b>			
Community Garden	Okotoks Community Garden 670 Sheep River Mews, Okotoks, AB T1S 1S5 Contact: Gerald Rutherford		•
Food Bank	Okotoks Food Bank United Church Centre 43 Riverside Drive, Okotoks, AB T1F 1E7 Contact: Debbie Fredrickson Tel: (403)201-3599		•

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
<b>OLDS</b>			
Food Bank	Mountain View Food Bank Located 5025-50 <sup>th</sup> Street (basement old provincial bldg) Mailing: Box 3958 Olds, Alberta T4H 1P6 President : Pat Graham (403) 556-1693 (message service)	Tuesday 9-1	<ul style="list-style-type: none"> <li>Individuals need to go in to apply for hamper.</li> </ul>
Farmer's Market	Cow Palace (403) 556-3770	Thursday 4:00 – 6:30	<ul style="list-style-type: none"> <li>No service charge</li> </ul>
Canadian Pre-natal Nutrition Program (CPNP)	Baby Steps For client intake contact: Olds Community Health Center: (403) 556-8441 For program information contact: Patricia Leitner (403) 341-2119 Pleitner@dthr.ab.ca		<ul style="list-style-type: none"> <li>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.</li> </ul>
Grocery Delivery	Padnoma (403)556-1000	Monday-Friday Delivery times 10:30 and 2:30	<ul style="list-style-type: none"> <li>No service charge.</li> </ul>
Meals on Wheels	Janeen Smith (co-coordinator) Contact (403) 556-7417 Ray Palardy (co-coordinator) Contact: 556-7551 Sharon DelaMare (co-coordinator) Contact: (403) 507-8593	Monday thru Friday	<ul style="list-style-type: none"> <li>Reduced fee; local volunteers deliver. Delivery time 4:30. Caters to all diets</li> <li>Meals \$7.50/ for full meal</li> <li>\$6.85 (for one less side dish)</li> </ul>
<b>ONOWAY</b>			
Food Bank	Lac Ste. Anne East Food Bank Baptist Church Box 300, Onoway, AB T0E 2A0 Contact: Kathy (780)967-2714 (Tel) (780)967-2280 (Fax)	Wednesday 9:00 am – 10:00 pm	<ul style="list-style-type: none"> <li>Allowed six visits per year.</li> </ul>
Food Bank	Lac Ste Anne Food Bank Contact: 967-4583 (Tel)		
<b>OYEN</b>			
Meals on Wheels	Meals on Wheels Patsy Jorgenson, c/o Palliser Health Region Home Care	(403) 664-3651	
Farmers Market	Farmer's Market c/o Betty Walker (403) 664-3819	Every Friday 11:00 – 2:00 pm. June – September	<ul style="list-style-type: none"> <li>Oyen Arena</li> </ul>
Soup and Sandwich	Soup & Sandwich – United Church \$6.00 Soup & Sandwich - Cereal	Monthly	<ul style="list-style-type: none"> <li></li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Food Bank	Oyen & District Food Bank c/o Sheila Davidson – GD, Oyen, AB T0J 2J0 Contact: Sheila Davidson (403)664-3965 (Tel)	The first Wednesday of every month 11:00 – 1:00 p.m.	<ul style="list-style-type: none"> <li>Usually provide non-perishable foods, do not have a fridge/freezer.</li> </ul>
<b>PENHOLD</b>			
Food Bank	Neighbourhood Place Box 565, Penhold, AB T0M 1R0 Contact: Danielle Klooster (403) 886-5464 Volunteer Coordinator: Rose Townsend 886-5905		<ul style="list-style-type: none"> <li>Contact Red Deer Food Bank for registration. Then Red Deer Food Bank phones neighbourhood place to provide food hamper.</li> </ul>
Emergency Food Hamper	Contact: Gloria Bulmer (403) 886-5464 Volunteer Coordinator: Rose Townsend 886-5905		<ul style="list-style-type: none"> <li>Emergency hampers and supplies available one time only. Christmas hampers also available yearly</li> </ul>
Grocery Delivery	First Choice Food Contact: Gerry/MJ (403) 886-5121 Box 510, T0M 1R0	9am-9pm 7 days/wk	<ul style="list-style-type: none"> <li>Free delivery for a minimum order of \$20.00</li> </ul>
Senior Drop-in Centre	Soup N San Contact: Hazel (403) 886-5719 Box 153, T0M 1R0	First Wednesday of every month	<ul style="list-style-type: none"> <li>Provides soup and sandwich every month and Supper from Sept to June (except December) at the Senior Drop-In Centre</li> </ul>
Cooperative Kitchen	Brenda Mahoney 886-8679 or 347-2480 ext. 111 Central Alberta Women's Outreach Centre 4808 51 Avenue, Red Deer	Group meets 2 <sup>nd</sup> Wednesday of every month for planning and cooking	<ul style="list-style-type: none"> <li>Low cost (\$3 per family member), fun, social time. Learning fast, easy recipes and meeting neighbours. Food is taken home after being cooked.</li> </ul>
Community Garden	Kathryn Huedepohl	May to September	<ul style="list-style-type: none"> <li>Community groups and individuals collaboratively tend the garden and anyone who helps receives a portion of the harvest.</li> </ul>
<b>PICTURE BUTTE</b>			
Food Bank	Interfaith Food Bank Contact: Elaine Martins (403)732-5561	Tuesday & Thursday 10:00 am – 12:00 noon	
	Respite, Receiving & Assessment & Intervention Home 540 Crescent Avenue, Picture Butte, AB T0K 1V0 Contact:		<ul style="list-style-type: none"> <li>Six bed residential facility for youth between the ages of 8 and 18 who are in the care of Child Welfare.</li> </ul>
<b>PINCHER CREEK</b>			
Food Bank	Pincher Creek Christian Life Outreach Society Box 1261, Pincher Creek, AB T0K 1W0 Contact: (403)627-3475 (Tel)	Monday to Friday 10:00 am – 4:00 pm	
<b>PONOKA</b>			
Food Bank	Contact: Violet Smith/June Lee (403) 783-5910 Bay 6B, 4612-50 St, T4J 1S7	Tuesday & Friday 10 to 1	<ul style="list-style-type: none"> <li>Providing emergency food hampers to those in need.</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Meals On Wheels	Danielle Fenske (403) 783-4462 FCSS Box 4004, 5006 – 52 Ave, T4J 1R5	Monday thru Friday Noon	<ul style="list-style-type: none"> <li>• Cost: \$6.00 per meal</li> <li>• Provide nutritious meals to those in need.</li> </ul>
Community Kitchen	Danielle Fenske (403) 783-4462 FCSS Box 4004, 5006 – 52 Ave, T4J 1R5		<ul style="list-style-type: none"> <li>• Contact Danielle for more information</li> </ul>
Canadian Pre-Natal Nutrition Program (CPNP)	Baby Steps For client intake contact: Ponoka Community Health Centre: (403) 783-4491, or Ponoka Outreach School C/O 6000 Hwy 2a Ponoka AB T4J 1P6 Contact: (403) 783-5464  For Program information contact: Patricia Leitner (403) 341-2119 Pleitner@dthr.ab.ca		<ul style="list-style-type: none"> <li>• Serves: Lacombe, Ponoka, and Innisfail. Free monthly food coupons for milk, eggs, fruit, vegetable 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 centre and the Ponoka Outreach School –High School Credited Program.</li> </ul>
Transportation	Handi-Bus “Ponoka Wheelchair Van Society” Contact: Wayne Stewart (403) 783-2258		<ul style="list-style-type: none"> <li>• 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.</li> </ul>
Farmer’s Market	Ponoka Arena Contact: Donna Merrill (403) 783-6776	Wednesday 9am- 1pm	<ul style="list-style-type: none"> <li>• Lunch counter available, variety of prices</li> </ul>
Lower Cost Meals	Rising Sun Club Contact: Carla Prediger, Marilyn Horsley (403) 783-5810	Become a member for \$5.00	<ul style="list-style-type: none"> <li>• Non Member \$5.00</li> <li>• Wednesday \$4.00</li> <li>• Monday, Tuesday, Thursday, Friday \$2.00-\$3.00</li> </ul>
Lower Cost Meal	Champion Centre Contact: Fred Klooster	Monday - Friday 89m-2pm	Meals are available at a lower cost.
<b>PROVOST</b>			
Community Kitchen	Teaching Independent Living Skills c/o Family and Community Support Services Box 758, Provost, AB T0B 3S0 Contact: (780) 753-2289		<ul style="list-style-type: none"> <li>• Occasionally</li> </ul>
Provost and District Food Bank	Contact: Andy Wiebe Provost Ministerial (780) 753-4882		
<b>RED DEER</b>			
Emergency Meals	Loaves and Fishes 6002 - 54 Avenue, Red Deer, AB T4N 4M8 Contact: Steve Lantz (403) 347-1844	Mon, Wed, Fri 5-7 pm (suppers available) Sun- 1:00 (lunch available every 1 <sup>st</sup> , 2 <sup>nd</sup> & 5 <sup>th</sup> Sunday)	
Friendship Meals	Sacred Heart Church Contact©(403) 436-2618 5508 48 A Avenue, T4N 3V6		Free meal provided every 3 <sup>rd</sup> & 4 <sup>th</sup> Sunday from 11:30 – 12:30 pm Emergency hampers on request

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Soup Kitchen	Potters Hands Ministries 4935 – 51 Street, Red Deer, T4N 2A8 Contact: Gerite Clark (403) 309-4246	<b>Winter:</b> <b>Breakfast</b> (6:00 – 8:30): Mon, Tues, Wed, Sat (9-11:30) <b>Toast/coffee</b> (6:00-9): Mon – Fri <b>Lunch</b> (11:30- 1:30): Mon, Wed <b>Supper</b> (4:30 – 7): Tues, Sat <b>Summer:</b> <b>Breakfast</b> (6:00-8:00):Mon, Tues, Wed, Sat (9-11:30) <b>Toast/ Coffee</b> (6:00-9): Mon -Fri	
Food Bank	Red Deer Food Bank Society Contact: Fred Scaife (403) 346-1505 (tel) (403) 346-1551 (fax) 7429 49 Avenue Bay #12, Red Deer, AB T4P 1N2	Monday to Friday 9:00 – 11:45 & 1:00 – 5:00	Call the assistance line between 9:00 – 11:45 & 1:00 – 5:00 Monday to Friday. Closed weekends and statutory holidays.
Collective Kitchens	Central Alberta Women's Outreach Society Contact: Barb Barber (403) 347-2480 4808 51 Avenue, T4N 4H3	Monday – Friday 8:30 – noon & 1:00	<ul style="list-style-type: none"> <li>Contact office for more information</li> </ul>
Collective Kitchen	Central Alberta Immigrant Women's Association Contact: Halima (403) 341-3553 #120, 4818 50 Ave, T4N 4A3		<ul style="list-style-type: none"> <li>2x per month (Saturdays)</li> <li>Cost: \$2.00 – 5.00 per family (if they can afford it or no cost if they can't)</li> </ul>
Farmer's Market	Red Deer Public Market Contact: Dennis Moffat (403) 346-6443 Location: 43 <sup>rd</sup> street & 8 <sup>th</sup> avenue Mailing address: 5134 44 avenue, T4N 3H8	Saturday 8:00 to 12:30 pm	May 21 <sup>st</sup> through to Thanksgiving weekend. All vendors have Public Health Certificate. ** No dogs allowed in building
Meals on Wheels	Red Deer Meals on Wheels Contact: Cheryl Day (403) 340-2511	Daily Delivery Monday thru Friday 11:30 to 12:30	Cost: \$5.50 Hot nutritious meals. <ul style="list-style-type: none"> <li>Can order multiple meals/delivery</li> </ul>
Food Co-op	R-Own Food Co-op 4808 51 Avenue, T4N 4H3 <a href="mailto:outreach@womensoutreach.ca">outreach@womensoutreach.ca</a> Central Alberta Women's Outreach (403) 347-2480	Provides food hamper once a month	<ul style="list-style-type: none"> <li>Cost: \$5.00 yearly registration fee for R-own Food Co-op.</li> <li>Food hamper (produce order + meat order) - \$20 Produce order - \$9 Meat Order - \$11</li> <li>Referral to: Salvation Army Church ; Red Deer</li> <li>Food Bank; and Luke's Cartage Ltd.</li> </ul>
Canadian Pre-natal Nutrition Program (CPNP)	Building Incredible Babies Contact: Lisa Smith (403) 309-8214 Lsmith@fsca.ca 5409 50 Ave, T4N 4B7	Group meets every two weeks.	<ul style="list-style-type: none"> <li>Serves: Red Deer, &amp; Sylvan Lake. Intake based on physician or self-referral. Nutrition education facilitated by Registered Nutritionist throughout program. Each session there is a draw for a food hamper with recipes. Participants are provided with prenatal vitamins, milk, eggs, and produce coupons.</li> </ul>
Grocery Delivery	Golden Circle Contact: Outreach workers (403) 343-6074 for assessment to qualify for delivery program volunteer@goldencircle.ca	Order Wed starting @11am groceries delivered Fri morning	<ul style="list-style-type: none"> <li>Make cheques payable to Red Deer Coop. Limited number of people allowed on list, and need assessment from outreach worker.</li> <li>Minimum \$20.00 order. Deliver charge of \$3.00</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Grocery Delivery	West Park Foods Contact: Kevin @ (403) 343-7500 #110, 3722 57 Avenue, T4n 4R7	Order between 10 -noon Mon – Fri Delivery – same day 12:30-3:30	<ul style="list-style-type: none"> <li>• Free Delivery if order over \$20.</li> <li>• No fresh meat and limited amount of produce available. Great service.</li> <li>• Service available to anyone.</li> </ul>
Grocery Delivery	Save On Foods Contact: (403) 343-6611	Delivery Only available Wed and Fri	<ul style="list-style-type: none"> <li>• Must Phone Save on Foods with order, then phone for grocery delivery through “Busy Bee” at (403) 347-1999, at a minimum cost of \$7</li> </ul> <p>Save on Foods card required, membership is free. Pay driver by cheque.</p>
Grocery Delivery	Gaetz Sobey's Contact: (403) 348-0848		<ul style="list-style-type: none"> <li>• Must phone Sobey's with order, then phone for grocery delivery through “Busy Bee” at (403) 347-1999, at a minimum cost of \$7.</li> <li>• Pay driver by cheque.</li> </ul>
Grocery Delivery	Red Deer Co-Op 5118-47 th Ave Contact: (403) 343-8904	Delivery service offered Monday to Friday from 9- 4:30 and some Saturdays	<ul style="list-style-type: none"> <li>• Delivery provided by the Co-op. Charge is \$7 for 10 grocery bags.</li> </ul>
Grocery Delivery	Eastview IGA Contact (403) 343-9505	Usually same day delivery	<ul style="list-style-type: none"> <li>• Must phone IGA with order , then phone for grocery delivery through “busy Bee” at (403) 347-1999, at a minimum cost of \$7</li> <li>• Pay driver by cheque.</li> </ul>
Grocery Transportation	Red Deer Co-op Contact (403) 309-8904	Every Thursday	<ul style="list-style-type: none"> <li>• The Red Deer Co-op charters a bus every Thursday that picks people up at high senior density areas of the city. It takes them home after. The service is paid for by Red Deer Co-op and is free to the participants.</li> </ul>
Transportation	Red Deer Transit (403) 342-8225 PO Box 5008 T4N 3T4 Attn: Kevin Joll		<ul style="list-style-type: none"> <li>• Provides monthly bus passes for seniors</li> <li>• Cost \$51/ mo</li> <li>• Senior GIS subsidized rate = &amp;29/mo</li> <li>• 12 tickets = \$18.50 (available at city hall or sales outlets in Parkland/ Bower mall)</li> <li>• To register for GIS rate bring proof to city Hall 4<sup>th</sup> Floor- Community Services Transit Administration</li> </ul>
<b>REDWATER</b>			
Food Bank	Redwater Fellowship of Churches Food Bank Box 582, Redwater, AB T0A 2W0 Contact: (780) 942-2061 (Tel)	No specific hours, leave a message. Messages checked Monday, Wednesday & Friday	

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
<b>RIMBEY</b>			
Canada Prenatal Nutrition	Babies First For client intake contact: Rimbey Community Health Centre (403) 843- 2288 Or FCSS (403) 543-2030 For Program information contact: Patricia Leitner (403) 341-2119 <a href="mailto:Pleitner@dthr.ab.ca">Pleitner@dthr.ab.ca</a>		<ul style="list-style-type: none"> <li>Serves: Rimbey, Breton and Winfield 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 at each community health centre.</li> </ul>
Food Bank	Rimbey Food Bank Box 404, Rimbey, AB T0C 2J0 Contact: FCSS office - Sandy McLary Rfcss@telusplanet.net (403)843-2030 (ph)or (403)843-3270(Fax)	Phone FCSS for an appointment on M-F (8:30-12:00 and 1:00 to 4:30) Pick-up at 11:15 on Wednesday	<ul style="list-style-type: none"> <li>Requests for hampers made through Rimbey</li> <li>FCSS.</li> <li>Hampers are provided based on an assessment of client's needs.</li> <li>Families can access only once a month and a maximum of 6 hampers per year.</li> </ul>
Farmer's Market	Contact : Gale Rondeel (403) 843-4948	Saturday 9 :30 - noon	<ul style="list-style-type: none"> <li>May through September</li> <li>Two Christmas markets</li> </ul>
Collective Kitchens	FCSS Deana Harris (403) 843-2030 Box 404, T0C 2J0 rfcss@telusplanet.net		<ul style="list-style-type: none"> <li>Csll Deana for more information</li> <li>Kitchens are run 4 to 6 times per year.</li> </ul>
Community Garden	Neighbourhood Place (403) 843-4304 - Shannon Boyce-Campbell Contact: Janet Stout (403) 843-2018		<ul style="list-style-type: none"> <li>Contact Janet for further information</li> </ul>
Grocery Delivery	Rimbey Foods Contact: Sheldon Ibbotson at (403) 843-2650		<ul style="list-style-type: none"> <li>Free delivery in town.</li> <li>Phone before noon.</li> <li>Products for Celiac conditions available</li> </ul>
Grocery Delivery	Co-op (403) 843-2258	Mon, & Wed & Fri	<ul style="list-style-type: none"> <li>Free delivery in town.</li> <li>Phone before 2:00 pm</li> </ul>
Meals on Wheels	FCSS Contact: Moira Gates (403) 843-2030 mgates@rimbeyfcss.com	Mon thru Friday And Holidays Noon served	<ul style="list-style-type: none"> <li>Cost: \$7.00</li> <li>Servicing seniors and people with disabilities or convalescing. Hot full course meals delivered at noon.</li> </ul>
<b>ROCKY MOUNTAIN HOUSE</b>			
Food Bank	The Lord's Food Bank 4923 52 Street, Rocky Mountain House, AB Contact: Rev. Dan Gonzales, Box 1242, T4T 1A9 403-845-7546 (Tel) admj420@hotmail.com	Tuesday & Thursday 11:30 to 2:30	<ul style="list-style-type: none"> <li>Can get a hot meal and 2 hampers per month. Are welcome to bread, goodies etc. when available.</li> </ul>
Farmer's Market	Town & Country Farmer's Market Contact: Iris Schenk (403) 845-3629	Saturday May – Dec 9-1:30 pm Jan – April 12- 3 pm	<ul style="list-style-type: none"> <li>At the Arena complex</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Canadian Pre-natal Nutrition Program (CPNP)	Baby Biz Contact: Shannon Beagle Thompson (403) 844- 7851 babybiz@telusplanet.net	Wednesday 6:30 – 8:30 pm	<ul style="list-style-type: none"> <li>• Prenatal nutrition program that serves: Rocky Mountain House, Caroline and area.</li> <li>• Provides coupons for milk, OJ, vitamins, vegetables and fruit and peanut butter. Mothers receive breastfeeding incentives. Nutrition education provided for participants. Meetings – weekly snack and transportation provided.</li> </ul>
Grocery Delivery	Rocky Mountain House Co-op Linda Bozman (403) 845-4080 ext 103		<ul style="list-style-type: none"> <li>• COPE clients accompanied by an outreach worker will pick up and deliver groceries. A service fee may apply \$25.00 in town and \$21.00 plus \$0.35/km for out of town within 20 km radius.</li> </ul>
Meals on Wheels	West Country Family Service (403) 845-2033 4934 –50 <sup>th</sup> St, Box 646, T4T 1A5 wcfsa@telus.net		<ul style="list-style-type: none"> <li>• Provides nutritious meals for \$6.00 per meal.</li> </ul>
Soup Kitchen	Rocky Native Friendship Centre (403) 845- 2788	Wednesday - Noon	<ul style="list-style-type: none"> <li>• Soup, Bannok and Coffee by donation</li> </ul>
<b>ST. ALBERT</b>			
Canada Prenatal Program	Health for two Various locations throughout the city Suite 300 10216 124 Street, Edmonton, AB T5N 4A3 Contact: Lorraine Green (780)413-7972 (Tel) (780)482-4203 (Fax)	Monday to Friday 8:30 am – 4:30 pm	<ul style="list-style-type: none"> <li>• Prenatal Health Promotion program.</li> <li>• Several community sites and Heath Centres in Capital Health region.</li> <li>• Information and support for pregnant women with social and economic barriers, including food security problems.</li> </ul>
Community Garden	St. Albert Community Garden C/o Geneva Crescent, St. Albert, AB T8N 0Z4 Contact: Cat Fontaine (780)459-5709 (Tel) (780)459-5203 (Fax)		<ul style="list-style-type: none"> <li>• Offers 10' X 10' plots at \$10.00 per plot.</li> </ul>
Food Bank	St. Albert Food Bank 8625 McKenney Avenue, St. Albert, AB T8N 2T7 Contact: Gail Kyritz (780)459-0599 (Tel)	Monday, Wednesday & Friday 9:00 am – 3:00 pm	<ul style="list-style-type: none"> <li>•</li> </ul>
Community Centre	St. Albert Youth Community Centre Young Chefs Program 129 22 Sir Winston Churchill Avenue St. Albert, AB T8N 1B4 Contact: Doug Kennedy (780)418-0678 (Tel) (780)418-1802 (Fax)	Office hours: Monday to Friday 8:30 am – 4:00 pm Walk in times: Wed & Thurs 3:30 pm – 5:30 pm & 6:00 pm – 9:30 pm Summer hours: Wed & Thurs 6 – 9:30 pm	<ul style="list-style-type: none"> <li>• In the Grandin Park Plaza Mall</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
<b>ST. PAUL</b>			
<b>Food Bank</b>	Mannawanis Native Friendship Centre 4901-50 St St. Paul AB Contact: Daisy John (780) 645-4630	Tues and Thurs from 1-4pm	<ul style="list-style-type: none"> <li>• Proof of residency</li> <li>• One current utility bill with clients name on it</li> <li>• Alberta Health Care</li> <li>• Photo ID (if have)</li> </ul>
<b>Community Gardens</b>	Healthy Alberta Communities (780) 645-6712		•
<b>Farmer's Market</b>	St.Paul Recreation Centre Contact: Rebecca Paul (780) 724-4902	May – Oct. Fridays from 9-1pm	•
<b>SEDGEWICK</b>			
Community Kitchen	Flagstaff Community Kitchens Box 328, Sedgwick, AB T0B 4C0 Contact: Nannette Jones (780)384-2235 (Tel)		•
<b>SHERWOOD PARK</b>			
Emergency Meals – Meals on Wheels	Bissell Sherwood Park Care Centre 2020 Brentwood Boulevard, Sherwood Park, AB T8A 0X1 Contact: (780)467-2281 (Tel)	Deliveries at noon	<ul style="list-style-type: none"> <li>• Tuesdays and Fridays – Hot meals for women only.</li> <li>• Special meals monthly. Call for dates.</li> <li>• Service to those who live in designated area.</li> <li>• For Sherwood Park residents, not available for acreages.</li> <li>• Hot meal and frozen meal programs</li> <li>• Cost: \$6.50 per meal (\$3.25 for entrée only)</li> </ul>
Canada Prenatal Program	Health for two Various locations throughout the city Suite 300 10216 124 Street, Edmonton, AB T5N 4A3 Contact: Lorraine Green (780)413-7972 (Tel) (780)482-4203 (Fax)	Monday to Friday 8:30 am – 4:30 pm	<ul style="list-style-type: none"> <li>• Prenatal Health Promotion program.</li> <li>• Several community sites and Heath Centres in Capital Health region.</li> <li>• Information and support for pregnant women with social and economic barriers, including food security problems.</li> </ul>
Collective Kitchen & Food Bank	Sherwood Park Collective Kitchens Contact:		• Various weekdays, weekends and evenings.
Food Bank	Strathcona Food Bank 255 Kaska Road, Sherwood Park, AB T8A 4E8 Contact: Judy Gray (780) 449-6413 (Tel)	Monday to Friday 10:00 am – 12:00 noon	• Access once every 30 days, except bread that can be received at any time during the 30 day period.
<b>SLAVE LAKE</b>			
Canada Prenatal Program	Healthy Choices for Moms and Babes Slave Lake Health Complex 309 – 6 <sup>th</sup> St. NE, Slave Lake T0G 2A2	Wed & Thu 12 :30-4 :00	• Free egg, milk and produce coupons are available for eligible moms. As well as prenatal Vitamins and Vitamin D for breastfed babies.

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
CPNP	Contact: Melaney Bykevich melaney.bykevich@aspenrha.ab.ca		<ul style="list-style-type: none"> <li>Program educates about prenatal nutrition, breastfeeding support, healthy pregnancies, and healthy lifestyles choices. Program offers breastfeeding incentives and supports clients up to six months.</li> </ul>
Food Bank	Slave Lake Community Food Bank Native Friendship Center 416 6 <sup>th</sup> Avenue, NE Slave Lake T0G 2A2 Contact: Lucille Cook (780) 849-3039	Tue, Wed, Thu 10:00 – 11:45 1:15 – 2:45	<ul style="list-style-type: none"> <li>Can be accessed every 3 months unless it is an emergency</li> <li>Contact 780-849-3039 for further information</li> </ul>
Soup Kitchen	King's Kitchen Salvation Army Thrift Store 120 – 6 <sup>th</sup> Avenue, SE Slave Lake T0G 2A3 Contact: (780) 849-6230	Mon - Fri 11:30 – 12:30	<ul style="list-style-type: none"> <li>For further information, please contact the manager at 780-849-6230.</li> </ul>
<b>SMOKY LAKE</b>			
Meals on Wheels	Town of Smoky Lake FCSS Box 460 Smoky Lake AB T0A 3C0 780-656-2255 Fax: 780-656-3675 fcss@town.smokylake.ab.ca	Weekdays at noon	<ul style="list-style-type: none"> <li>Free delivery by volunteers within town limits</li> <li>Cost for meal prepared by Health Care Centre</li> </ul>
Smoky Lake Food Bank	Box 1083 Smoky Lake Contact: Noreen Easterbrook (chair) <a href="mailto:eastklym@telus.net">eastklym@telus.net</a>	No set hours	<ul style="list-style-type: none"> <li>Volunteer call back</li> </ul>
Smoky Lake Farmers Market	Pat Flinn 780-656-2463 <a href="mailto:fliibson@telusplanet.net">fliibson@telusplanet.net</a>	Saturday 10am – noon Easter to Christmas	<ul style="list-style-type: none"> <li></li> </ul>
<b>SPRUCE GROVE</b>			
Food Bank	East Parkland Food Bank 105 Madison Crescent, Spruce Grove, AB T7X 4E3 Contact: (780)962-4565 (Tel)	Monday, Wednesday & Friday 9:00 am – 12:00 noon Wednesday Nights 6:30 pm – 8:30 pm	<ul style="list-style-type: none"> <li></li> </ul>
<b>STANDOFF</b>			
Food Box	Standoff Good Food Club Community Health Site Contact: Cheryl Healy (403) 737-3933 Family and Community Support Services Contact: (403) 737-2888		<ul style="list-style-type: none"> <li></li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
<b>STETTLER</b>			
Farmer's Market	Ag Society Contact: (403) 742-6288 Location: May – Nov 4516 – 52 St. (Ag Building) Dec- April Stettler Mall	Every Tuesday of the month, full year, 9-1 pm	<ul style="list-style-type: none"> <li>• Sell: produce, meat, eggs, misc.</li> </ul>
Food Bank	Stettler & District Food Bank Society Contact: Kathy Willis (ED) (403) 742-0732 Box 1492, 4720-50 St., T0C 2L0, bwillis@telusplanet.net Location: Stettler United Church Basement	Tuesday & Thursday 1:00 – 3:00	<ul style="list-style-type: none"> <li>• Provides emergency food hampers to those in need.</li> <li>• 2-hampers/ mo.</li> <li>• Closed statutory holidays.</li> </ul>
Canadian Pre-natal Nutrition Program (CPNP)	Babies Matter Contact: Julie Ralph at the Stettler Community Health Centre (403) 742- 3326		<ul style="list-style-type: none"> <li>• 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.</li> <li>• Serves: Stettler, County of Stettler</li> </ul>
Grocery Delivery	Sobey's Customer Service (403) 742-5025	Mon, Tues, Thur, Fri 11:00, 2:00, 5:00 pm 2:00 pm on Saturday	<ul style="list-style-type: none"> <li>• Free delivery in town. \$5.00 fee if phoning order</li> <li>• \$5.00 delivery charge</li> <li>• No deliveries on Wed, Sun, or Holidays</li> </ul>
Meals On Wheels	FCSS/ Paragon Place Contact: Diane Eckland Box 2097 T0C 2L0 (403) 742-6568	Mon- Friday Noon	Cost \$5.00 per meal Must order at least one day ahead
Transportation	Stettler and District Handi Bus – Contact: Vickie Savage (403) 742-5858	Monday - Friday	Call FCSS to arrange ride. Sat. , Evenings, weekends and holidays available only to wheelchair clients. Cost \$2.50 each way.
<b>STRATHMORE</b>			
Food Bank	Wheatland County Food Bank c/o Wheatland FCSS, 85 Lakeside Boulevard Mailing address: Box 2156, Strathmore, AB T1P 1K2 Contact: Sharon Tibeau (403)934-5335 (Tel) (403)934-2457 (Fax)	Monday to Friday 9:00 am – 4:30 pm	<ul style="list-style-type: none"> <li>• Areas of service include: Strathmore, Carseland, Gleichen, Cheadle, Rockyford, Standard, Hussar, Rosebud.</li> </ul> Clients must wait two months between hampers.
Canadian Prenatal Nutrition Program (CPNP)	Growing Opportunities Contact: May Rostecki-Budzey (403) 361-7216 (Tel) Email: gomrb@telus.net		Serves Strathmore, Drumheller
Meals on Wheels	Wheatland FCSS, 85 Lakeside Boulevard Mailing address: Box 2156, Strathmore, AB T1P 1K2 Contact: Sharon Tibeau (403)934-5335 (Tel) (403)934-2457 (Fax)	Monday to Friday 9:00 am – 4:30 pm	

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Good Food Box	Contact: (403) 934-6330 (Tel)		
<b>SUNDRE</b>			
Food Bank	Mountain View Food Bank Located 5025 – 50 <sup>th</sup> Street (basement old provincial bldg) Mailing: Box 3958 Olds, Alberta T4H 1P6 President: Pat Graham (403) 556-1693 (message service) Additional Contact: Greenwood Neighbourhood Place Phone: 403 638-1011 Fax: 403 638-1012 Email: <a href="mailto:gnplace@telusplanet.net">gnplace@telusplanet.net</a> Webpage: <a href="http://www.sundrepeople.com">www.sundrepeople.com</a>	Tuesdays 9 -1	<ul style="list-style-type: none"> <li>• Individuals need to go in to apply for hamper.</li> <li>• Greenwood Neighbourhood Place will also provide volunteer drivers to the food bank if transportation is an issue.</li> </ul>
Farmer's Markets	Curling Rink ContactⓈ(403) 638- 7729	Friday 5- 7:30	<ul style="list-style-type: none"> <li>• May – Sept; Special Christmas market</li> </ul>
Grocery Delivery	IGA Customer service Contact: (403) 638-3886		<ul style="list-style-type: none"> <li>• NO charge service for those in need (ie. Single moms, seniors, those without transport)</li> </ul>
Meals on Wheels	Sundre Hospital Dietary Department Contact: (403) 638-3033	Monday thru Friday	<ul style="list-style-type: none"> <li>• Reduced fee; delivered by local volunteers</li> <li>• Delivery time 12:00. Meals \$7.05/ person/ day</li> </ul>
<b>SWAN HILLS</b>			
Food Bank	Swan Hills Food Bank Contact: (780)333-4119	Thursdays by appointment	Access once every four months.
School Lunch Program	Swan Hills FCSS & Swan Hills School	Monday – Friday 1145am-1230pm	<ul style="list-style-type: none"> <li>• Available to all students grade 4-12. No fee for those in need.</li> </ul>
Good Food Box	Swan Hills FCSS	Spring, Summer, Fall 3 <sup>rd</sup> Thursday of each month by appointment	<ul style="list-style-type: none"> <li>• Available to all public through membership. Membership is volunteer or fee-based .</li> </ul>
<b>SYLVAN LAKE</b>			
Farmers Market	Friday's late afternoon & evening Contact 887-3461		<ul style="list-style-type: none"> <li>•</li> </ul>
Food Bank	Sylvan Lake Food Bank Seventh Day Adventist Church 4607 47 Avenue, Sylvan Lake, AB T4S 1N9 Contact: Mary Ann Bell or Fay Cherepuschak 403-887-4534 <a href="mailto:gmbell@telusplanet.net">gmbell@telusplanet.net</a>	Wednesday 9:30 am – 12:00 noon Enter at back door	<ul style="list-style-type: none"> <li>• Emergency food service (hamper) available through Sylvan Lake Neighbourhood Place on other weekdays. Contact Cindy (403) 887-1137</li> </ul>
Meals on Wheels	Sylvan Lake Senior Citizens Lodge, 4620 47 Ave. Contact: Lila Bickford for meals (403) 887-2555 To volunteer drivers contact: Lavilla Johannson (403) 887-4542	Monday thru Friday	<ul style="list-style-type: none"> <li>• Cost \$6.00 per meal. This lodge can only be provide up to 6 meals on wheels meals per day. Servicing those unable to prepare nutritious meals and wishing to remain in the home.</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Collective Kitchens	Sylvan Lake Collective Kitchen Contact: Christina McLeod 506-4988	2 day per month, 1 day for planning and 1 day for cooking.	<ul style="list-style-type: none"> <li>Approximately 5 people/group. Cost varies depending on what participants are able to contribute.</li> <li>Meet and cook at the community Centre</li> </ul>
Growing Green Neighbours	Contact Cindy Adekat, Neighbourhood Place 887-1137, extension 221		<ul style="list-style-type: none"> <li>A network/action groups advocating for access healthy food for all, focusing on increasing awareness of food security issues and community gardening</li> </ul>
Community Garden	Sylvan Lake Community Partners (403) 755-6934 or Carmen Aragon, Community Garden Lead (403) 5816		<ul style="list-style-type: none"> <li>Everyone encouraged to help pick, weed, water.</li> <li>Garden is self-serve and at no cost.</li> </ul>
Canadian Pre-natal Nutrition Program (CPNP)	Building Incredible Babies Contact: Lisa Smith (403) 309-8214 Lsmith@rdfs.ca or Donna Just, intake worker for BIB Sylvan Lake, (403) 309-8223	Individuals visiting plus invitation to attend bimonthly group sessions in Red Deer	<ul style="list-style-type: none"> <li>Serves: Red Deer \$ Sylvan Lake. Intake based on physicians or self-referral. Nutrition education facilitated by registered Nutritionist throughout program. Participants are provided with prenatal vitamins, milk, eggs, and vegetables and fruit coupons.</li> </ul>
Grocery Delivery	Cobb`s AG Foods (403) 887-2091	7 days a week	<ul style="list-style-type: none"> <li>Free delivery on food orders over \$25. Please call in before noon. Payment on prepaid account or credit card</li> </ul>
Community Christmas Supper	Christmas supper held at the Sylvan Lake Community Centre, free, Christmas Day. Contact Neighbourhood Place 887-2482		<ul style="list-style-type: none"> <li></li> </ul>
Sylvan Lake Christmas Bureau	Supplies food vouchers at Christmas. Contact Barb Watson (403) 887-2482		
Transportation	Sylvan Lake Senior Citizens Bus Association Contact: Ed Suchow (403) 887-3317 or Stan Mellott (403) 887-2482		<ul style="list-style-type: none"> <li>Providing transportation for senior citizens. A service fee.</li> </ul>
<b>TABER</b>			
Food Bank	Salvation Army Community & Family Services Food Bank 5324 49 Avenue, Taber, AB T1G 1T8 Contact: (403)223-0061 (Tel)		<ul style="list-style-type: none"> <li>All applicants must have identification.</li> </ul>
Good Food	Taber Good Food Club Community Health Site Contact: (403) 223-4403 (Tel)	Monday to Friday 8:30 am – 4:00 pm	
Food Bank	Taber Food Bank Society 5512 48 Avenue, Taber, AB T1G 1S4 Contact: (403)223-1833 (Tel) (403)223-1843 (Fax)	Monday to Friday 10:00 am – 3:00 pm	Hampers: Monday to Thursday 11:00 am – 2:30 pm Friday 11:00 am – 1:30 pm

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
<b>THREE HILLS</b>			
Food Bank	Three Hills Area Food Bank Contact: (403) 443-1005 (Tel) Box 1695, T0M 2A0, threehillsfoodbank@telus.net	No set office hours	<ul style="list-style-type: none"> <li>• Clients phone and leave a message on a cell phone.</li> <li>• Hampers (4-5 day use – 4 hampers/year only) and Christmas hampers.</li> </ul>
Farmer's Market	The Three Hills Curling Club www.3hfarmersmarket.pncpublishing.com	Tuesdays from 10 9am until 2:00 pm	<ul style="list-style-type: none"> <li>• July- Sept.</li> </ul>
Meals on Wheels	Three Hills District Health Service Contact: (403) 443- 2444	Monday- Friday 9-4	<ul style="list-style-type: none"> <li>• Meals are supplied at a reduced fee and local volunteers deliver Mon - Fri</li> </ul>
Canadian Pre-natal Nutrition Program CPNP	Growing Opportunities (GO Program) Contact: May Rostecki-Budzey (403) 934-3454 Baby Steps (AS OF JANUARY 2007) For client intake contact: Three Hills Community Health Centre: (403) 443-5355 ext. Public Health For program information contact: Patricia Leitner (403) 341-2119 <a href="mailto:Pleitner@dthr.ab.ca">Pleitner@dthr.ab.ca</a>		<ul style="list-style-type: none"> <li>• Free monthly food coupons for milk, eggs, fruit, vegetable, 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 centre.</li> </ul>
Grocery Delivery	IGA Contact: (403) 443-5022	Tuesday, Thursday, Saturday	<ul style="list-style-type: none"> <li>• \$5.00 delivery fee. Must be ordered before 4 p.m. no fee on Thursday for seniors with minimum \$25 order.</li> </ul>
<b>TOFIELD</b>			
Teaching Independent Living Skills	Family and Community Support Services 5024 – 51 Avenue, Tofield AB T0B 4J0 Contact: (780) 662-7067		<ul style="list-style-type: none"> <li>•</li> </ul>
<b>TROCHU</b>			
Food Bank	Trochu Food Bank Must phone: St. Mary's Health Care Centre Contact: Colleen Maxwell or Janice Weiss (403) 442-3955 Cmaxwell@dthr.ab.ca Delivery Coord: Peter Verhesen (403) 442-3074 Mailing Box 100 Trochu, AB T0M 2C0	Call for orders Mon-Friday 8-3pm. Deliveries made Wed and Friday Mornings	<ul style="list-style-type: none"> <li>• Food Hampers are delivered. To those in need or those who find themselves in an emergency situation. Xmas hampers also available.</li> </ul>
Canadian Pre-Natal Nutrition Program (CPNP)	Baby Steps (AS OF JANUARY 2007) For client intake contact Elnora Community Health Centre (403) 341-2119 <a href="mailto:Pleitner@dthr.ab.ca">Pleitner@dthr.ab.ca</a>	Call for orders Mon - Fri	<ul style="list-style-type: none"> <li>•</li> </ul>
Meals on Wheels	St. Mary's Health Care Centre Contact: Colleen Maxwell or Janice Weiss (403) 442-3955 Cmaxwell@dthr.ab.ca	Call for orders Mon – Fri 8-3pm. Deliveries made daily between 4-6 pm.	<ul style="list-style-type: none"> <li>• Cost: \$5.50 per meal. Volunteer deliver meals.</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Grocery Delivery	Trochu Foods (403) 442-4313	Mon, Thurs, Sat – 4:00 pm	<ul style="list-style-type: none"> <li>Free delivery for minimum order \$25.00</li> </ul>
<b>TURNER VALLEY</b>			
Food Bank	Turner Valley Food Bank (403) 938-7719 (Tel)	Tuesdays 1:00 pm-3:00 pm	<ul style="list-style-type: none"> <li>Call for more information</li> </ul>
<b>VALLEYVIEW</b>			
Food Bank	Valleyview Food Bank 5104 50 Street, Valleyview, AB T0H 3N0 Contact: (780)524-2105 (Tel)	Last Wednesday of every month 11:00 am – 4:40 pm	
<b>VAUXHALL</b>			
Food Box	Vauxhall Good Food Club Community Health Site Contact: Melissa Crowson & Stacey Williams (403) 654-2232		
<b>VEGREVILLE</b>			
Food Bank	Vegreville Food Bank 5125 49 Avenue Mailing address: Box 809, Vegreville, AB T9C 1M6 Contact: (780)632-6002 (Tel)	Tuesday & Friday 10:00 am – 12:00 noon	<ul style="list-style-type: none"> <li>Only Tuesdays in July and August.</li> </ul>
Breakfast Club	CALS(Community Association for Lasting Success) Box 766, Vegreville, T9C 1R9 (780) 632-3225, 632-3202 <a href="mailto:Calsveg@telus.net">Calsveg@telus.net</a>		<ul style="list-style-type: none"> <li>K-6 at separate and public</li> <li>Jr/Sr High Public</li> <li>Free</li> </ul>
Snack in the Shack	CALS see above	Offered in July and August	<ul style="list-style-type: none"> <li>Kids can receive a nutritious snack twice per day</li> <li>Require parental consent</li> </ul>
Good Food Box	The Station Café Odette Boily (780) 603 5822	Arrange for day of delivery as deliveries are 1X per week	<ul style="list-style-type: none"> <li>\$10.00 per box plus \$10.00 deposit on the box</li> </ul>
Soup Kitchen	“Loaves and Fishes” Vegreville Pentacostal Church 4615 60 Street , Vegreville , AB T9C 1N4 780-632-4166 Contact: Nettie Hight 780-632-6345 (home) or 780-632-5688 (cell)	Every Friday 11:00 am – 12:30 pm	<ul style="list-style-type: none"> <li>Anyone can access</li> </ul>
Collective Kitchens	VegMin Learning 4923-50 st Vegreville, AB (780) 632 7920	Offered monthly	<ul style="list-style-type: none"> <li>\$5.00 per person</li> <li>Take home 4 meals for the family</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
<b>VERMILION</b>			
Community Kitchen	Community Kitchens CLASS 203 5102 50 Ave Vermilion AB Phone 853-5485	Once per month	<ul style="list-style-type: none"> <li>• Kitchens also operate in Kitscoty, Clandonald, (children's cooking club only), Marwayne, Islay, Dewberry</li> <li>• Cost \$5.00 per mouth to feed</li> </ul>
Food Bank-	Holy Name Rosary Catholic Church 4620-53 Ave, Vermilion, AB (780)-853-5161	Fridays 10am -2 pm	<ul style="list-style-type: none"> <li>•</li> </ul>
Fresh 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)		<ul style="list-style-type: none"> <li>• \$15.00 per box monies to be in the office by the 21<sup>st</sup> of the month</li> <li>• Boxes delivered the last Thursday of the month</li> </ul>
Good Food Bag	Parkview Alliance Church (downtown office) 5004 51 Ave, Vermilion T9X 1B3 Phone 853 4229		<ul style="list-style-type: none"> <li>• Emergency bag of food staples with vouchers to buy some perishables- meant for one to 2 meals</li> </ul>
Grocery order and Delivery	East Alta Coop (780) 853-5335		<ul style="list-style-type: none"> <li>• Delivery \$2.00</li> </ul>
Hot lunch program	Vermilion Elementary School (780) 853-5444	Tuesday, Wednesday, Thursday	<ul style="list-style-type: none"> <li>• Cost \$3.00 per meal</li> <li>• Open to all. Free to those who cannot afford it</li> </ul>
Kids Cooking Clubs	Contact the local schools for times and dates Vermilion Elementary School 780 853 5444 St Jerome's School 780 853 3231	Seasonal- check with the schools	<ul style="list-style-type: none"> <li>• Free for kids attending the schools</li> </ul>
<b>VETERAN</b>			
Young Chef Program	Veteran School Contact: Joan Bousquet, Family School Liaison (403) 575-2290		<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>VULCAN</b>			
Food Bank	Vulcan County Food Bank Box 594 Vulcan, AB T0L 2B0 Contact: Carol Thomson (403)485-2192 (Tel) (403)485-6043 (Fax)	Monday to Thursday 9:00 am – 3:00 pm Pick up: 1 pm – 3 pm July Hrs: Mon & Thur 9:00 am – 3:00 pm	<ul style="list-style-type: none"> <li>• Clients must call the day before or before 11:00 am for pick up at 3:00 pm.</li> </ul>
	Wheat Country Special Needs Box 763, Vulcan, AB T0L 2B0 Contact: Kevin Menin (403)485-2186 (Tel) (403)485-2234 (Fax)	Winter hours: Monday to Friday 9:00 am – 4:30 pm	

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
<b>WAINWRIGHT</b>			
Collective Kitchen	TIPS program FCSS 902 5 <sup>th</sup> Ave Wainwright AB Paula Iverson		Available to TIPS clients only
Food Bank	Presbyterian Church 1138 4 <sup>th</sup> Ave Wainwright AB Pat Mason (780)842 2718 Elenor Bulter (780)842 3776	Tuesday 11am-1pm	
<b>WESTLOCK</b>			
Canada Prenatal Nutrition Program	Healthy Families, Healthy Futures 203 10011 106 Street, Westlock, AB T7P 2K3 Contact: Linda West (780)307-2444 (Tel) (780)307-2447 (Fax) Email address: hfr11@telusplanet.net	Monday to Friday 8:30 am – 4:30 pm	
Food Bank	Westlock & District Food Bank #5 9719 99 Street, Westlock, AB T7P 1Y5 Contact: Sister Eileen Boyle (780)349-7132 (Tel)	Tuesday 2:00 pm – 3:30 pm	<ul style="list-style-type: none"> <li>• Clients can access once per month.</li> </ul>
<b>WETASKIWIN</b>			
Food Bank	Salvation Army Food Bank Contact: Rose-Ann (403) 352-2416 5010-51Ave, T9A 0V1, <a href="mailto:safoodbank@persona.ca">safoodbank@persona.ca</a>		<ul style="list-style-type: none"> <li>• No referral necessary. 1 hamper/mo.</li> <li>• Call for appt.</li> </ul>
Breakfast Table	Neighbours Outreach Wetaskawin (780) 352-8428 Wayside Chapel 5009 49 Avenue	Tues 8:00 – 5:00 pm Wed 1:00 – 5:00 pm Thurs 1:00 – 5:00 pm	<ul style="list-style-type: none"> <li>• Soup, Buns &amp; coffee – Tues, Thurs, &amp; Sat 8:30 – 11 am</li> </ul>
Farmer's Market	Wetaskiwin Ag Society Contact: Pearl Hay (780) 352-3157	Wednesday 11- 3 Wetaskiwin Mall	<ul style="list-style-type: none"> <li>•</li> </ul>
Canadian Pre-natal Nutrition Program (CPNP)	Nutritious Beginnings Contact: (780) 360-6543 nutritiousbeginnings@brighter-futures.ca		<ul style="list-style-type: none"> <li>• Serves the are of Breton, Buck Creek, Drayton Valley, Wetaskawin and Winfield. Participants are provided with: prenatal vitamins, monthly food cou0ons 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.</li> </ul>
Transportation	Wetaskiwin Community Transportation and Housing Society Contact(780) 352-4435		<ul style="list-style-type: none"> <li>• Call (780) 312-7062</li> <li>• Hours Monday to Friday 8am-4pm, special requests for weekends.</li> </ul>
Community Garden	Wetaskiwin Community Garden Contacts: Kerry Huber (780) 361-4022 Merv Leibel (780) 361-4361		<ul style="list-style-type: none"> <li>• Initiated in Spring 2003. Tools, seeds and plots provided. Many community agencies support parts of the program.</li> </ul>

City/Town	Organization, Address, Contact, Telephone, Fax	Hours of Operation	Comment
Meals on Wheels	City of Wetaskiwin, Family & Community Support Services (780) 361-4425		<ul style="list-style-type: none"> <li>Meals available at noon. Monday through Friday certain days can be requested. Cost is \$6.00/ meal and delivered by volunteers.</li> </ul>
<b>WHITECOURT</b>			
Food Bank	FCSS Whitecourt Food Bank Box 509, Whitecourt, AB T7S 1N6 Contact: Lori Grant Phone: 778-6300	Tuesdays & Thursdays 10:00 am – 11:30 am	<ul style="list-style-type: none"> <li>Also filled on an emergency basis.</li> <li>Clients can access three times per year.</li> <li>Extras evaluated on individual basis.</li> </ul>
Meals on Wheels	Whitecourt Health Care Centre #20 Sunset Blvd, Whitecourt AB, T7S 1M8 Contact: Lori Arnott Phone: 778-5540 ext 364	Monday-Friday No holidays	<ul style="list-style-type: none"> <li>Meals delivered by volunteer drivers close to noon</li> <li>The cost is \$5 per meal</li> <li>Requires a Home Care Assessment</li> </ul>
Whitecourt Community Garden Society	Whitecourt Health Care Centre #20 Sunset Blvd, Whitecourt AB, T7S 1M8 Contact: Theresa Mclsaac Phone: 778-5540 ext 376	Plan to begin May 2008	<ul style="list-style-type: none"> <li>Currently in the planning and funding stages</li> </ul>
Grocery Delivery	Whitecourt Garden Market IGA Phone: 778-5900	Monday – Friday	<ul style="list-style-type: none"> <li>\$10-20 delivery charge depending on size of order</li> </ul>
Tennille's Hope Kommunity Soup Kitchen	Family worship Centre Box 80, Whitecourt, AB T7S 1N3 Contact Laurie Ellis	Wednesday 11:30 am to 2:00 pm	<ul style="list-style-type: none"> <li>Mission: Feeding the lost physically and spiritually</li> <li>Every one in the Community is welcome</li> <li>Holiday meals will be provided</li> </ul>
Whitecourt Community Garden Society	Whitecourt Health Care Centre #20 Sunset Blvd, Whitecourt AB, T7S 1M8 Contact: Theresa Mclsaac Phone: 778-5540 ext 376	Plan to begin May 2008	<ul style="list-style-type: none"> <li>Currently in the planning and funding stages</li> </ul>
Grocery Delivery	Whitecourt Garden Market IGA Phone: 778-5900	Monday – Friday	<ul style="list-style-type: none"> <li>\$10-20 delivery charge depending on size of order</li> </ul>