

Food and Grocery Resources – Calgary Covid19 Supports

This information is current as of the date indicated in the footer. Please go to Inform Alberta.ca, visit organizations' websites or call them to ensure the most up-to-date information.

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Directories of Community Supports and Agencies

Please note 211® and Inform Alberta strive to provide the most up-to-date information on community supports and agencies.

- 211® is a **free** 24 hour information and referral service that helps connect people to community, government, and health services. [The 211 website](#) provides an online chat feature available 7 days a week from 12 noon to 8 pm. In addition, 211 offers a phone service [in certain areas of Alberta](#).
- [Inform Alberta](#) is a provincial on-line directory of publicly funded and/or not-for-profit community, health, social, and government organizations and services. 211® and Health Link manage the Inform Alberta database and agencies who meet [these inclusion criteria](#) can [ask to be added for free](#).
- Food-specific Directories: You can view, share and print these listings **for free** through these online locations:
 - [Food Banks and Hampers](#)
 - [Meals for Individuals in Need](#)
- Facebook volunteer groups – various community volunteer groups have been created to respond to community needs during the Covid-19 crisis.
 - Calgary-wide volunteer group: Search 'YYC Covid-19 Volunteers' on Facebook

Nutrition Services

Calgary Zone

- Soccer Without Boundaries: contact Jean Claude at jeanclaude@soccerwithoutboundaries.org
Jean Claude Munyeyamu and the team at Soccer Without Boundaries have converted their office into a local community food bank.

Their offerings include:

- Food for families in need, diapers and formula
- Re-purposed laptops and tablets for children to do online schooling
- Over the phone assistance with applying for income supports
- Domestic abuse supports and shelter transportation in dire situations
- Delivery of items

Free or Low Cost Food (includes free volunteer delivery services)

- Calgary Food Bank Food Hamper: (403) 253-2055
 - Covid-19 temporary service change: **offering drive-thru service by appointment only.** There are limited satellite locations operating. As of April 1, 2020, the following depot locations were available:
 - Main Depot (SE)
 - Deer Park United Church (SE)
 - St Andrews Presbyterian (SW)
 - Victory Outreach (SE)
 - Centre St Church (North Central)
 - Must call first to place order – call volumes may be high
- Brown Bagging for Calgary's Kids (<https://bb4ck.org/help/>)
 - Parents can fill out a form on-line for a \$20 grocery gift card at a location of their choice
- Aboriginal Friendship Centre – Calgary (403) 270-7379 x 221 www.afccalgary.org
 - Taking phone calls for food hamper support. Must leave your contact info and someone will return call.
- Salvation Army Community Support Services (403) 220-0432 www.salvationarmycalgary.org
 - Provide food hampers and infant essentials. By appointment only.
- Deer Park United Church (403) 278-8263 www.dpuc.ca
 - Call during office hours M, T, W – to preregister for food drop-offs Thursday evenings.
 - Also provide referrals to food bank – Social Worker on staff
- Jewish Family Support Centre (403) 287-3510 www.jfsc.org
 - Non-denominational food hamper support however can provide kosher items
 - Call main line to arrange for delivery or drop-off
 - Some religious holiday closures in April
- Dashmesh Cultural Centre (403) 590-0970 or email info@dashmesh.ca
 - Offering free meal drive-thru service at Dashmesh Culture Centre Complex
 - Delivery may be available within 5 km radius of Complex

Last Updated April 16, 2020

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- Kerby Centre's Thrive Program: (403) 234-6571 or (403) 705-3222
 - Grocery shopping for seniors who are 55+, low income, and are not able to shop.
 - Income cap of \$26,500/single or \$38,000/couple, to be determined by Line 150 on the client's Notice of Assessment.
 - Groceries will only be done at CO-OP.
 - Cost: \$4.00 delivery fee.
 - The client will receive a 5% discount on the grocery bill, as they cannot use their individual CO-OP member cards.
 - The shopping is done by volunteers and will take 2 – 4 days before the groceries are delivered

- Meals on Wheels – Calgary: (403) 243-2834
 - Prepared meal delivery service available to all Calgarians
 - Still operating, but they will deliver by leaving the food at the door, ringing the doorbell, and leaving

- Good Food Box of Community Kitchens Program of Calgary (403) 275-0258
<https://www.ckpcalgary.ca/index.php/program-services/good-food-box>
 - Purchase low cost fruits and vegetables. Depots across the city. Pre-order and pay for once per month pick-up
 - Still operating as of April 2, 2020

- YYC Grocery Delivery – Pop-up Volunteer Group www.yycgrocerydelivery.com
 - Free custom grocery orders for seniors and at risk Calgarians

- Grocery Link (587) 578-4197
 - You order groceries on-line from select stores and Grocery Link will pick-up and deliver to your home for a cost.
 - Staff will call clients weekly to arrange grocery pick-up and delivery.
 - <https://thegrocerylink.com/>

- Men in Kilts:
 - Free shopping and delivery service for those in need
 - Send request to: CALGARY@MENINKILTS.COM

- Fresh Routes
 - One-to-one delivery for people in isolation or emergency situations.
<https://freshroutes.ca/>
 - Fill out the emergency delivery request form or call Stephen at 403-249-8350. There are a limited number of free food boxes for those that qualify.

- Premiere Dance Academy Senior Girl Dancers: (403) 968-1455
 - Community volunteer group
 - Willing to help anyone in the NW get groceries or other supplies

Nutrition Services

Calgary Zone

Other Grocery and Food Delivery Services

(Note: these services may not meet the needs of those who are income insecure)

- SPUD
 - Online grocery delivery <https://www.spud.ca/>
 - No subscriptions necessary

- Good Food: 1-855-515-5191
 - <https://www.makegoodfood.ca/en/pricing>
 - First three meals for free

- Calgary Co-op: (403) 219-6064.
 - Offering a care package of non-perishable food items such as canned meat, pasta sauce, and juice. Will be delivered at no cost to the homes of people under isolation until April 15, 2020 or until supplies last, whichever comes first.
 - To request a care package, E-mail: memberengagement@calgarycoop.com with your name, address, phone number, the start and end date of your quarantine, and the closest Calgary Co-op store.

- Costco: <https://www.costco.ca/grocery-delivery-details.html>
 - 2-day delivery
 - No minimal order
 - No delivery fee for orders of \$75.00 or more

- Save-On-Foods
 - Pick up or delivery <https://www.saveonfoods.com/shop-online-how-it-works/>
 - Minimum \$40.00 order
 - Delivery cost varies depending on time of day

- Shoppers Drug Mart
 - The first opening hour of shopping at their stores is open to customers who need special considerations and assistance, such as seniors and people living with disabilities. Check your nearest store for store times.
 - They also offer a 20% Seniors Day Discount for the first hour of each day every day. This is in addition to Seniors Day each Thursday.

- Sobeys/Safeway
 - Specific hours in the morning before opening before opening to general public - dedicated to seniors and people with immune deficiencies
 - Contact your local store for more information <https://www.safeway.ca/> or <https://www.sobeys.com/en/>

Nutrition Services

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- Superstore
 - Early morning hours reserved for seniors or adults with disabilities or immune deficiencies to acquire the needed supplies before opening the store to the general public.
 - Online shopping <https://www.pcxpress.ca/choose-a-store>
- T and T Supermarket
 - Online shopping <https://www.tntsupermarket.com/>
- Walmart: <https://www.walmart.ca/en/grocery/N-117>
 - Minimum purchase \$ 50 before tax
 - \$ 9.97 for delivery
 - Cancel order: 1-800-328-0402
- Sysco at Home <https://calgary.syscoathome.com/>
 - Restaurant quality products to order online and for pick-up at your nearest Sysco location
- Bulk Food Box: <https://bulkfoodbox.com/collections>
 - \$4.99 flat rate delivery
 - Minimum \$100 purchase
- Lina's Italian Market (403) 277-9166
 - First shopping hour is for seniors only
 - 10% shopping discount for seniors
 - Free delivery to seniors within 5 km radius
- RAAll: <https://www.raamall.com/alberta/>
 - Meat and bakery ordering
 - Shipping fee varies
- Rocky Mountain BBQ Catering LTD. (403) 651-9926
 - Calgary wide flat-rate deliver fee of \$20.00
 - Smoked and cured meats, smoked and cooked meats, grilling meats, soups, jerky, and pepperoni
- Instacart.ca
 - You order on-line from select stores and Instacart will pick-up and deliver to your home for a cost.
 - <https://www.instacart.ca/grocery-delivery/calgary-ab>
- Inabuggy
 - Will shop for you in select stores and deliver.
 - <https://www.inabuggy.com/FAQ>
 - \$19.98 delivery fee