



ECONOMICAL FOOD RESOURCES COMMUNITY PROGRAMS

BASIC SHELF PROGRAM: Phone 780.735.3044

- Workshops that offer guidance on how to cook and shop for food on a limited budget
- 10 weekly sessions where participants cook using "Basic Shelf" ingredients
- Participants receive a cookbook and basic shelf food hamper of groceries

BREAD RUNS: Distribution of free day old breads, pastries, vegetables and grocery items. Availability dependent on community donations

- **Garneau United Church:** 11148 - 84 Ave. Saturdays - 7:30 a.m. (coffee/ muffins), food distribution 8:45-9:30 a.m.
- **Mill Woods United Church:** 15 Grand Meadow Cres. Saturdays - doors open at 8:30 a.m., food distribution 10-11 a.m.
- **St. Theresa's Church:** 7508 - 29 Ave. Tuesdays - 5-6 p.m., Thursdays - 4-5 p.m.
- **Church of the Nazarene:** 10712 - 29 Ave. Sundays - 11 a.m. – 12 p.m.

CALVARY COMMUNITY CHURCH:

8704 Millwoods Road, Phone: 780.462.8444 (*By appointment only*)

- Emergency food bank and care closet - gently used clothing

COLLECTIVE KITCHENS: Phone: 780.735.3044 to find your nearest location

- Learn meal planning and cooking skills - participants will prepare 3-5 different meals (Freeze for later use)
- Child care is available at some locations
- Cost is approximately \$2 per person per month

Please talk to your family doctor about PCN services.
edmontonsouthsidepcn.ca

EDMONTON'S FOOD BANK: 11508 - 120 St., Phone 780.425.4190 (Call between 8:30 a.m.-4 p.m. to arrange a hamper)

- Must call to arrange hamper. Once arranged, hampers are available to pick up from 8:30 a.m.-3 p.m. (Identification must be provided)
- Student specific food banks. Call for more information: University of Alberta (780.492.8677) and Grant MacEwan (780.633.3163).

HEALTH FOR TWO PROGRAM: Phone: 780.735.3008, www.albertahealthservices.ca/Info/service.aspx?id=5807

- Prenatal support including nutrition assistance, food vouchers (usually milk) and prenatal vitamins
- Available to pregnant women living on a budget until baby is two months old
- See website for further details

ISLAMIC CIRCLE OF NORTH AMERICA (ICNA) BRANCH OFFICE: 3442 – 93 St., Phone: 780.988.2239 (*Call Wednesday or Thursday between 4 – 7 p.m. for appt.*)

- ICNA Emergency Relief Food Bank- must meet the established financial criteria
- Only registered members may access the food bank, once per month

ISLAMIC FAMILY AND SOCIAL SERVICES ASSOCIATION (IFSSA): #85, 4003 - 98 St., Phone: 780.430.9220 (*By appointment only*)

- Emergency clothing and food bank (Halal items available)
- Hours: Monday to Friday 9 a.m.- 3 p.m. (Saturdays until 4 p.m.), closed Sundays

Please note this information is current as of January 2017

MILLBOURNE COMMUNITY LIFE CENTRE:

2101 Millbourne Rd, Phone: 780.462.2575 *(By appointment only)*

- Food pantry offering short-term emergency help with groceries and other basic lifestyle needs (baby food, diapers, etc.)
- WECAN Food Basket pick up site

SALVATION ARMY COMMUNITY AND FAMILY SERVICES:

9620 - 101A Ave., Phone: 780.424.9222

- Breakfast served Fridays between 7:30 and 8 a.m. (Identification must be provided)
- Food hampers are available (must call to arrange basket prior to pick up)
- Seniors program (age 55+) every second Friday at 10 a.m., must register by phone

SOUTHSIDE PENTECOSTAL ASSEMBLY:

2821- 109 St, Phone: 780.435.6611 *(Call for an appointment)*

- Provides non-perishable items for emergency only (Identification must be provided)

TRINITY LUTHERAN CHURCH: 10014 - 81 Ave., Phone: 780.433.1604

*** Closed June to September every year***

- Dinners offered 1st and 3rd Tuesday of the month from 6-8 p.m.
- Community garden and Edmonton Food's Bank drop off site

AFFORDABLE GROCERY OPTIONS

ALICE PRODUCE: 3232- 82 St., Phone 780.450.0122

- Low cost produce and Middle Eastern foods

EDMONTON POTATO GROWERS:

12220 - 170 St., Phone: 780.447.1860

- 50 lb bag potatoes for \$10 (Cash Only)
- Hours: Monday-Friday 7 a.m. - 3:30 p.m. (Closed for lunch 11:30 a.m. -12 p.m.)

H & W PRODUCE: www.handwproduce.com

- Produce at discount prices
- A bargain bin is available (typically empty within one hour of store opening)
- See website for more information

MCGAVINS BAKERY: 9123 - 39 Ave, Phone: 780.462.2180

- Reduced prices on bread, cookies and baked goods

WECAN FOOD BASKET SOCIETY:

Phone: 780.413.4525, www.wecanfood.com

- Wholesale prices on grocery items
- A \$5 annual membership fee allows members to purchase three hamper variations
- \$10 produce basket, \$15 meat basket, or a combination produce/meat basket for \$25
- Payment is the first Friday of the month and pickup is the third Thursday or Friday of each month at various depots. See website for more information

WEBSITES TO ACCESS ADDITIONAL FOOD RESOURCES

- Alberta Health Services Access to Food in Alberta: www.albertahealthservices.ca/info/page5286.aspx
- 211 Alberta: www.ab.211.ca