

Food Insecurity in Our Community

Local Help is Available

Are you struggling to feed yourself or your family? Every day over 4 million people in Canada experience food insecurity. That means 1 in 8 households nationally and 1 in 6 children under the age of 18 don't have reliable access to sufficient, affordable, and nutritious food.

That means families and individuals in our community are challenged by low or limited incomes to provide enough food for themselves. Moreover, those in need of food support are often reluctant or uncertain about how to get help or they face additional transportation issues to access it.

If you (or people you know) are struggling to meet your daily food needs please don't hesitate to contact the Calgary Food Bank.

To book a food hamper, call the **Calgary Food Bank** at 403-253-2055 (Monday to Thursday, 10:30am to 7:15pm; Friday, 10:30am to 3:30pm).

Each hamper contains 7-10 days' worth of food for each family member and includes perishable items such as vegetables, fruit (may be frozen), milk, eggs, other dairy (yogurt, cheese), meat protein, and non-perishable items. There is also access to baby formula, baby food, and diapers if there are young children in the house.

Hampers must be picked up in person:

- The Food Bank's main warehouse at 5000 - 11 Street SE (not a community depot, long lineups)
- Deer Park United Church, 77 Deerpoint Road SE
- Lincoln Park, 36 Lincoln Way SW
- Carter Place, 600 - 1 Street SE
- St. Andrew's Presbyterian Church (703 Heritage Dr. SW) every Saturday from 2-4pm.
- Mustard Seed, 102 - 11 Ave SE (this can be booked for singles only, no families)

Restrictions: Clients can call in on their own for their first 3 hampers. After that, they need to work with another agency of their choice that can refer them for another 4 hampers. Each hamper needs to be 30 days apart, and a client/family can book 12 hampers in the span of a year.

In addition to helping those in need, the organization is also in need of your support. To donate food, money, or your time as a volunteer, visit (www.calgaryfoodbank.com)

Together we can put an end to hunger and food insecurity in our community. Let's do it!