



**A FROZEN MEAL FOR TWO (YOUTH WITH A MISSION)**

Free delivery of a meal for those in need of short-term help.

Support's residents in Turner Valley, Black Diamond and Area

Address 1205 Okalta Road, Turner Valley

Phone 403 667 2447 (Leave a message)

Hours Mon- Sun 9:30am-8:30pm

Email [christina@ywamturnervalley.org](mailto:christina@ywamturnervalley.org)

**FOOD CONNECTIONS HIGH RIVER (WRCC)**

Wild Rose Food Connections (formerly High River Food Connections) is a food security initiative created by Wild Rose Community Connections.

Lunch in a Crunch: Students can text or call 403-813-9819 to be directed to where they can pick up a free, anonymous lunch.

<https://www.wildrosecommunityconnections.com/Wild-Rose-Food-Connections.html>

**FOOD FOR THOUGHT**

Provides healthy, no cost lunches to children in local schools Pre 5 – 12, who for various reasons do not bring a lunch to school.

Phone: 403-422-0475

Email: [hrfoodforthought@gmail.com](mailto:hrfoodforthought@gmail.com)

Website: <https://www.hrfoodforthought.ca>

**HIGH RIVER GOOD FOOD BOX PROGRAM**

Fresh produce available every month, at a low cost – pick up location in town.

Search Facebook for High River Good Food Box Program.

Phone: 403-652-2200

Address: High River, AB.

[Facebook@highriverfoodconnections](https://www.facebook.com/highriverfoodconnections)

**HIGH RIVER MAYOR'S YOUTH ADVISORY COMMITTEE**

**Skatemanía** Free program that happens for youth on five Thursdays in June, July and August Free Food and Prizes

Website: <https://highriver.ca/mayors-youth-advisory-committee/>

Instagram @hr\_youthmyac

**HIGH RIVER UNITED CHURCH**

**SIMPLE SUPPERS-** Supper served at 5:30pm free of charge (donations accepted). Everyone is welcome!

September through June on the third Wednesday of the month (second Wednesday in December)

Phone: 403-652-3168

Email: [hruc@telus.net](mailto:hruc@telus.net)

Address: 123 Macleod Trail, SW

<http://www.highriverunitedchurch.org>

**HIGH RIVER - SALVATION ARMY FOOD BANK FAMILY SERVICES**

Provides food to residents in the foothills. Anyone can access the food bank. If you're in need all you need is ID.

Phone: 403-652-2195

Extension 2

Address: 119 Centre Street S.E., High River, Alberta Canada. T1V 1R7

Website: <https://salvationarmy.ca/>

Hours of Operation:

Monday, Wednesday, Friday:

10 am – 4:30 pm

Tuesdays: 1: 00 pm - 4:30 pm

Thursdays: 1pm – 7:00 pm

Closed: 12:00 pm – 1:00 pm for lunch

**MEALS ON WHEELS- SANDSTONE LODGE**

Anyone can access meals living in Okotoks. No exclusion criteria. Meals are \$6.25.

Operates out of Okotoks Sandstone Lodge.

Monday-Friday.

Phone: 403-938-6404

Address: 101 Centre Ct. Okotoks, AB

**OKOTOKS FAMILY RESOURCE CENTRE**

**EMERGENCY FOOD**

\$25 grocery gift cards for emergency needs

Provided after assessment and one- time needs for foothills residents who are in immediate need (including youth)

11 Cimarron Common, Okotoks

Phone 403-995-2626

Hours Mon- Friday 9-12 1-4(call)

Email [familyresources@okotoks.ca](mailto:familyresources@okotoks.ca)

Website <http://www.ofrc.ca>

**OKOTOKS FOOD BANK**

The Okotoks Food Bank provides food assistance to locals in need.

Programs you might be interested in .

- Help Yourself Shelf Program
- After the Bell

Phone: 403-651-6629

Website:

<http://okotoksfoodbank.ca/>

**OKOTOKS UNITED CHURCH**

**School Lunch Program:**

Lunches are provided to students attending school within the Foothills School Division.

**Food for Fun:** Everyone is welcome to attend on the dates that the Church is offering free lunch.

Phone: 403-938-4357

Address: 43 Riverside Drive, Okotoks, Alberta Canada. T1S-1A7

Email address:

[okunited@telus.net](mailto:okunited@telus.net)

Website: <https://www.okunited.ca/>

**OILFIELDS FOOD BANK (TURNER VALLEY & DISTRICT FOOD BANK ASSOCIATION)**

Serving Turner Valley, Black Diamond, Longview, Millarville and Priddis as well as the surrounding MD of Foothills. The food bank operates out of the United Church in the Valley (across from the elementary school). Open Tuesday afternoons between 1 and 3 pm.

Phone: 403-933-4114 Address:

125 Royal Avenue

P.O. Box 118 Turner Valley, AB

For more information call Wendy:

403-861-1847 or email:

[windygal@telus.net](mailto:windygal@telus.net)