



FOOD RESOURCES IN HIGH RIVER DECEMBER 2019



NAME OF SERVICE	WHAT IT IS?	HOW CAN I ACCESS THE SERVICE?
COOKING CIRCLE (Currently full)	<p>A group of women interested in making low cost, healthy meals for themselves and their families. It is a place for moms who need extra support due to life's circumstances. One week will be spent planning recipes as a group. The next week will be spent preparing the food. Moms will take home the meals the group prepared.</p> <p>Cost: \$2:50/meal. Money is collected on planning day. Food containers are provided as well as recipe binders.</p> <p>* Child Care is provided as is a healthy snack.</p>	<p>Phone: 403-652-2985</p> <p>Address: High River Baptist Church 514160 121 Street East.</p> <p>The last Wednesday and the first Wednesday of each month 9am- 12pm</p>
HOME PRODUCE DELIVERY/ ARK LTD	<p>This program offers fresh, local produce to your door, Broxburn vegetables and ARK a local greenhouse are working together. Boxes can be purchased in <i>\$23.00/box min requirement of purchasing 2 boxes</i>. Boxes contain an assortment of items.</p>	<p>Phone: 403-649-4422</p> <p>Email: danc@arkltd.net</p> <p>Facebook: Arge Resilience Kit Ltd. ARK</p> <p>Website: www.arkltd.net</p>
HIGH RIVER UNITED CHURCH - SIMPLE SUPPERS	<p>Supper served at 5:30pm free of charge (donations accepted). Everyone is welcome!</p> <p>September through June on the third Wednesday of the month (second Wednesday in December).</p>	<p>Phone: 403-652-3168</p> <p>Email: hruc@telus.net</p> <p>Address: 123 Macleod Trail, SW</p> <p>Website: www.highriverunitedchurch.org</p>
HIGH RIVER FOOD RESCUE	<p>Volunteers rescue and redistribute edible food from merchants that would otherwise head to the landfill.</p> <p>Hours are open Tuesday and Thursdays 12-1:30 (or until the food runs out) The 2nd Thursday of the month the hours are 5-6:30pm only.</p>	<p>Hours: Tuesdays and Thursday 12-1:30pm unless food runs out (Except the second Thursday of each month 5-6:30pm)</p> <p>Email: highriverfoodrescue@gmail.com</p> <p>Facebook: High River Food Rescue & High River Food Connections</p> <p>Address: The Commons 55- 8th Ave SE (aka Veteran's Way)</p>

<p>HIGH RIVER FOOD FOR THOUGHT</p>	<p>Free healthy lunches provided in all schools for children for whatever reason do not bring a lunch to school. (Lunches not provided over the summer break)</p>	<p>Phone: 403-422-0475</p> <p>Email: hrfoodforthought@gmail.com</p> <p><i>You can also contact each school for more information</i></p>
<p>THE SALVATION ARMY FAMILY SERVICES AND YOUTH MINISTRIES</p>	<p>Families can access a food hamper once every 30 days through the Food Bank. Walk in and help yourself bread and pantry is available during operational hours.</p> <p>Play Café: Wednesdays 9:30-11:30 ages newborn to age 5 is a parent and tot program offering snacks and games at The Salvation Army Church.</p> <p>Ready to Serve: Tuesdays 5pm-7pm ages 7-12 is a children's program offering dinner and games at The Salvation Army Church.</p>	<p>Phone: 403-652-2195 Ext 2</p> <p>Office Address: 119 Centre St. SE Church Address: 117 2ND Ave SE</p> <p>Facebook: The Salvation Army Foothills Family Services Office</p> <p>All Services by Appointment</p>
<p>OUR HIGH RIVER</p>	<p>Community events put on by Our High River to increase community engagement.</p>	<p>Community Café- December 11th 5-7pm Community Capacity Grant Reporting to the Community. *Always the 2nd Wednesday Café*</p> <p>Facebook: Our High River</p>
<p>HIGH RIVER COMMUNITY GARDENS</p>	<p>With a total of 75 allotment plots between two gardens (one located in the SW community of McLaughlin Meadows, the other in the NW on Riverside Drive). Plots are fully subscribed currently but there is a wait list in which individuals can add their name.</p>	<p>Website: www.highrivergardens.org</p> <p>Email: highrivergardensociety@gmail.com</p>
<p>LUNCH IN A CRUNCH</p>	<p>This program will be available for students to pick up lunch during the Christmas break from Dec 21st- Jan 5th Mon- Fri. This program is completely anonymous, students will only be asked what grade they are in. This initiative is proudly supported by the High River United way partnership.</p>	<p>Text (or call) : 403-813-9819</p> <p>Students will be informed where to pick up their lunch.</p> <p>Email: highriverfoodrescue@gmail.com for more information.</p>
<p>MEALS ON WHEELS</p>	<p>Meals provided for seniors and homebound individuals. Meals are delivered directly to client's home.</p>	<p>Phone: 403-652-2200</p>
<p>HEART TO HOME MEALS</p>	<p>Service that delivers fresh, frozen and nutritious meals directly to your home. They can accommodate special dietary needs. Meals range in cost from \$4.95-\$9.95 per meal. Meals</p>	<p>Phone: 1-844-431-2800</p> <p>Email: calgary@hearttohomemeals.ca</p> <p>Website: www.hearttohomemeals.ca</p>

	delivered in High River on alternating Wednesdays.	
SNACK SHACKS	<p>All year round two book bungalows will be filled with weather appropriate snacks. (Skate park and Downtown on 4th Ave.)</p> <p>During the Christmas break, the High River library and the Bob Snodgrass Recreation Centre will have snacks from Dec 21st to Jan 5th, 2020. (Excluding holiday building closures)</p>	<p>July 1st through August 30th 2019</p> <p>Locations: Bob Snodgrass Recreation Centre & The High River Library</p> <p>Book Bungalow Locations:</p> <p>Skate Park (1204 10th Street S.E)</p> <p>4th Avenue SW</p> <p>Email: highrverfoodrescue@gmail.com for more information</p>

