


Access to Food in Cochrane and Area

Service	What you need to know	Where to go
COCHRANE SERVICES		
COCHRANE FOOD BANK	<ul style="list-style-type: none"> • Free Food Hamper • Call before 12:00pm on Tuesday for hamper pick up on Wednesday or Thursday. Requests handled by FCSS • Supports clients in: Cochrane and surrounding areas (South to and including Bragg Creek, north to Water Valley, east to Calgary limits, west to Jamieson Road) • Up to 5 hampers per year (plus 1 emergency hamper) 	<p>Address: 209 2nd Ave W, Cochrane Phone: 403-851-2255 Phone Hours: 8:30am-4:30pm Monday to Friday Pick up Hours: Wednesday 3-5pm or Thursday 5-7pm (subject to change) Pick up Location: 30 Griffin Industrial Point, Bay 4 Website: www.cochraneactivettes.com</p>
MEALS ON WHEELS	<ul style="list-style-type: none"> • Delivery of meal: many choices, frozen meals for reheat • Must call to request • Cost: \$6 per meal, \$5 for soup • Delivery on Tuesdays 	<p>Address: 209 2nd Ave W, Cochrane Phone: 403-851-2250 Hours: Call to request anytime – weekly delivery offered</p>
MEALS TO GO	<ul style="list-style-type: none"> • Delivery of regularly scheduled lunch meal • Weekdays only, not on stat holidays • Must call to request: must be 65+ (limited to 10 clients at a time) • Cost: \$7 per meal 	<p>Address: Big Hill Lodge Phone: 403-932-3355</p>
HEART TO HOME MEALS	<ul style="list-style-type: none"> • Delivery of meal: frozen meals to be reheated. Order meals online or by phone. • Cost: \$4.15-\$10.60 per meal • Supports clients in: Cochrane, Bragg Creek 	<p>Phone: 1-844-431-2800 Delivery: Mondays in Cochrane, every other Wednesday in Bragg Creek Email: calgary@hearttohomemeals.ca Website: www.hearttohomemeals.ca</p>
 GOOD FOOD BOX	<ul style="list-style-type: none"> • Good value vegetable and fruit box • \$25-35 for 20 to 45 lbs of fresh fruit & vegetables (price depends on size) • Choice of small, medium and large box 	<p>Phone: 403-688-1610 Pick up Location: 264 Paint Horse Drive, Cochrane Find on Facebook: Cochrane Good Food Box January 2019 Nutrition Services, Calgary Zone</p>

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ST. ANDREW'S UNITED CHURCH	<ul style="list-style-type: none"> • Free meal: community lunch • All are welcome • Every Tuesday, 12-1pm (not available during summer – June, July, August) • Free meal: community supper • All are welcome (max. attendance 75 people) • First Monday of the month from February until June, 5:30-7:00pm 	<p>Address: 128 1st Street East, Cochrane</p> <p>Phone: 403-932-2585</p> <p>Website: www.standrewsunitedcochrane.com</p>
THE RESOURCE CENTRE AT FCSS	<ul style="list-style-type: none"> • Information & Referrals to: food hamper program, subsidized taxi program, emergency needs, budgeting program • Programs: Healthy Relationships, Family Support Program, Legal Resource Centre, Rural Outreach, Older Adult Supports, Youth Homelessness Prevention • No cost 	<p>Address: 209 2nd Ave W, Cochrane</p> <p>Phone: 403-851-2250</p> <p>Hours: Mon to Fri 8:30am-4pm, Sept to June Thursdays until 7pm</p>
ACTIVETTES SHARE YOUR CHRISTMAS	<ul style="list-style-type: none"> • One Christmas hamper per year • Call to apply 	<p>Phone: 403-932-9290</p>
GREATER COCHRANE AREA SERVICES		
IYHRHE NAKODA FOOD BANK	<ul style="list-style-type: none"> • Free Food Hamper: call to make an appointment for hamper pick up • Hamper Limit: <ul style="list-style-type: none"> • Families – 1 per month • Singles – 1 per 2 months • Employed –2 per year 	<p>Address: PO Box 1048, Morley, AB T0L 1N0</p> <p>Phone: 403-881-2766</p> <p>Phone Hours: Mon–Fri, 9:00 am – 3:30 pm</p> <p>Pick Up Hours: 1-3:30 pm; Tues (singles), Wed (small families), Thurs (large families)</p> <p>Find on Facebook @ Iyahrhe Nakoda Foodbank Society</p>