



# **Community Food Connections**

## **Connecting People With Food**

# **2008**

Brought to you by the  
Public Health Nutritionists in  
David Thompson Health Region



January 2008



To Whom It May Concern:

Hunger exists in Alberta. In March of 2007, 38,837 people visited a food bank in Alberta, of which 43.1% were children (Canadian Association of Food Banks, 2007). Hunger is defined as a situation in which someone cannot obtain adequate amounts of food. As a community we need to take action to reduce hunger. Beyond reducing hunger, we also want to ensure that people have access at all times to sufficient, safe, and nutritious food. Within the David Thompson Regional Health boundaries there are a variety of community driven programs, which aid people to increase food security. Some examples of these programs include; feeding programs, community gardens, food coops, farmers' markets, grocery delivery programs, senior citizen programs, community supported agriculture, food banks, soup kitchens, transportation services, and other local initiatives.

The following document is a directory of the food security programs available within the David Thompson Regional Health boundaries. This directory lists information regarding program name, contact information, location, times and general descriptions. This directory was compiled to ensure people have access to the food security programs available in their community. In addition, this directory is intended to be a networking tool for organizations and individuals interested in or involved with food security. With this information organizations and individuals may share information, ideas, and resources with other communities to promote food security program development, maintenance, and evaluation.

We would like to keep the information in this directory as current as possible by updating and re-distributing the directory every year. Please contact your local Public Health Nutritionist through your Community Health Center with any changes or additions to the list, as well as suggestions as to how this directory can be made most useful for you or for information about food security.

Thank you for your continued support, effort, and dedication to food security activities.

Sincerely,

Food Security Best Practice Team  
Public Health  
Health Promotion and Prevention  
David Thompson Regional Health

**FOOD SECURITY is when**  
“all people at all times have access to adequate amounts of food that are healthy,  
culturally appropriate and produced in sustainable ways.”

Edited December 2007

**Please note:**

This document does not include school feeding programs. For more information, please contact your local schools or contact Alberta Breakfast for Learning. - <http://www.breakfastforlearning.ca/>

**For further reference, we have included the following list of relevant links:**

- Growing Food Security in Alberta (GFSA): Click on ‘Your Local Food Connections’ for a listing of food security programs across Alberta.  
<http://www.foodsecurityalberta.ca/>
- Meals on Wheels – a listing of Meals on Wheels and senior meal programs across Alberta.  
<http://www.mealcall.org/canada/alberta/index.htm>
- Farmers’ Markets – Alberta Agriculture’s list of approved farmers’ markets across Alberta.  
<http://www.agric.gov.ab.ca/store/farmersmarket/>
- Local Food Producers – Alberta Farm Fresh Producers Association  
<http://www.albertafarmfresh.com/>

## DTHR COMMUNITY FOOD CONNECTION

### DTHR CAPACITY BUILDING & RELIEF PROGRAMS – Draft November 2007

Program	Location and Contact Info	Times	Comments/Details
<b>ALIX</b>			
Food Bank	Neighbourhood Network Contact: Glenna Carlson (403) 747-2107		As Needed. Please Call for Appointment
Canadian Pre-natal Nutrition Program (CPNP)	Baby Steps For client intake contact: Lacombe Community Health Centre: (403) 782-3218  For program information contact: Patricia Leitner (403) 341-2119 <a href="mailto:Pleitner@dthr.ab.ca">Pleitner@dthr.ab.ca</a>		Serves: Lacombe and county, Ponoka, and Innisfail. Free monthly food coupons for milk, eggs, fruit, vegetables and peanut butter are offered to participants. Vitamins are provided free of charge. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Eligibility determined by intake assessment at each community health centre.
<b>BENTLEY</b>			
Farmers' Market	Colleen McNaught (403) 748-3501	Sat. 1:30-3:30 pm Curling Rink Arena	May long weekend to September long weekend Holiday Markets TBA
Grocery Delivery	Select AG Foods (403) 748-4161	Mon- Sat 9-9 pm Sunday 10-6 pm	Free delivery within town limits
Meals on Wheels	Bentley FCSS & Neighbourhood Place Barb Carson (403) 748-2160 Box 913, 4843 – 52 Ave, T0C 0J0 <a href="mailto:Community@telus.net">Community@telus.net</a>	Mon. – Wed. – Fri Delivery	Cost: \$7.00 Meals are available on Tues. & Thurs, but not delivered.
Blessing Pantry	Bentley FCSS & Neighbourhood Place Barb Carson (403) 748-2160 Box 913, 4843 – 52 Ave, T0C 0J0 <a href="mailto:Community@telus.net">Community@telus.net</a>	Mon-Fri 10-3 pm	FCSS in partnership with two churches provide a \$25.00 gift certificate for a grocery store and/or pharmacy.

Canadian Pre-natal Nutrition Program (CPNP)	Baby Steps For client intake contact: Rimbey Community Health Centre: (403) 843-2288  For program information contact: Patricia Leitner (403) 341-2119 <a href="mailto:Pleitner@dthr.ab.ca">Pleitner@dthr.ab.ca</a>		Serves: Bentley and area. Free monthly food coupons for milk, eggs, fruit, vegetables and peanut butter are offered to participants. Vitamins are provided free of charge. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Eligibility determined by intake assessment at each community health centre.
<b>BIG VALLEY</b>			
<b>BLACKFALDS</b>			
Community Garden	Private Edith Schaeffer (403) 885-4666 Box 338 Blackfalds, AB TOM OJO		Sprucelane Organics (4 km north of Blackfalds – west of Hwy 2A). Deposit of \$50 required. Seed, soil and tools provided. Membership \$5.00/wk and 2 hours of gardening time. Individual lots rented for \$90.00
Canadian Pre-natal Nutrition Program (CPNP)	Building Incredible Babies Contact: Lisa Smith (403) 309-8214 <a href="mailto:Lsmith@fsc.ca">Lsmith@fsc.ca</a> 5409 50 Avenue, T4N 4B7	Group meets every two weeks.	Serves: Red Deer & Sylvan Lake. Intake based on physician or self-referral. Nutrition education facilitated by Registered Nutritionist throughout program. Each session there is a draw for a food hamper with recipes. Participants are provided with prenatal vitamins, milk, eggs, and produce coupons.
Food Bank	Neighbourhood Place (403) 885-0119 Coordinator: Margaret Graham Box 137 5016 Waghorn Street T0M 0J0 <a href="mailto:nplace@blackfalds.com">nplace@blackfalds.com</a>		The food bank is run by a committee of community residents who coordinate volunteers, food drives and volunteer training.
Farmers' Market	Ag Society Contact: Melodie Stol (403) 885-2587	Monday 4-7 At Arena	
<b>BOWDEN</b>			
Food Bank	See Neighbourhood Place/ FCSS for referral to Innisfail Food Bank. Contact: Cheryl May or Mary Lou Thomson at (403) 224-3319		Will provide 1 emergency food hamper if necessary before referral to Innisfail Food Bank.
<b>BRETON</b>			

Food Banks	Faith Covenant Contact: Pastor Dan (780) 696-3669		6 hampers /year; same policy as Drayton Valley
Meals on Wheels	FCSS Contact: (780) 696-3636 Box 480, T0C 0P0 <a href="mailto:Bfcss@telus.net">Bfcss@telus.net</a>	Tuesday & Thursday Noon Meal	Cost: \$6.00 Prepared by Breton HC
Canadian Pre-natal Nutrition Program (CPNP)	Nutritious Beginnings Contact: Kelly Weiss (780) 360-6543 <a href="mailto:nutritiousbeginnings@brighter-futures.ca">nutritiousbeginnings@brighter-futures.ca</a>		Serves the area of Breton, Buck Creek, Drayton Valley, Wetaskiwin and Winfield. Participants are provided with: prenatal vitamins, monthly food coupons while pregnant, as well as information on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. One on one visits and monthly support group offered.
Grocery Delivery	Big Way Contact: (780) 696-3933 Breton Family Foods Contact: (780) 696-2441		Will deliver in exceptional situations
Transportation	FCSS Contact: (780) 696-3636	Operated by Golden Age Club	Seniors van available but with priority 1 <sup>st</sup> – Medical; 2 <sup>nd</sup> – Seniors; 3 <sup>rd</sup> - Community
Cooking With Friends	Brighter Futures Family Resource Society Contact: (780) 696-2543	Meets once a month in Drayton Valley Meets once a month in Breton	Low cost, budgeting and meal planning. Free for first visit to group. Cost of \$5.00 per family member after that.
<b>CAROLINE</b>			
Emergency Food Hampers	Contact: Rev. Jason Sedore @ (403) 722-3921 <a href="mailto:admin@avitalchurch.com">admin@avitalchurch.com</a> <a href="mailto:pastorjason@avitalchurch.com">pastorjason@avitalchurch.com</a>		Providing emergency assistance to those in need as well as Christmas food hampers.
Farmers Market	Caroline Farmer's Market Contact: Jennifer Larsen (403) 722-3531	Friday 1:00-3:30 pm Friday 5:00-8:00 pm	May to mid-Sept – at Caroline Curling Club Fall -- at Kurt Browning Hall
Canadian Pre-natal Nutrition Program (CPNP)	Baby Biz Contact: Julia Morrison (403) 845-5316 or Clearwater Neighbourhood Place (403) 844-2101 <a href="mailto:Cnp@telusplanet.net">Cnp@telusplanet.net</a>	Thursday 6:30-8:30pm	Prenatal nutrition program that serves: Rocky Mountain House, Caroline and area. Provides coupons for milk, fruit and vegetables, eggs, vitamins, peanut butter. Mothers receive breastfeeding incentives. Nutrition education provided for participants. Meetings – weekly snack and transportation provided. For intake call

			Neighbourhood Place office.
Grocery Delivery	Pioneer General Store Contact: Gail Wahl (owner) @ (403) 722-3755 <a href="mailto:pio.gen@telusplanet.net">pio.gen@telusplanet.net</a>	Friday	Delivery occurs on Fridays for any grocery order. Phone prior to 2:00 pm Friday.
<b>CASTOR</b>			
Canadian Pre-natal Nutrition Program (CPNP)	Babies Matter Contact: Peggy Kimber at the Coronation Community Health Centre (403) 578-3200		Provides home based visitation programs, groups, food and prenatal vitamin coupons. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Serves: Castor, Coronation, Consort, County of Paintearth, , and Special Area 4.
<b>Grocery Delivery</b>	Food Town (403) 882-3031	Daily	Free delivery in town
<b>Grocery Delivery</b>	AG-Magnet Foods Mike or Brenda (403) 882-3262	Tuesday & Friday	Free delivery in town
<b>Meals on Wheels</b>	FCSS/Paintearth Lodge Contact: Joanne Wjechnik (403) 882-2115 Box 752, T0C 0X0, <a href="mailto:casfcs@wildrose.net">casfcs@wildrose.net</a>	Monday thru Friday	Cost: \$6.50 Call FCSS to order. Volunteer delivery
<b>Transportation</b>	Castor/Halkirk Handi-Van Contact: Joanne Wjechnik (403) 882-2115	Monday to Friday	Call FCSS to arrange ride; book 1 week in advance. \$5.00 in town, \$5.00 for Halkirk \$20.00 /hr out of town and \$5.00 surcharge per person, \$10.00 standby.
<b>CONSORT</b>			
Canadian Pre-natal Nutrition Program (CPNP)	Babies Matter Contact: Peggy Kimber at the Coronation Community Health Centre (403) 578-3200		Provides home based visitation programs, groups, food and prenatal vitamin coupons and . Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Serves: Castor, Coronation, Consort, County of Paintearth, , and Special Area 4.
Grocery Delivery	Food Town (403) 577-3566	Afternoons	Free delivery in town if \$100 order or more
Meals on Wheels	Consort Hospital Cook on shift (403) 577-4008 Contact: Donna Kozack	Monday thru Friday	Cost: \$7.50 Call dietary office at hospital to order. Volunteer delivery Mon-Fri. with 2 extra frozen meals

	dkozack@dthr.ab.ca		available on Friday for use over weekend.
Transportation	Handi Bus Consort Hospital Sandy Kelts (403) 577-3555	By appointment	Cost depends on driver availability, volunteer or paid, out of town service available
<b>CORONATION</b>			
Canadian Pre-natal Nutrition Program (CPNP)	Babies Matter Contact: Peggy Kimber at the Coronation Community Health Centre (403) 578-3200		Provides home based visitation programs, groups, food and prenatal vitamin coupons Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Serves, Castor, Coronation, Consort, County of Paintearth, and Special Area 4.
Grocery Delivery	Food Town (403) 578-3571	After 6:00 pm usually	Free delivery in town.
Meals on Wheels	Coronation Hospital Contact: Donna Kozak (403) 578-3803 dkozak@dthr.ab.ca	Monday thru Friday	Cost: \$ 7.50/meal Meals prepared at hospital. Volunteer delivery.
Transportation	Coronation & District Handibus Society Contact Coronation Hospital and Care Centre to arrange(403) 578-3803 Coordinator: Jenny Bowthorpe (403) 578-3695	Available throughout the week	Call Hospital for bookings. Cost: \$5.00 local; prices vary for out of town.
<b>DRAYTON VALLEY</b>			
Food Bank	Drayton Area Community Food Bank Society 4820 51 Avenue, T7A 1L2 Contact: (780) 514-3777 Cardium - Contact: Margie (780) 542-6250	Monday & Thursday Mornings by Appointment Only	Clients must phone to make an appointment. 6 hampers/yr
Farmers' Market	Drayton Valley Ag Society	Wednesday 10:30 – 2:00 in Omniplex	March - December
Meals on Wheels	Shangri La Lodge Contact: (780) 542-3216 or (780) 542-2985 4864 54 <sup>th</sup> Ave. Drayton Valley, T7A1C4	Mon thru Friday Noon	Cost: \$6.50/meal; Dr. referral, Home Care or self-request. Volunteer church groups deliver only in town.
Canadian Pre-natal	Nutritious Beginnings Contact: Kelly Weiss (780) 360-6543		Serves the area of Breton, Buck Creek, Drayton Valley, Wetaskiwin and Winfield. Participants are

Nutrition Program (CPNP)	nutritiousbeginnings@brighter-futures.ca		provided with: prenatal vitamins, monthly food coupons while pregnant, as well as information on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. One on one visits and monthly support group offered.
Grocery Delivery	IGA Contact: (780) 542-4644		No Charge for delivery
Cooking with Friends	Brighter Futures Family Resource Society Contact: (780) 696-2543	Meets once a month in Drayton Valley Meets once a month in Breton	Low cost, budgeting and meal planning. Free for first visit to group. Cost of \$5.00 per family member after that.
Wecan Food Basket	Brighter Futures Family Resource Society Contact: Dennis Eisenbarth (780)-696-2543 www.wecanfood.com		\$5.00 Membership fee. Money is pooled to buy fresh and healthy foods. Fees due the first week of the month. Pick-up is the third week of the month.
<b>DRUMHELLER</b>			
Food Bank	Drumheller Salvation Army Food Bank Contact: (403) 823- 2215 (403) 823-2283 (Fax) PO Box 3097, T0J 0Y0, Bramwell_pearce@can.salvationarmy.org	Tuesday & Thursday 1:00 pm – 4:00 pm	Someone usually in the office between 9:00 am – 5:00 pm Monday – Friday. Call and leave a message if there is no answer.
Farmers' Market	Greentree Mall/Co-op Contact: (403) 823-8995 Susan	Saturday 9:30-1	May – Oct ; Special Christmas market
Canadian Pre-natal Nutrition Program (CPNP)	Growing Opportunities (GO Program) Contact: May Rostecki-Budzey (403) 361-7200 <a href="mailto:Gomrb@telus.net">Gomrb@telus.net</a>		Serves: Strathmore, Drumheller, Didsbury
Grocery Delivery	IGA 101- 6 <sup>th</sup> Ave. SE Drumheller T0J 0Y6 Contact: (403) 823-3995		Picking & delivery fee
Meals on Wheels	Drumheller Health Centreout of Drumheller hospital Contact: Patti (403) 820-7214	Monday thru Friday Delivered at noon	Cost: \$ \$7.50 /meal; 3 course
<b>ECKVILLE</b>			

Grocery Delivery	Eckville Co-op Contact: Shelley (Mgr) (403) 746-2100	Hours: 9-6; Th 9-8; Sun 11-5	Free delivery in town. Phone order before 2 pm or purchase in-store before 3 pm.
Collective Kitchen	Karin Engen, Eckville Neighbourhood Place (403)746-2466, <a href="mailto:ecnhp@persona.ca">ecnhp@persona.ca</a> . Kitchen coordinated by Amy Cunningham, Eckville Parent Link 746-5861, <a href="mailto:eckvilleparentlink@hotmail.com">eckvilleparentlink@hotmail.com</a>		
<b>ELNORA</b>			
Food Bank	See Trochu Food Bank		
Grocery Delivery	Jewell's Groceries Contact: (403) 773-3613	Mon to Friday 9-6 Sat 9-6 Sun- Closed	Offers free delivery on all food orders
Meals on Wheels	Village Office of Elnora Contact: (403) 773-3920 Fax: 773-3173 <a href="mailto:elnorafcss@platinum.ca">elnorafcss@platinum.ca</a>	May be ordered Tuesday and Thursday	Cost: \$ 7.00 for hot or cold meals Delivered Tuesdays and Thursdays
<b>HANNA</b>			
Food Bank	Hanna Food Bank Contact: Donna Crowle (403) 854-3058 Box 1284, T0J 1P0 Location: Provincial Building	Wednesday 12:00pm-2:00 pm	Donations from local community. Hours are flexible on an individual basis
Grocery Delivery	Super A Foods (403) 854 -3711		Free in town delivery
Meals on Wheels	Hanna District Health Service Contact: (403) 854-5251	Monday - Friday Noon	Cost: \$6.30 /meal; 3 course Volunteer delivery
Pre-natal Nutrition Program	Baby Steps For client intake contact: Hanna Community Health Centre: (403) 854-5236 For program information contact: Patricia Leitner (403) 341-2119 <a href="mailto:Pleitner@dthr.ab.ca">Pleitner@dthr.ab.ca</a>		Free monthly food coupons are offered to participants. Vitamins are provided free of charge. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Eligibility determined by intake assessment at each community health centre
<b>INNISFAIL</b>			
Food Bank	Innisfail & Area Food Bank Contact: (403) 227-0600 Box 6084, 5007 50 Street, T4G 1S7	Tuesday 1:30 pm – 3:30 pm	Use alley entrance. Clients are eligible for hampers once every 5 - 6 weeks. Health Care Card required.
Meals on Wheels	Innisfail Hospital	Hot supper meal (&	Cost: \$8.00 per meal (includes both a hot evening

	Contact: Marian Moritz, Client Co-ordinator (403) 227-4328	soup/ sandwich for next day's lunch) delivered Monday thru Friday 4:30 to 5:30 pm	meal and soup & sandwich for the following day). Volunteer delivery service.
Farmers' Market	Contact: Lori-Ann Rogan (403) 227-4582	Thursday 10 to 1:00 pm	May through Sept. Held at the Innisfail Arena
Seniors Cooking Club	Lorna Gaidica (403) 227-3457 <a href="mailto:Lgaidica@telusplanet.net">Lgaidica@telusplanet.net</a> Held at Innisfail United Church	3 <sup>rd</sup> Wednesday of each month	Approx 10 members (single seniors). Members share cost of meals (approx \$7).
School Garden	Joint project of the Historical Village and Innisfail Garden Club (seasonal operation) Contact Innisfail Historical Village (403) 227-2906		Garden planted, maintained and harvested by Gr 1 students at a local elementary school
Food Co-op	Innisfail Neighbourhood Place (403)227-7744 arranges access to and pick up of food orders from Red Deer Food Co-op		See Red Deer section for more detail Cost: Produce only \$9.00, Meat & Produce \$11.00
Collective Kitchen	Contact Colleen Miller (403)227-6879	Monthly planning & cooking sessions	Call Neighbourhood Place to register (403)227- 4477
Canadian Pre-natal Nutrition Program (CPNP)	Baby Steps For client intake contact: Innisfail Community Health Centre: (403) 227-7820  For program information contact: Patricia Leitner (403) 341-2119 <a href="mailto:Pleitner@dthr.ab.ca">Pleitner@dthr.ab.ca</a>		Serves: Lacombe, Ponoka, and Innisfail. Free monthly food coupons for milk, eggs, fruit, vegetables and peanut butter are offered to participants. Vitamins are provided free of charge. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Eligibility determined by intake assessment at each community health centre.
Grocery Delivery	Innisfail Co-op (403) 227-4888		Must register over phone or in person. Must be Coop Member, Delivery charge \$5, no delivery charge for seniors within town.
Transportation	Handi Bus Royal Canadian Legion (403) 227-3622	Mon – Fri 8 – 4:30 pm	Cost: Return trip to Red Deer \$30 \$2.50 each way within town \$0.45/km for misc. long distance trips.
<b>LACOMBE</b>			
Food Bank	Lacombe Community Food Bank & Clothing Centre	Tues 1-4pm Wed 1-4 pm	Must bring ID and financial information to register. Must be from Lacombe area to be eligible.

	Contact: Millie Snow (403) 782-6777 5225 53 Street, T4L 1H8	Thurs 6-8pm Fri 1-3pm	
Meals on Wheels	Contact: Lorie Stephan (403) 782-6637 Sharon Dixon (403) 782-6637	Mon thru Friday 12:00 to 1:00 pm	Cost: \$6.00 per meal. Must order in advance and lunch delivery is 1:00 to 1:30 pm.
Collective Garden	See Blackfalds – Edith Schaefer		
Community Suppers	Donnie Tafts at FCSS 782-6637, <a href="mailto:dtafts@lacombe.fcass.net">dtafts@lacombe.fcass.net</a> Neighbourhood Place (403) 782-0886	Held monthly at the Lacombe Legion (usually 3 <sup>rd</sup> Wednesday commencing at 5:	Free; features locally grown/produced foods and raises awareness of food security issues
Canadian Pre-natal Nutrition Program (CPNP)	Baby Steps For client intake contact: Lacombe Community Health Centre: (403) 782-3218  For program information contact: Patricia Leitner (403) 341-2119 <a href="mailto:Pleitner@dthr.ab.ca">Pleitner@dthr.ab.ca</a>		Serves: Lacombe, Ponoka, and Innisfail. Free monthly food coupons for milk, eggs, fruit, vegetables and peanut butter are offered to participants. Vitamins are provided free of charge. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Eligibility determined by intake assessment at each community health centre.
Transportation	Lacombe Handivan Mimi Stewart (403) 872-1552		A local round trip costs \$5, one-way trip \$3. Call to make reservations
Other	Lacombe Neighbourhood Link Contact: Judy Riske (403) 782-0110		Seven churches working together to meet the social needs of people in Lacombe.
Backyard Friends	Edith Schaeffer (403) 309-8214 Box 338, Blackfalds Alberta TOM OJO, or Donnie Tafts, FCSS; See Community Suppers above		Once/month supper meal with short speaker afterwards. Objective: targeting food security issues. Hopes to establish a good food box program.
<b>LESLIEVILLE – See Eckville, Rocky Mountain House &amp; surrounding area.</b>			
<b>MIRROR – See Alix, Bashaw, Lacombe &amp; surrounding area.</b>			
<b>Mirror Food Bank Contact: Mary Whitworth (403) 788-2074 As Needed. Please call for an appointment</b>			

<b>OLDS</b>			
Food Bank	Mountain View Food Bank Located: 5025-50 <sup>th</sup> Street (basement old provincial bldg) Mailing: Box 3958 Olds, Alberta T4H1P6 President: Pat Graham 403.556-1693 (message service)	Tuesdays 9-1	Individuals need to go in to apply for hamper.
Farmers' Market	Cow Palace (403) 556-3770	Thursday 4:00 – 6:30	May to Sept; Special Christmas market
Canadian Pre-natal Nutrition Program (CPNP)	Baby Steps For client intake contact: Olds Community Health Centre: (403) 556-8441 For program information contact: Patricia Leitner (403) 341-2119 <a href="mailto:Pleitner@dthr.ab.ca">Pleitner@dthr.ab.ca</a>		Free monthly food coupons for milk, eggs, fruit, vegetables and peanut butter are offered to participants. Vitamins are provided free of charge. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Eligibility determined by intake assessment at each community health centre.
Grocery Delivery	Padnoma (403) 556-1000	Monday – Friday Delivery times 10:30 and 2:30	No service charge.
Meals on Wheels	Janeen Smith (co-coordinator) Contact: (403) 556-7417 Ray Palardy (co-coordinator) Contact: 556-7551 Sharon DelaMare (co-coordinator) Contact: (403) 507-8593	Monday thru Friday	Reduced fee; local volunteers deliver. Delivery time 4:30. Caters to all diets Meals \$ 7.50/for full meal \$ 6.85 (for one less side dish)
<b>PENHOLD</b>			
Food Bank	Neighbourhood Place Box 565, Penhold, AB, T0M 1R0 Contact: Danielle Klooster (403) 886-5464 Volunteer Coordinator: Rose Townsend 886-5905		Contact Red Deer Food Bank for registration. Then Red Deer Food Bank phones neighbourhood place to provide food hamper.
Emergency Food Hamper	Contact: Gloria Bulmer (403) 886-5464 Penhold Springbrook FCSS Box 10, T0M 1R0		Emergency hampers and supplies available one time only. Christmas hampers also available yearly
Grocery Delivery	First Choice Food Contact: Gerry/MJ (403) 886-5121	9am-9pm 7 days/wk	Free delivery for a minimum order of \$20.00

	Box 510, T0M 1R0		
Senior Drop-in Centre	Soup N San Contact: Hazel (403) 886-5719 Box 153, T0M 1R0	First Wednesday of every month	Provides soup and sandwich every month and Supper from Sept to June (except December) at the Senior Drop-In Centre. Cost: \$5/soup&sandwich, \$8/supper. Also has yearly Christmas party
Cooperative Kitchen	Brenda Mahoney 886-8679 or 347-2480 ext. 111 Central Alberta Women's Outreach Centre 4808 51 Avenue, Red Deer	Group meets 2 <sup>nd</sup> Wednesday of every month for planning and cooking	Low cost (\$3 per family member), fun, social time. Learning fast, easy recipes and meeting neighbours. Food is taken home after being cooked.
Community Garden	Kathryn Huedepohl	May to September	Community groups and individuals collaboratively tend the garden and anyone who helps receives a portion of the harvest.
<b>PONOKA</b>			
Food Bank	Contact: Violet Smith/June Lee (403) 783-5910 Bay 6B, 4612 – 50 St., T4J 1S7	Tuesday & Friday 10 to 1	Providing emergency food hampers to those in need.
Meals on Wheels	Danielle Fenske (403) 783-4462 FCSS Box 4004, 5006 –52 Ave, T4J 1R5	Monday thru Friday Noon	Cost: \$6.00 per meal Provide nutritious meals to those in need.
Community Kitchen	Danielle Fenske (403) 783-4462 FCSS Box 4004, 5006 – 52 Ave, T4J 1R5		Contact Danielle for more information.
Canadian Pre-natal Nutrition Program (CPNP)	Baby Steps For client intake contact: Ponoka Community Health Centre: (403) 783-4491, or Ponoka Outreach School C/O 6000 Hwy 2A Ponoka AB T4J 1P6 Contact: (403) 783-5464  For program information contact: Patricia Leitner (403) 341-2119 <a href="mailto:Pleitner@dthr.ab.ca">Pleitner@dthr.ab.ca</a>		Serves: Lacombe, Ponoka, and Innisfail. Free monthly food coupons for milk, eggs, fruit, vegetables and peanut butter are offered to participants. Vitamins are provided free of charge. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Eligibility determined by intake assessment at each community health centre and the Ponoka Outreach School –High School Credited Program.
Transportation	Handi-Bus “Ponoka Wheelchair Van Society”		Cost: \$4.00 one-way in town and an additional \$0.50 per km for out of town trips. Tickets \$4.00

	Contact: Wayne Stewart (403) 783-2258		each or 10 for \$36. Prices are subject to change. Waiting time \$15 per hour.
Farmers Market	Ponoka Arena Contact: Donna Merrill (403) 783-6776	Wednesday 9am-1pm	Lunch counter available, variety of prices
Lower Cost Meal	Rising Sun Club Contact: Carla Prediger, Marilyn Horsley (403) 783-5810	Become a member for \$5.00 per year	Non-members \$5.00 Wednesday \$4.00 Monday, Tuesday, Thursday, Friday \$2.00- \$3.00
Lower Cost Meal	Champion Centre Contact: Fred Klooster	Monday - Friday 9am-2pm	Meals are available at a lower cost.
<b>RED DEER</b>			
Emergency Meals	Loaves and Fishes 6002 - 54 Avenue Red Deer, AB T4N 4M8  Contact: Steve Lantz (403) 347-1844 Mindy Lantz	Mon, Wed, Fri - 5 –7 pm (suppers available) Sun – 1:00 (lunch available every 1 <sup>st</sup> , 2 <sup>nd</sup> & 5 <sup>th</sup> Sunday)	
Friendship Meals	Sacred Heart Church Contact: (403) 346-2618 5508 48A Avenue, T4N 3V6		Free meal provided every 3 <sup>rd</sup> & 4 <sup>th</sup> Sunday from 11:30 –12:30 pm. Emergency hampers on request
Soup Kitchen	Potters Hands Ministries 4935 – 51 Street Red Deer, T4N 2A8 Contact: Gertie Clark (403) 309-4246	<b>Winter:</b> <u>Breakfast</u> (6:00-8:30): Mon, Tues, Wed, Sat (9-11:30) <u>Toast/Coffee</u> (6:00-9): Mon-Fri <u>Lunch</u> (11:30-1:30): Mon, Wed <u>Supper</u> (4:30-7): Tues, Sat <b>Summer:</b> <u>Breakfast</u> (6:00-8:00): Mon, Tues, Wed, Sat (9-11:30) <u>Toast/Coffee</u> (6:00-9): Mon-Fri	
Food Bank	Red Deer Food Bank Society Contact: Fred Scaife 403-346-1505 (Tel) 403-346-1551 (Fax) 7429 49 Avenue Bay #12, T4P 1N2, <a href="mailto:rdfoodbank@telusplanet.net">rdfoodbank@telusplanet.net</a>	Monday to Friday 9:00-11:45 & 1:00- 5:00	Call the assistance line between 9:00-11:45 & 1:00- 5:00 Monday to Friday. Closed weekends and statutory holidays.
Collective Kitchens	Central Alberta Women's Outreach Society Contact: Barb Barber (403) 347-2480	Monday – Friday 8:30 – noon & 1:00 –	Contact office for more information.

	4808 51 Avenue, T4N 4H3	4:00	
Collective Kitchens	Central Alberta Immigrant Women's Association Contact: Halima (403) 341-3553 #120, 4818 50 Ave, T4N 4A3		2x per month (Saturdays) Cost: \$2.00-5.00 per family (if they can afford it or no cost if they can't)
Farmers' Market	Red Deer Public Market Contact: Dennis Moffat (403) 346-6443 Location: 43 <sup>rd</sup> street & 8 <sup>th</sup> avenue Mailing address: 5134 44 avenue, T4N 3H8	Saturday 8:00 to 12:30 pm	May 21 <sup>st</sup> through to Thanksgiving weekend. All vendors have Public Health Certificate. **no dogs allowed in building
Meals on Wheels	Red Deer Meals on Wheels Contact: Cheryl Day (403) 340-2511 #6 Daykin Street, T4R 3P9	Daily Delivery Monday thru Friday Btwn 11:30 to 12:30	Cost: \$5.50 Hot nutritious meals. Can order multiple meals/delivery.
Food Co-op	R-Own Food 4808 51 Avenue, T4N 4H3 outreach@womensoutreach.ca Central Alberta Women's Outreach (403) 347-2480	Provide food hamper once a month	Cost: \$5.00 yearly registration fee for R-own Food Co-op. Food hamper (produce order + meat order) - \$20 Produce order - \$9 Meat order - \$11 Referral to: Salvation Army Church; Red Deer Food Bank; and Luke's Cartage Ltd.
Canadian Pre-natal Nutrition Program (CPNP)	Building Incredible Babies Contact: Lisa Smith (403) 309-8214 <a href="mailto:Lsmith@fsca.ca">Lsmith@fsca.ca</a> 5409 50 Ave, T4N 4B7	Group meets every two weeks.	Serves: Red Deer & Sylvan Lake. Intake based on physician or self-referral. Nutrition education facilitated by Registered Nutritionist throughout program. Each session there is a draw for a food hamper with recipes. Participants are provided with prenatal vitamins, milk, eggs, and produce coupons.
Grocery Delivery	Golden Circle Contact: Outreach workers (403) 343-6074 for assessment to qualify for delivery program volunteer@goldencircle.ca	Order Wed starting @ 11am Groceries delivered Fri morning	Make cheques payable to Red Deer Coop. Limited number of people allowed on list, and need assessment from outreach worker. Minimum \$20.00 order. Deliver charge of \$3.00
Grocery Delivery	West Park Foods Contact: Kevin @ (403) 343-7500 #110, 3722 57 Avenue, T4N 4R7	Order between 10 -noon Mon – Fri Delivery – same day 12:30-3:30	Free Delivery if order over \$20. No fresh meat and limited amount of produce available. Great service. Service available to anyone.
Grocery Delivery	Save On Foods	Delivery only	Must phone Save On Foods with order, then phone

	Contact: (403) 343-6611	available Wednesdays and Fridays	for grocery delivery through “Busy Bee” at (403) 347-1999, at a minimum cost of \$7.  Save On Foods card required, membership is free. Pay driver by cheque. **Service for Seniors or persons unable to get out.
Grocery Delivery	Gaetz Sobey’s Contact: (403) 348-0848	Usually same day delivery except 15% Tuesdays	Must phone Sobey’s with order, then phone for grocery delivery through “Busy Bee” at (403) 347- 1999, at a minimum cost of \$7. Pay driver by cheque.
Grocery Delivery	Red Deer Co-op 5118-47 <sup>th</sup> Ave Contact: (403) 309-8904	Delivery service offered Monday to Friday from 9-4:30 and some Saturdays	Delivery provided by the Co-op. Charge is 7\$ for 10 grocery bags.
Grocery Delivery	Eastview IGA Contact: (403) 343-9505	Usually same day delivery	Must phone IGA with order, then phone for grocery delivery through “Busy Bee” at (403) 347-1999, at a minimum cost of \$7. Pay driver by cheque
Grocery Transportation	Red Deer Co-op Contact: (403) 309-8904	Every Thursday	The Red Deer Co-op charters a bus every Thursday that picks people up at high senior density areas of the city. It takes them to the Co-op to get their groceries and takes them home after. The service is paid for by Red Deer Co-op and is free to the participants.
Transportation	Red Deer Transit (403) 342-8225 PO Box 5008 T4N 3T4 Attn: Kevin Joll		Provides monthly bus passes for seniors. Cost: \$51/mo Senior GIS subsidized rate = \$29/mo. 12 tickets = \$18.50 (available at City Hall or sales outlets in Parkland/Bower Mall) To register for GIS rate bring proof to City Hall 4 <sup>th</sup> Floor – Community Services Transit Administration
<b>RIMBEY</b>			
Canada Prenatal Nutrition	Babies First For client intake contact: Rimbey Community		Serves: Rimbey, Breton and Winfield area. Free monthly food coupons for milk, eggs, fruit,

Program (CPNP)	Health Centre: (403) 843-2288 Or FCSS (430) 543-2030 For program information contact: Patricia Leitner (403) 341-2119 <a href="mailto:Pleitner@dthr.ab.ca">Pleitner@dthr.ab.ca</a>		vegetables and peanut butter are offered to participants. Vitamins are provided free of charge. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Eligibility determined by intake assessment at each community health centre.
Food Bank	Rimbey Food Bank Contact: FCSS office - Sandy McLary (403) 843-2030 (403) 843-3270 (Fax) Box 404, T0C 2J0, <a href="mailto:rfcss@telusplanet.net">rfcss@telusplanet.net</a>	Phone FCSS for an appointment M-F (8:30-12:00 and 1:00 to 4:30) Pick-up at 11:15 on Wednesday	Requests for hampers made through Rimbey FCSS. Hampers are provided based on an assessment of client's needs. Families can access only once a month and a maximum of 6 hampers per year.
Farmer's Market	Contact: Gale Rondeel (403) 843-4948	Saturday 9:30-noon	May through September Two Christmas markets
Collective Kitchens	FCSS Deana Harris (403) 843-2030 Box 404, T0C 2J0, <a href="mailto:rfcss@telusplanet.net">rfcss@telusplanet.net</a>		Call Deana for more information. Kitchens are run 4 to 6 times per year.
Community Garden	Neighbourhood Place (403) 843-4304 - Shannon Boyce-Campbell Contact: Janet Stout (403) 843-2018		Contact Janet for further information
Grocery Delivery	Rimbey Foods Contact: Sheldon Ibbotson at (403) 843-2650		Free delivery in town. Phone before noon. Products for Celiac conditions available.
	Co-op (403) 843-2258	Mon, & Wed & Fri	Free delivery in town. Phone before 2:00 pm
Meals on Wheels	FCSS Contact: Moira Gates (403) 843-2030 <a href="mailto:mgates@rimbeyfcss.com">mgates@rimbeyfcss.com</a>	Mon thru Friday and holidays. Noon served	Cost: \$7.00 Servicing seniors and people with disabilities or convalescing. Hot full course meals delivered at noon.
<b>ROCKY MOUNTAIN HOUSE</b>			
Food Bank	The Lord's Food Bank Contact: Rev. Dan Gonzales 403-845-7546 (Tel) Box 1242, 4923 52 Street, T4T 1A9, <a href="mailto:admj420@@hotmail.com">admj420@@hotmail.com</a>	Tuesday & Thursday 11:30 to 2:30	Can get a hot meal and 2 hampers per month. Are welcome to bread, goodies etc. when available.

Farmers' Market	Town & Country Farmers' Market Contact: Iris Schenk (403) 845-3629	Saturday May- Dec 9-1:30pm Jan- April 12-3pm	At the Arena Complex
Canadian Pre-natal Nutrition Program (CPNP)	Baby Biz Contact: Shannon Beagle Thompson (403) 844-7851 babybiz@telusplanet.net	Wednesday 6:30-8:30pm	Prenatal nutrition program that serves: Rocky Mountain House, Caroline and area. Provides coupons for milk, OJ, vitamins, vegetables and fruit and peanut butter. Mothers receive breastfeeding incentives. Nutrition education provided for participants. Meetings – weekly snack and transportation provided.
Grocery Delivery	Rocky Mountain House Co-op Linda Bozman (403) 845-4080 ext 103		COPE clients accompanied by an outreach worker will pick up and deliver groceries. A service fee may apply \$25.00 in town and \$21 plus \$0.35/km for out of town within a 20km radius
Meals on Wheels	West Country Family Service (403) 845-2033 4934 50 <sup>th</sup> St., Box 646, T4T 1A5 <a href="mailto:wcfesa@telus.net">wcfesa@telus.net</a>		Provides nutritious meals for \$6.00 per meal.
Soup Kitchen	Rocky Native Friendship Centre (403) 845-2788	Wednesday – noon	Soup, Bannok and Coffee by donation
<b>STETTLER</b>			
Farmers' Market	Ag Society Contact: (403) 742-6288 Location: May-Nov 4516-52 St. (Ag Building) Dec-April Stettler Mall	Every Tuesday of the month, full year, 9-1 pm	Sell: produce, meat, eggs, misc.
Food Bank	Stettler & District Food Bank Society Contact: Kathy Willis (ED) (403) 742-0732 Box 1492, 4720-50 St., T0C 2L0, <a href="mailto:bwillis@telusplanet.net">bwillis@telusplanet.net</a> Location: Stettler United Church Basement	Tuesday & Thursday 1:00-3:00	Provides emergency food hampers to those in need. 2 hampers/ mo. Closed statutory holidays.
Canadian Pre-natal Nutrition Program (CPNP)	Babies Matter Contact: Julie Ralph at the Stettler Community Health Centre (403) 742-3326		Provides home based visitation programs, groups, food and prenatal vitamin coupons. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Serves: Stettler, , County of Stettler,

Grocery Delivery	Sobey's Customer Service (403) 742-5025	Mon, Tues, Thur, Fri 11:00, 2:00, 5:00 pm 2:00 pm on Saturday	Free delivery in town. \$5.00 fee if phoning in order. \$5.00 delivery charge No deliveries on Wed, Sun or Holidays
Meals on Wheels	FCSS/Paragon Place Contact: Diane Eckland Box 2097 T0C 2L0 (403) 742-6568	Mon -Friday Noon	Cost\$5.00per meal Must order at least one day ahead.
Transportation	Stettler and Disctict Handi Bus Contact: VickiSavage (403) 742-5858	Monday- Friday	Call FCSS to arrange ride. Sat., evenings, weekends and holidays available only to wheelchair clients. Cost \$2.50 each way.
<b>SUNDRE</b>			
Food Bank	Mountain View Food Bank Located: 5025-50 <sup>th</sup> Street (basement old provincial bldg) Mailing: Box 3958 Olds, Alberta T4H1P6 President: Pat Graham 403.556-1693 (message service)	Tuesdays 9-1	Individuals need to go in to apply for hamper.
Farmers' Markets	Curling Rink Contact: (403) 638-7729	Friday 5 – 7:30	May – Sept ; Special Christmas market
Grocery Delivery	IGA Customer Service Contact: (403) 638-3886		NO charge service for those in need (ie. Single moms, seniors, those without transport)
Meals on Wheels	Sundre Hospital Dietary Department Contact: (403) 638-3033	Monday thru Friday	Reduced fee; local volunteers deliver. Delivery time 12:00. Meals \$7.05/person/day
<b>SYLVAN LAKE</b>			
Food Bank	Sylvan Lake Food Bank Contact: Mary Ann Bell/Fay Cherepuschak (403) 887-4534 Seventh Day Adventist Church 4607 47 Avenue, T4S 1N9, <a href="mailto:gmbell@telusplanet.net">gmbell@telusplanet.net</a>	Wednesday 9:30 am – 12:00 noon Enter at back door.	Emergency food service (hamper) available through Sylvan Lake Neighbourhood Place on other weekdays. Contact Cindy (403) 887-1137.
Meals on Wheels	Sylvan Lake Senior Citizens Lodge, 4620 47 Ave. Contact: Lila Bickford for meals (403) 887-2555 To volunteer drivers contact: Lavilla Johansson (403) 887-4542	Monday thru Friday	Cost: \$6.00 per meal. This lodge can only provide up to 6 meals on wheels meals per day. Servicing those unable to prepare nutritious meals and wishing to remain in own home.
Collective Kitchens	Sylvan Lake Collective Kitchen Contact: Christina McLeod 506-4988	2 days/month (1 day = planning, 1 day =	Approximately 5 people/group. Cost varies depending on what participants are able to

		cooking)	contribute. Meet and cook at the Community Centre
Community Garden	Sylvan Lake Community Partners, (403) 755-6934 or Carmen Aragon, Community Garden Lead (403) 5816.		Everyone encouraged to help pick, weed, water. Garden is self-serve and at no cost.
Canadian Pre-natal Nutrition Program (CPNP)	Building Incredible Babies Contact: Lisa Smith (403) 309-8214 <a href="mailto:Lsmith@rdfs.ca">Lsmith@rdfs.ca</a> or Donna Just, Intake worker for BIB Sylvan Lake, (403) 309-8223	Individual visiting plus invitation to attend bimonthly group sessions in Red Deer.	Serves: Red Deer & Sylvan Lake. Intake based on physician or self-referral. Nutrition education facilitated by Registered Nutritionist throughout program. Participants are provided with prenatal vitamins, milk, eggs, and vegetable and fruit coupons.
Grocery Delivery	Cobb's AG Foods (403) 887-2091	7 days/week	Free delivery on food orders over \$25. Please call in before noon. Payment: prepaid account or on credit card.
Community Christmas Supper	Christmas supper held at the Sylvan Lake Community Centre, free, Christmas Day. Contact Neighbourhood Place 887-1137		
Sylvan Lake Christmas Bureau	Supplies food vouchers at Christmas. Contact Barb Watson (403) 887-5132		
Transportation	Sylvan Lake Senior Citizens Bus Association Contact: Ed Suchow (403) 887-3317 or Stan Mellott (403) 887-2482		Providing transportation for senior citizens. A service fee.
<b>THREE HILLS</b>			
Food Bank	Three Hills Area Food Bank Contact: (403) 443 1005 Box 1695, T0M 2A0, <a href="mailto:threehillsfoodbank@telus.net">threehillsfoodbank@telus.net</a>	No set office hours	Clients phone and leave a message on a cell phone. Hampers (4-5 day use – 4 hampers/year only) and Christmas hampers.
Farmers' Market	The Three Hills Curling Club <a href="http://www.3hfarmersmarket.pncpublishing.com">www.3hfarmersmarket.pncpublishing.com</a>	Tuesdays from 10 9am until 2:00 pm	July - Sept
Meal on Wheels	Three Hills District Health Service Contact: 403.443-2444	Monday – Friday 9-4	Meals are supplied at a reduced fee and local volunteers deliver Mon - Fri
Canadian Pre-natal Nutrition Program (CPNP)	Baby Steps ( <b>AS OF JANUARY 2007</b> ) For client intake contact: Three Hills Community Health Centre: (403) 443-5355 ext. Public Health For program information contact: Patricia Leitner (403) 341-2119		Free monthly food coupons for milk, eggs, fruit, vegetables and peanut butter are offered to participants. Vitamins are provided free of charge. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding

	<a href="mailto:Pleitner@dthr.ab.ca">Pleitner@dthr.ab.ca</a>		and infant development. Eligibility determined by intake assessment at each community health centre.
Grocery Delivery	IGA Contact: 403.443-5022	Tuesday, Thursday, Saturday	\$5 delivery fee. Must be ordered before 4 p.m. No fee on Thursday for seniors with minimum \$25 order.
<b>TROCHU</b>			
Food Bank	Trochu Food Bank Must phone: St. Mary's Health Care Centre Contact: Colleen Maxwell or Janice Weiss (403) 442-3955 Delivery Coordinator: Peter Verhesen (403) 442-3074 Mailing Box 100 Trochu, AB T0M2C0	Call for orders Mon-Friday 8-3pm. Deliveries made Wed and Friday mornings.	Food Hampers are delivered. To those in need or those who find themselves in an emergency situation. Xmas hampers also available.
Canadian Pre-natal Nutrition Program (CPNP)	Baby Steps ( <b>AS OF JANUARY 2007</b> ) For client intake contact: Elnora Community Health Centre: (403) 773-3636 For program information contact: Patricia Leitner (403) 341-2119 <a href="mailto:Pleitner@dthr.ab.ca">Pleitner@dthr.ab.ca</a>		Free monthly food coupons for milk, eggs, fruit, vegetables and peanut butter are offered to participants. Vitamins are provided free of charge. Information is given on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. Eligibility determined by intake assessment at each community health centre.
Meals on Wheels	St. Mary's Health Care Centre Contact: Colleen Maxwell or Janice Weiss (403) 442-3955 <a href="mailto:Cmaxwell@dthr.ab.ca">Cmaxwell@dthr.ab.ca</a>	Call for orders Mon-Friday 8-3pm. Deliveries made daily between 4-6 pm.	Cost: \$5.50 per meal. Volunteers deliver meals.
Grocery Delivery	Trochu Foods (403) 442-4313	Mon, Thurs, Sat – 4:00 pm	Free delivery for minimum order \$25.00
<b>WETASKIWIN</b>			
Food Bank	Salvation Army Food Bank Contact: Rose-Ann (403) 352-2416 5010-51Ave, T9A 0V1, <a href="mailto:safoodbank@persona.ca">safoodbank@persona.ca</a>		No referral necessary. 1 hamper/mo. Call for appt.
Breakfast Table	Neighbours Outreach Wetaskiwin (780) 352-8428 Wayside Chapel	Tues 8:00 – 5:00pm Wed 1:00-5:00 pm Thurs 1:00- 5:00pm	Soup, Buns & Coffee – Tues, Thurs & Sat 8:30-11am

	5009 48 Avenue	(office hours)	
Farmers' Market	Wetaskiwin Ag Society Contact: Pearl Hay (780) 352-3157	Wednesday 11-3 Wetaskiwin Mall	
Canadian Pre-natal Nutrition Program (CPNP)	Nutritious Beginnings Contact: Kelly Weiss (780) 360-6543 nutritiousbeginnings@brighter-futures.ca		Serves the area of Breton, Buck Creek, Drayton Valley, Wetaskiwin and Winfield. Participants are provided with : prenatal vitamins, monthly food coupons while pregnant, as well as information on healthy eating, feeding your family, pregnancy, labour, birth, breastfeeding and infant development. One on one visits and monthly support group offered.
Transportation	Wetaskiwin Community Transportation and Housing Society Contact: (780) 352-4435		Call (780) 312-7062 Hours Monday to Friday 8am-4pm, special requests for weekends.
Community Garden	Wetaskiwin Community Garden Contacts: Kerry Huber (780) 361-4022 Merv Leibel (780) 361-4361		Initiated in Spring 2003. Tools, seeds and plots provided. Many community agencies support parts of the program.
Meals on Wheels	City of Wetaskiwin, Family & Community Support Services (780) 361-4425		Meals available at noon. Monday through Friday certain days can be requested. Cost is \$6.00/meal and delivered by volunteers.
We-Can Food Basket	Wetaskiwin District Association for Community Service (780) 352-2241 www.wecanfoodbasket.net		\$5.00 Membership fee. Money is pooled to buy fresh and healthy foods. Fees due the first Friday of the month. Pick-up is the third Thursday of the month.