

## Food Programs

### Good Food Box Program

The Good Food Box is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The boxes are put together and delivered by dedicated volunteers who desire to see individuals and families accessing affordable nutritious food.

#### Monthly Box Options

Small Box:	\$20, 20-25lbs of fruits and vegetables
Medium Box:	\$25, 30-35lbs of fruits and vegetables
Large Box:	\$30, 40-45lbs of fruits and vegetables

Okotoks Depot      Contact: Carol Boone      403-988-7220

### High River Food Rescue

Anyone can come to this market and take 1-2 bags of groceries home with them without needing to answer any questions or provide identification. Unlike most food rescue initiatives, this one provides not only fresh produce but also dairy products, pre-cooked and cured meats, yogurt, eggs, milk, other grocery items, and even pet food that has been rescued from local stores.

Location: 55-8 Ave SE, High River

Tuesday and Thursday's Noon to 1:30, every second Thursday from 5:00 to 6:30 (no lunch hour service)

### Food Bank

**High River** - Salvation Army Food Bank

Family Services/Thrift Store

119 Centre Street SE

Phone: 403-652-2195

**Okotoks** - Okotoks Interfaith Food Bank

**Turner Valley** U District Food Bank Association

**The Veterans Food Bank of Calgary**

4619 6 St NE #1, Calgary, AB T2E 7C3

Phone: (403) 277-8387