FOOD RESOURCES IN HIGH RIVER OCTOBER 2019

NAME OF SERVICE	*WHAT IT IS?*	*HOW CAN I ACCESS THE SERVICE?*
COOKING CIRCLE (Currently full)	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. **Cost:** $2:50/meal. Money is collected on planning day. Food containers are provided as well as recipe binders. *** Child Care is provided as is a healthy snack.**	**Phone:** 403-652-2985 **Address**: High River Baptist Church 514160 121 Street East. The last Wednesday and the first Wednesday of each month 9am- 12pm
HOME PRODUCE DELIVERY/ ARK LTD	This program offers fresh, local produce to your door, Broxburn vegetables and ARK a local greenhouse are working together. Boxes can be purchased in *$23.00/box min requirement of purchasing 2 boxes.* Boxes contain an assortment of items.	**Phone**: 403-649-4422 **Email**: danc@arkltd.net **Facebook**: Arge Resilience Kit Ltd. ARK **Website:** www.arkltd.net
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 **Address:** 123 Macleod Trail, SW **Website:**www.highriverunitedchurch.org
HIGH RIVER FOOD RESCUE	Volunteers rescue and redistribute edible food from merchants that would otherwise head to the landfill. Hours are open Tuesday and Thursdays 12-1:30 (or until the food runs out) The 2nd Thursday of the month the hours are 5-7pm only.	**Hours: Tuesdays and Thursday 12-1:30pm unless food runs out (Except the second Thursday of each month 5-7pm)** **Email:** highriverfoodrescue@gmail.com **Facebook**: High River Food Rescue & High River Food Connections **Address**: The Commons 55- 8th Ave SE (aka Vetrans Way)

HIGH RIVER FOOD FOR THOUGHT	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)	**Phone**: 403-422-0475 **Email:** hrfoodforthought@gmail.com *You can also contact each school for more information*
THE SALVATION ARMY FAMILY SERVICES AND YOUTH MINISTRIES	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. 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. Ready to Serve: Tuesdays 5pm-7pm ages 7-12 is a children's program offering dinner and games at The Salvation Army Church.	**Phone**: 403-652-2195 Ext 2 **Office Address**: 119 Centre St. SE **Church Address:** 117 2ND Ave SE **Facebook**: The Salvation Army Foothills Family Services Office ***All Services by Appointment***
OUR HIGH RIVER	Community events put on by Our High River to increase community engagement.	Community Café- October 9th 5-7pm Vital Focus "Belonging" Free tickets on Eventbrite **Facebook:** Our High River
HIGH RIVER COMMUNITY GARDENS	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.	**Website:** www.highrivergardens.org **Email:** highrivergardensociety@gmail.com
MEALS ON WHEELS	Meals provided for seniors and homebound individuals. Meals are delivered directly to client's home.	**Phone:** 403-652-2200
HEART TO HOME MEALS	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 delivered in High River on alternating Wednesdays.	**Phone:** 1-844-431-2800 **Email:** calgary@hearttohomemeals.ca **Website:** www.hearttohomemeals.ca