

Food Security

Edmonton Food Bank

1. How do I get a food hamper?

- a. Please call 780.425.4190 (Monday to Friday between 8:30 a.m. and 4 p.m.) to speak confidentially with a Client Services worker. Please note our lines can be busy and we appreciate your patience.

2. How long will my food hamper last?

- a. We provide food hampers to assist in short-term situations. Your hamper should last between 5 and 7 days and will be built for the number of individuals in the household.

3. What should I expect when I phone?

- a. Your call will be answered by a Client Services worker who will ask for some information so that we can best serve you. For example, "What is your current address?" which will help us locate your local depot. Your information is kept confidential. You will be asked to provide a piece of identification (e.g. health care card) for yourself and each person in your household. If you are experiencing issues beyond food, our Client Services worker may be able to refer you to other support services to help.

4. How do I collect my food hamper?

- a. In most situations, food hampers are built at the Food Bank warehouse and delivered to your community depot. There are depots in neighbourhoods throughout Edmonton located mostly in churches and community centres. Volunteers at the depot will greet you, ask for your identification and identification for each person in your household.
- b. Please remember to bring a cart, buggy, wagon, suitcase with wheels, or other means to transport your food. Food hampers are based on your family size which means there may be multiple boxes to take home (i.e. about 10-14 kilograms of food per person).
- c. Please be prepared to transport your box(es) of food OR repackage the food into your own grocery bags to take home.

5. How does it work if I request a food hamper online?

- a. If you are an existing client you may be able to use our online hamper order form. If you are able to answer "YES" to ALL of the following questions, please click continue and complete the FORM.
- b. - I have received a food hamper from Edmonton's Food Bank within the last 6 months.
- I have used Edmonton's Food Bank services fewer than five times within the last 6 months.
- This is my first hamper within the last month from Edmonton's Food Bank.
- My address has not changed since I last used Edmonton's Food Bank.
- The people who live in my household and their identification are the same as the last time I (we) used Edmonton's Food Bank.
- c. If you answered "NO" to any one of these questions, please contact the Food Bank at 780.425.4190 (Monday to Friday between 8:30am and 4pm). When you contact the Food Bank, you will speak with a client services worker to discuss your situation and how we can help.

6. Online Hamper Process

- a. Once the form is complete it is sent in for processing. You will receive an email copy with all the information you provided – this initial email does not mean that your food hamper is confirmed.
- b. A second email will be sent to you with the name of the depot, date and time to pick-up your food hamper.
- c. You must then reply to this email to confirm that you can pick-up your food hamper on the day, time and location (depot) provided. Once this email is received, your order will be filled. If you do not respond to the "confirmation" email – no food hamper will be built.

7. What will be in my food hamper?

- a. Generally, a hamper includes milk, eggs, bread, fruit, vegetables, yogurt and non-perishables such as pasta and soup. The items in your food hamper have been donated or purchased by Edmonton's Food Bank. We do our best to follow Canada's Food Guide to provide clients with a healthy food hamper.
- b. We cannot guarantee specific items will be in your hamper because the majority of food we provide is donated. If you have specific dietary needs, such as diabetes, please tell our Client Services worker and we will do our best to accommodate your needs.

8. When will I get my food hamper?

- a. Edmonton's Food Bank will ensure that you receive a food hamper within five business days of your contact with us.

Jasper Place Wellness Centre

Food4Good is our approach to food security in West Edmonton. We work with community members and other community-focused organizations to create access to and education around good food.

What we do:

1. Operate low-cost fruit & veggie markets to crease access to fresh food.
2. Operate low-cost educational programs on how to cook: collective kitchens and meal prep courses for elders, adults and seniors.
3. Operate Emergency Good Food Hampers delivery program with the focus of getting healthy fresh food to community members who may need extra help with food security during COVID19.
4. Partner with Edmonton Food Bank as a depot for community emergencies such as COVID19.
5. Tony is our program coordinator if you are looking to connect with any of our programs or if you are interested in volunteering contact him today at 780-481-4001 or tonyh@jpwc.ca!

YEG Community Response to COVID19- Facebook group

<https://www.facebook.com/groups/209788323463176/>

Goal of the Group

To ensure Edmontonians in need have a space where they can reach out and access the support they need in order to weather the COVID19 pandemic. No one is left behind.

We serve the community by working to:

- provide a safe space for vulnerable community members to request and receive emergency supports and needs
- provide a safe space for people to give back to their community and support those in need
- disseminate important information including government releases and resources
- provide a space for connection and mental health support and well-being
- facilitate connection to resources via social service agencies
- The supports we provide include
- dispatch of food from the food bank
- outreach and connection to support emergency food needs
- dispatch of meals
- online public bulletin board to reach out for urgent needs
- information and resources that support economic security and well-being
- wrap around support to complex cases to ensure needs are met
- connection to social service agencies that can fulfill needs



For more information, please email us: yegcommunityresponse@gmail.com

Meals on Wheels

Food is essential for physical well-being. It is also an important social connector, especially for those who are housebound. The sharing of food helps build relationships, ease loneliness and provide opportunities to listen, laugh and share stories.

- 82% of Meals on Wheels clients report that they are more 'socially connected' with others because of the volunteer visits
- 86% reported that our services make them feel more independent than before
- 85% say our services enable them to remain at home

Edmonton Meals on Wheels connects people who need a little help with those who want to help! Very often, our caring volunteers become part of our client's social support network. This is how we nourish and feed both body and soul®.

Who we serve

Edmonton Meals on Wheels is not just for seniors. In fact, 13% of our clients are under 60. Think of us when you or your family members:

- Don't have family close at hand to help with meals or groceries
- Need help adjusting to special dietary restrictions
- Are just being discharged from the hospital and need help at home
- Are finding it hard to cook well-balanced meals everyday

(780) 429-2020

Edmonton FREE Fruit Trees

<https://data.edmonton.ca/Environmental-Services/Edible-Fruit-Trees-Deprecated-/dsgm-wamx>

WECAN Food Basket Society

Membership

Buy a \$5 annual membership to join WECAN Food Basket Society. Membership period runs from April to March. Potential members may join any time however the membership will be renewed in April each year.

How to join

We have numerous depot locations around Edmonton and area where you may place your order and payment. Please keep in mind that the depot location you choose to pay to will be the location of pick-up. You can now register directly on our website by [going here](#)

How it works

We operate through a pay for use model. Members must place and pay for orders before the order deadline on the first Friday of the month (Please read further for important dates). WECAN Food Basket Society then places the order at TGP, a local wholesale store that supplies the food basket at a lower rate. Please keep in mind that we buy what is in season and what is on sale.

Payment

Voice of Albertans with Disabilities

780-488-9088 • www.vadsociety.ca • 406 Hys Centre, 11010 101 Street NW • Edmonton



At the moment we are accepting cash payments only.

Food Basket

A food basket is \$25. Below is a breakdown and example of a food basket. If you would like to purchase more, you may double your food basket to \$50, or alternatively the meat portion or produce portion if you would like more.

Where to order

Place your orders at the depot location most convenient for you! When placing an order, on a piece of paper please indicate the following: 1) Your Name 2) Your Phone/Email 3) Order Details 4) Amount that you are enclosing.

What is a depot?

Depots are locations around Edmonton where you may place your orders and pick-up your food basket. This is run by the depot coordinator and volunteers. The depot can be likened to a pop-up store that operates ONLY on the pick-up day (aside from the hours when you would like to pay for your order). Other than once a month, there is no food on-site at any of the depots, thus it is important that you pick up your baskets promptly.

Order deadlines and pick-up days.

Orders must be placed before the first Friday of each month. Orders will be available 2 weeks later, on the 3rd Thursday or Friday of each month depending on your depot location.

12122 68 St NW, Edmonton, AB T5B 1R1, 780-413-4525

Lovegood Food Exchange Box - in Paul Kane Park, at 103 Avenue and 121 Street

E4C

Helping people living in poverty improve their food security is one of e4c's main focus areas, because we understand the impact hunger has on people. We also know that people living in poverty are more likely to have limited access to sufficient and nutritious food. That's why we're involved in initiatives like our School Nutrition programs, where together with the community we are able to support over 6,000 children each day by providing healthy breakfasts, mid-morning or afternoon snacks and lunch. Our summer snack program is equally important, as it offers kids who might not have access to regular meals once the school year is out, essential food during the summer months.

e4c also increases food security by providing essential supports, such as three meals a day in our emergency shelter and building knowledge and skills around food access and nutrition. Want more information or need help? You can reach us at 780-424-7543 or info@e4calberta.org



Collective Kitchens

Small groups of people who get together on a regular basis to plan and cook meals.

Collective Kitchen members share ideas and recipes. They also learn and improve their basic cooking skills.

This includes planning, shopping and preparing meals for themselves and their families. By cooking together and sharing food, time, and money are saved. Meals can be frozen and used when money is tight and time is limited.

Most kitchens operate in community settings such as community centres, churches, and schools. 780-735-3044

Fees

Fees are \$3.00 - \$5.00 per person, which covers the cost of food.

For more information or to find a kitchen, please contact Diane Thursby, Alberta Health Services Collective Kitchens Coordinator at 780.735.3044 or diane.thursby@albertahealthservices.ca

Alberta Avenue Collective Kitchen

WHERE IS IT?

The league kitchen. Access is through the kitchen door on the west side.

The solid door at the end of the driveway near the chain link fence.

WHO CAN ATTEND?

Adults and children who will be participating in the cooking. There is no childcare and no space for children who are too young or not wanting to participate. Please only bring one child per adult. You MUST register by the Sunday prior to the event. Alberta Avenue members and other local league members get priority.

COST & PROCEDURE

Alberta Avenue League Members: \$5 per portion

Non-resident League Members: \$7 per portion

A portion is 1 serving of each of the 4 dishes made. Order one portion for each family member.

e.g. To feed a family of 3 you order 3 portions and received 4 dishes per portion that will feed 3 people.

Each serving will be measured so that each participant receives equal serving amounts.

Participants must bring their own containers to pack food in as well as bags or boxes to carry it.

Payment required one week prior. Payment can be made via eTransfer to info@albertaave.org.

Go to our [sign up hub](#) for details & registration

9210 118 Avenue, Edmonton, AB T5G 0N2

Lots of parking in our parking lot on 93 St or 92 side street.

ETS Bus 5 & 8 stop at 93 St and 118 Ave

Millwoods United Church

Mill Woods United is pleased to sponsor and host the South East Edmonton Collective Kitchen on the second and fourth Tuesday of every month from 5:30 p.m. to 10:30 p.m. Under the guidance and leadership of Karen Boulanger, the cooks gather together to:



- learn new cooking skills
- share a meal
- take home prepared food

Everyone participates in preparing, clean up and planning for future menus. Cost is \$6.00 per portion (4 to 6 items depending on the menu each session). Please bring your own containers.

All are welcome! Participants must sign up and pay in advance by contacting Karen at (780) 461-7773.

Sorry, we cannot accommodate special dietary concerns, and there is no child care provided at this time.

The City-Wide Collective Kitchens program

The City-Wide Collective Kitchens program provides Collective Kitchens and related programs (slow cooker kitchen, etc.) in locations throughout the city. These programs are small groups of people who get together on a regular basis to plan and cook nutritious meals for their families in a supportive environment. Participants share ideas and recipes. They learn and improve basic cooking and life skills, which include planning, shopping, adjusting recipe quantities, determining nutritional choices, and preparing meals for themselves and their families. For some participants, it's an opportunity to practice and improve their spoken and written English. By cooking together sharing food and time, money is saved as well as developing social support.

(780) 478 5022, [Dickinsfield Amity House, info@amityhouse.ca](mailto:info@amityhouse.ca), <http://www.amityhouse.ca/>

YMCA of Northern Alberta

YMCA Boyle Street Plaza

Join us once a week to cook for yourself or your family. The class chooses the menu, the facilitator purchases the food and the group creates the meals as a team. Basic nutrition, food preparation and food safety are discussed throughout the class. Groups prepare two to three meals per session and portions can be ordered at a cost of \$3 each. Participants are asked to bring their own take away containers.

Please note that preregistration for this program is required.

Tuesdays 1-3pm

Wednesdays 10am-12pm, 1-3pm

Thursdays 11:30am-1:30pm

New sessions are added based on expressed interest and available funding. Right now, we're offering this program online! For more information or to register for a virtual class, please call the YMCA Boyle Street Plaza (780) 426-9265.

Salvation Army

Last year The Salvation Army provided 3.3 million free community meals to vulnerable men, women and children—anyone who is hungry.

Salvation Army community meal programs provide nutritious free meals in a caring manner that dignifies and respects the individual. These meals often act as a gateway to access other Salvation Army services.

Guests may be newcomers who don't know anyone, the unemployed or underemployed, the lonely, addicted, mentally ill, and/or physically disabled. Everybody is welcome to eat in a safe and friendly atmosphere.



Meal times vary from location to location and guests are served to help maintain their dignity. Guests tend to interact with one another throughout the meal and share about their difficult times with each other and staff. The food is often a gateway to receiving further assistance from The Salvation Army.

“There are days when I don’t have a lot to eat,” says Diana. “Coming to the community meal fills my stomach. Going without food—it’s not very good. And when I’m chatting with friends here, I feel great.”

Community Resource Centre – 9620-101A Avenue NW. 780-424-9222