

Access to Food in Cochrane and Area

Service	What you need to know	How you access the service
COCHRANE SERVICES		
COCHRANE FOOD BANK	<ul style="list-style-type: none"> ✓ Free Food Hamper ✓ Call to apply. Must call by noon on Tuesday for hamper pick up on Thursdays. ✓ Supports clients in: Cochrane and surrounding areas (South to and including Bragg Creek, north to Cremona, east to Calgary limits, west to Jamieson Road) ✓ Up to 5 hampers per year 	<p>Address: FCSS 209 Second Ave, Cochrane Phone: 403-851-2255 Phone Hours: 8:30am-4:30pm Monday to Friday Pick up Hours: Thursdays Pick up Location: 30 Griffin Industrial Point, Bay 4 Website: www.cochraneactivettes.com</p>
MEALS ON WHEELS	<ul style="list-style-type: none"> ✓ Low cost meals, free delivery ✓ 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"> ✓ Hot meals delivered during lunch ✓ Weekdays only, not on stat holidays ✓ Must call to request: must be 65+ ✓ Cost: \$7 per meal 	<p>Address: Big Hill Lodge Phone: 403-932-3355</p>
HEART TO HOME MEALS	<ul style="list-style-type: none"> ✓ Low cost meals: frozen meals to be reheated. Order meals online. ✓ Cost: \$4.45-\$9.95 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"> ✓ Low cost fresh produce ✓ \$25-35 for 20 to 45 lbs of fresh fruit & vegetables (price depends on size) ✓ Choice of small, medium and large box ✓ Call for pick-up location 	<p>Phone: 403-975-2224 (Krysten Corbel)</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) 	<p>Address: 128 1st Street, Cochrane Phone: 403-932-2585 Website: www.standrewsunitedcochrane.com</p>
FAMILY & COMMUNITY SUPPORT SERVICES	<ul style="list-style-type: none"> ✓ Emergency Food Packs available ✓ Access to community resources (<i>Senior Supports, Budgeting, Career, Parenting, Play Group, Healthy Relationships</i>) ✓ No cost 	<p>Address: 209 2nd Ave W, Cochrane Phone: 403-851-2250 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		
BRAGG CREEK COMMUNITY CHURCH	<ul style="list-style-type: none"> ✓ Free Food Hamper ✓ Call to apply and schedule pick-up ✓ Supports clients in: Bragg Creek and Redwood Meadows 	<p>Address: Bragg Creek Community Centre: 23 White Ave, Bragg Creek AB T0L 0K0 Phone: 403-949-2072</p>
IYAHRHE 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 Phone: 403-881-2766 Phone Hours: Mon–Fri, 9:00 am – 3:30 pm Pick Up Hours: 1-3:30 pm; Tues (singles), Wed (small families), Thurs (large families) Find on Facebook @ Iyahrhe Nakoda Foodbank Society</p>