

Access to Food

(Didsbury, Carstairs, Cremona and Water Valley)

Service	What you need to know	Where to go
Food Bank (Mountain View County)		
MOUNTAIN VIEW FOOD BANK	<ul style="list-style-type: none"> • Free food hamper: must qualify, come in to apply for a food hamper (must have ID) • Free Table: available every Tuesday • Supports clients in: Olds, Didsbury, Carstairs, Cremona, Sundre, Water Valley, Bowden, Torrington and surrounding areas • One hamper per month, up to 6 times per year 	<p>Address: 5025 50 Street – Olds Phone: 403-556-1693 (can call 24 hours/day) Hours: Tues 9am-1pm (hamper pick-up time and free table hours) Email: office@mountainviewfoodbank.com Website: http://mountainviewfoodbank.com</p>
Home Meal Delivery (Mountain View County)		
HEART TO HOME MEALS	<ul style="list-style-type: none"> • Meal Delivery: frozen meals to be reheated. • Order meals online or by phone. • Cost: \$4.45-\$10.35 per meal • Supports clients in: Didsbury, Carstairs, Cremona, Water Valley, Olds 	<p>Phone: 1-844-431-2800 Email: calgary@hearttohomemeals.ca Website: www.hearttohomemeals.ca Delivery: Didsbury, Carstairs, Olds - Alternating Wednesdays Cremona, Water Valley - Monthly on Wednesday</p>
TIME FOR HEALTH	<ul style="list-style-type: none"> • Meal Delivery: fresh meals; can be reheated • Individual meals, or weekly meal sets (5 or 8 meals) • Cost: starts at \$10.95 per meal, with 5% discount for seniors • Order online, email, or phone by Friday noon for delivery the following Tuesday • Supports clients in: Didsbury, Olds, Sundre, Carstairs 	<p>Website: https://timeforhealth.ca/ Email: timeforhealth19@gmail.com Address: 12 Beech Crescent, Olds Phone: 403-862-5600 Delivery: Tuesdays</p>

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Didsbury Services		
ESSENTIALS FOR OUR COMMUNITY	<ul style="list-style-type: none"> • Free grocery store gift cards: for families and individuals in need of groceries and cannot afford them • Can access up to 6 times per year 	<p>Address: 1606 14th Street, Didsbury</p> <p>Phone: 403-586-5836 (24hr call/text)</p> <p>Hours: Tues 9am-11am, Thurs 7pm-8pm (gift card pick up)</p> <p>Website: www.facebook.com/essentialsdidsbury</p>
SALVATION STUDIO HOUSE	<ul style="list-style-type: none"> • Food Vouchers: for families and individuals in need of groceries and cannot afford them • Emergency Food Packs: non-perishable food items in the bag • Call: to request and set appointment to pick up 	<p>Address: 2022 20th Avenue, Didsbury</p> <p>Phone: 403-335-2828</p> <p>Email: info@salvationstudiohouse.com</p> <p>Website: www.salvationstudiohouse.com</p>
DIDSBURY AG FOODS DELIVERY	<ul style="list-style-type: none"> • Grocery delivery: call to place order and have groceries delivered in Didsbury • No cost 	<p>Phone: 403-335-4097 (Sue)</p> <p>Hours: Mon to Fri delivery from 10am-4pm</p>
DIDSBURY CHRISTMAS HAMPER	<ul style="list-style-type: none"> • Christmas hamper • Provides 2 to 4 weeks of food and Christmas gifts (for families in need) • Self-referral • No cost • Must call to request* 	<p>Address: Zion Church</p> <p>Phone: 403-335-3629 (*Call to request)</p> <p>Email: info@zemc.org</p>

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Carstairs Services		
CARSTAIRS MEALS ON WHEELS	<ul style="list-style-type: none"> • Delivery of meal • Call: to request • Cost: \$13.75 per meal 	<p>Phone: 403-940-3327 (Town) Delivery: Mon to Fri 12pm-1pm; can be every weekday or select days (example: Mondays only).</p>
CARSTAIRS GOOD FOOD BOX	<ul style="list-style-type: none"> • Good value fresh vegetable and fruit box • Cost: \$27 for small box (~20lbs), \$32 for medium box (~30lbs) or \$37 for large box (~40lbs) • Etransfer or cash only. 	<p>Phone: 403-998-6454 (Candace) Email: can8@live.ca Website: https://www.facebook.com/groups/carstairsgoodfoodbox/</p>
Cremona/Water Valley Services		
CREMONA CHRISTMAS FOOD HAMPER	<ul style="list-style-type: none"> • Christmas food hamper; works with Cremona & District Santa's Anonymous • Self-referral preferred • No cost, must call to request* • Offered only in December 	<p>Phone: 403-637-2945 (Janet) (*Call mid-November to mid-December)</p>