

# Access to Food

## (Didsbury, Carstairs, Cremona, and Water Valley)

Service	What you need to know	Where to go
<b>Food Bank</b> (Mountain View County)		
<b>MOUNTAIN VIEW FOOD BANK</b>	<ul style="list-style-type: none"> <li>• <b>Free food hamper:</b> must qualify, come in to apply for a food hamper</li> <li>• <b>Identification</b> required</li> <li>• <b>Free Table:</b> available every Tuesday</li> <li>• <b>Supports clients in:</b> Olds, Didsbury, Carstairs, Cremona, Sundre, Water Valley, Bowden, Torrington, and surrounding areas</li> <li>• Up to 6 hampers per person in a year, each must be 30 days apart</li> </ul>	<p><b>Address:</b> 5025 50<sup>th</sup> St, Olds</p> <p><b>Phone:</b> 403-556-1693 (can call 24 hours/day, 7 days a week)</p> <p><b>Hours:</b> Tues 9am-1pm (hamper pick-up time and free table hours)</p> <p><b>Email:</b> <a href="mailto:office@mountainviewfoodbank.com">office@mountainviewfoodbank.com</a></p> <p><b>Website:</b> <a href="http://mountainviewfoodbank.com">http://mountainviewfoodbank.com</a></p>
<b>Home Meal Delivery</b> (Mountain View County)		
<b>HEART TO HOME MEALS</b>	<ul style="list-style-type: none"> <li>• <b>Meal Delivery:</b> frozen meals to be reheated</li> <li>• <b>Order:</b> online or by phone</li> <li>• <b>Cost:</b> \$4.45-\$10.60 per meal</li> <li>• <b>Supports clients in:</b> Didsbury, Carstairs, Cremona, Water Valley, Olds. One Wednesday a month will deliver to Drumheller</li> </ul>	<p><b>Phone:</b> 1-844-431-2800</p> <p><b>Email:</b> <a href="mailto:calgary@hearttohomemeals.ca">calgary@hearttohomemeals.ca</a></p> <p><b>Website:</b> <a href="http://www.hearttohomemeals.ca">www.hearttohomemeals.ca</a></p> <p><b>Delivery:</b> Didsbury, Carstairs, Olds: Alternating Wednesdays Cremona, Water Valley: Monthly on Wednesday</p>
<b>TIME FOR HEALTH</b>	<ul style="list-style-type: none"> <li>• <b>Meal Delivery:</b> fresh meals which can be reheated</li> <li>• <b>Options:</b> individual meals, weekly meal sets (5 or 8 meals), and family meals (for 5-6 people)</li> <li>• <b>Cost:</b> starts at \$10.95 per meal, with 5% discount for seniors</li> <li>• <b>Order:</b> online, email, or phone by Friday noon for delivery the following Sunday</li> <li>• <b>Supports clients in:</b> Didsbury, Olds, Sundre, Carstairs</li> </ul>	<p><b>Website:</b> <a href="https://timeforhealth.ca/">https://timeforhealth.ca/</a></p> <p><b>Email:</b> <a href="mailto:timeforhealth19@gmail.com">timeforhealth19@gmail.com</a></p> <p><b>Address:</b> *As of February 2020 in process of re-locating*</p> <p><b>Phone:</b> 403-862-5600</p> <p><b>Delivery:</b> Sunday evenings</p> <p><b><i>NOTE: As of February 2020 this service is closed. Will be open after re-location. Please check website for up to date information.</i></b></p>

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<b>Didsbury Services</b>		
<b>ESSENTIALS FOR OUR COMMUNITY</b>	<ul style="list-style-type: none"> <li>• <b>Free grocery store gift cards:</b> for families and individuals in need of groceries and cannot afford them</li> <li>• Can access up to 6 times per year</li> <li>• Rides often available with 24 hrs notice</li> <li>• <b>Konnection Kitchen:</b> Weekly free hot meal</li> <li>• <b>Supports Clients in:</b> Didsbury and Carstairs</li> </ul>	<p><b>Address:</b> Didsbury Train Station: 1811 20<sup>th</sup> St, Didsbury</p> <p><b>Phone:</b> 403-586-5836 (24hr call/text)</p> <p><b>Hours:</b> Tues 9am-11am Hot Meal: Thurs 6pm</p> <p><b>Website:</b> <a href="http://www.facebook.com/essentialsdidsbury">www.facebook.com/essentialsdidsbury</a></p>
<b>SALVATION STUDIO HOUSE</b>	<ul style="list-style-type: none"> <li>• <b>Food Vouchers:</b> for families and individuals in need of groceries and cannot afford them</li> <li>• <b>Emergency Food Packs:</b> non-perishable food items in the bag</li> <li>• <b>Call:</b> to request and set appointment to pick up</li> </ul>	<p><b>Address:</b> 2022 20<sup>th</sup> Ave, Didsbury</p> <p><b>Phone:</b> 403-335-2828</p> <p><b>Email:</b> <a href="mailto:info@salvationstudiohouse.com">info@salvationstudiohouse.com</a></p> <p><b>Website:</b> <a href="http://www.salvationstudiohouse.com">www.salvationstudiohouse.com</a></p>
<b>DIDSBURY AG FOODS DELIVERY</b>	<ul style="list-style-type: none"> <li>• <b>Grocery delivery:</b> call to place order and have groceries delivered in Didsbury</li> <li>• <b>No cost</b></li> </ul>	<p><b>Phone:</b> 403-335-4097 (Sue)</p> <p><b>Hours:</b> Mon to Fri delivery from 10am-4pm</p>
<b>DIDSBURY CHRISTMAS HAMPER</b>	<ul style="list-style-type: none"> <li>• <b>Christmas hamper</b></li> <li>• Provides 2 to 4 weeks of food and Christmas gifts (for families in need)</li> <li>• Self-referral</li> <li>• <b>No cost</b></li> <li>• <b>Must call to request*</b></li> </ul>	<p><b>Address:</b> Zion Church, AB-582, Didsbury</p> <p><b>Phone:</b> 403-335-3629 (*Call to request)</p> <p><b>Email:</b> <a href="mailto:info@zemc.org">info@zemc.org</a></p>

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<b>Carstairs Services</b>		
<b>CARSTAIRS MEALS ON WHEELS</b>	<ul style="list-style-type: none"> <li>• <b>Delivery of meal</b></li> <li>• <b>Call:</b> to request</li> <li>• <b>Cost:</b> \$15.50 per meal</li> </ul>	<p><b>Phone:</b> 403-940-3327 (Town)</p> <p><b>Delivery:</b> Mon to Fri 12pm-1pm; can be every weekday or select days (example: Mondays only).</p>
<b>Cremona/Water Valley Services</b>		
<b>CREMONA CHRISTMAS FOOD HAMPER</b>	<ul style="list-style-type: none"> <li>• <b>Christmas food hamper;</b> works with Cremona &amp; District Santa's Anonymous</li> <li>• Self-referral</li> <li>• <b>No cost</b></li> <li>• <b>Call to request*</b></li> <li>• Offered only in <b>December</b></li> </ul>	<p><b>Phone:</b> 403-637-2945 (Janet)</p> <p>(*Call mid-November to mid-December)</p>