

FOOD SECURITY in the Bow Valley-Spring 2021

Here are some local agencies and programs providing affordable food and meal options.

Community Food & Friends

- **Canmore Food & Friends - Every Monday from 5-7 PM**, Food & Friends operates from St. Michael's Hall (709-7th Street), currently offering take-out food. Please bring your own container, or one can be provided. Details are similar to Banff, below.
- **Banff Food & Friends - Every Monday from 5-7 PM** is operating from St. George's-in-the-Pines (100 Beaver Street) currently offering take-out food. The price is free, but donations are welcome and can be made at the door.
 - If you are symptom free, bring your mask and come get dinner to take with you. They practice safe distancing and require everyone to wear a mask and sanitize hands upon entry. Compostable take-out containers are provided.
 - They hope to be able to gather in person again once it is safe to do so, and have meals together at the church. Until then they are happy to offer take-away food. They are also looking for volunteers who can help out at 4 pm so if you're free, email info@stgeorgesinthepines.com.

Food Recovery

- **Canmore's** Food Recovery Barn is housed at the Lutheran Church (by Canmore Hospital), providing pre-filled bags of food for pick-up on Tuesday and Thursday, 5:30, 5:45 or 6:00 PM. To sign up: [click here~](#).
- **Banff's** Food Rescue is located at 215 Banff Ave, Lower level Sundance Mall. Open for evening distributions, Mondays, Wednesdays and Fridays from 6pm-7pm. For more information or to volunteer, [click here~](#).

Bow Valley Good Food Box

The Bow Valley Good Food Box (GFB) is a monthly assortment of fresh produce that focuses on packing in as much nutritious food as it can, while sourcing local, seasonal, and organic when possible. The content of the Box varies each month based on seasonal availability and pricing. Please note there are no choices/replacement items.

The regular price of the Bow Valley Good Food Box is \$30, taxes included. This is open to anyone in the Bow Valley. A partially subsidized option of \$25 is offered to people with a lower-income* or who have been affected by COVID-19. These subsidies are provided by a grant from the Rotary Club of Canmore and the Bow Valley Christmas Spirit Campaign.

To sign up, go to <http://bowvalleypcn.ca/Features/Pages/Good-Food-Box-Article.aspx>

Community Food Market: Bow Valley Root Cellar

COMMUNITY FOOD MARKET BOW VALLEY ROOT CELLAR

every
WEDNESDAY
from 12 to 6 pm, starting March 17, 2021

CHOOSE WHAT TO PAY

ranging from a 30% subsidized price to a full retail price
with Bow Valley Food Alliance support



Food Banks

Canmore's Bow Valley Food Bank is located at 20 Sandstone Terrace, just north of Glacier Drive. Check the website, <https://www.bowvalleyfoodbank.ca/> for current procedures. Typically one needs to apply for a hamper ahead of time, and then come at an appointed time for pick-up.

Email: bowvalleyfoodbank@telus.net Phone: (403) 678-9488

Banff's food bank is located at 455 Cougar Street, back door. For information, see <http://foodbanksalberta.ca/locations/banff-food-bank/>

Email: Banff.food.bank@gmail.com Phone: (403) 762-1060

The Colourful Cupboard on 7th Avenue

Have you noticed this colourful cupboard on 7th Avenue, across the street from the Canmore Civic Centre? If you look inside you will see something different each time – items of clothing, toiletries, and, occasionally, non-perishable food items. If you have something to share, just drop it off; if you need something, check the cupboard!

