



RESOURCES FOR EATING ON A BUDGET IN CALGARY



Transplant Wellness



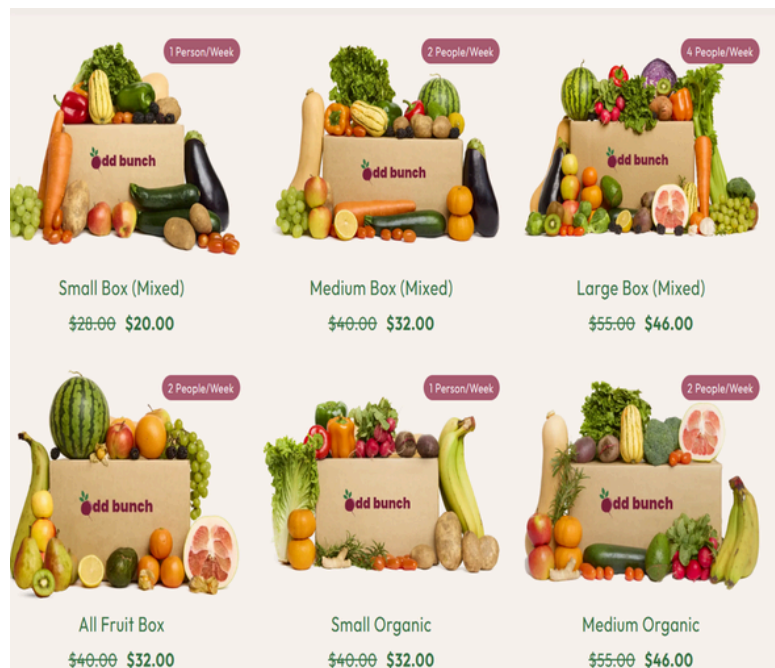
Alberta Health
Services

LOW COST FOOD SERVICES IN CALGARY

- Good Food Box Program- Offering fresh fruits and vegetables at lower pricing
 - Small, Medium and Large boxes available
 - Items vary due to availability
 - No substitutions on produce
 - Look online for pricing and pick up locations close to you



- Odd bunch
 - Produce delivery service
 - New to Calgary and surrounding areas
 - Fresh local produce at up to 50% less.
 - Surplus or produce with “odd” appearance
 - Option of Organic produce
 - Substitutions allowed



LOW COST FOOD SERVICES IN CALGARY

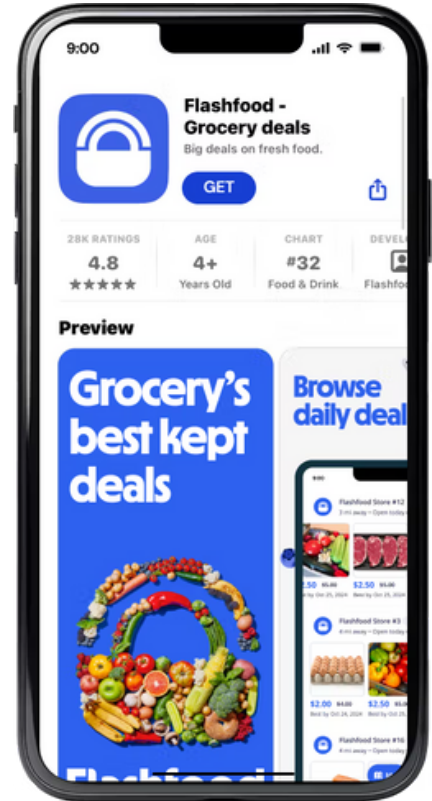
- Taste N Save
 - Food delivery service in Calgary
 - Fresh and affordable produce
 - Can customize and choose your own produce
 - Delivery charges apply



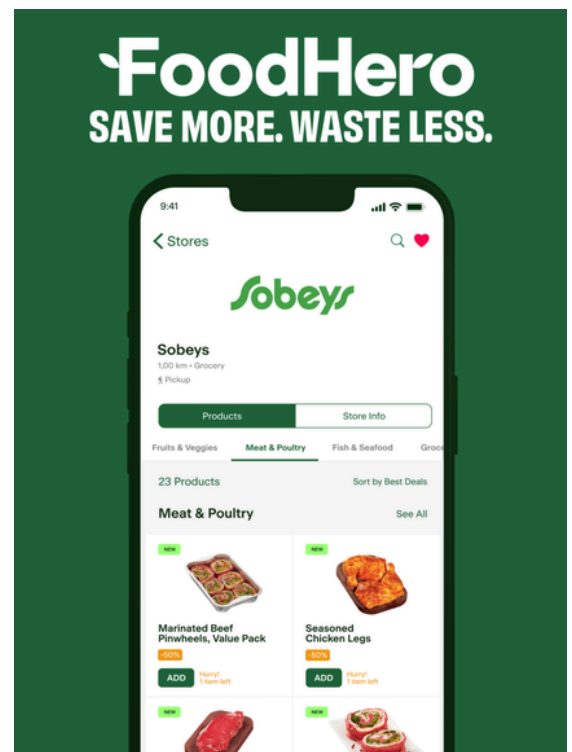
FOOD APPS



- FlashFood App
 - Find deals at Superstore, No Frills, Canadian Wholesalers, Lucky Supermarket
 - Surplus food up to 50% off



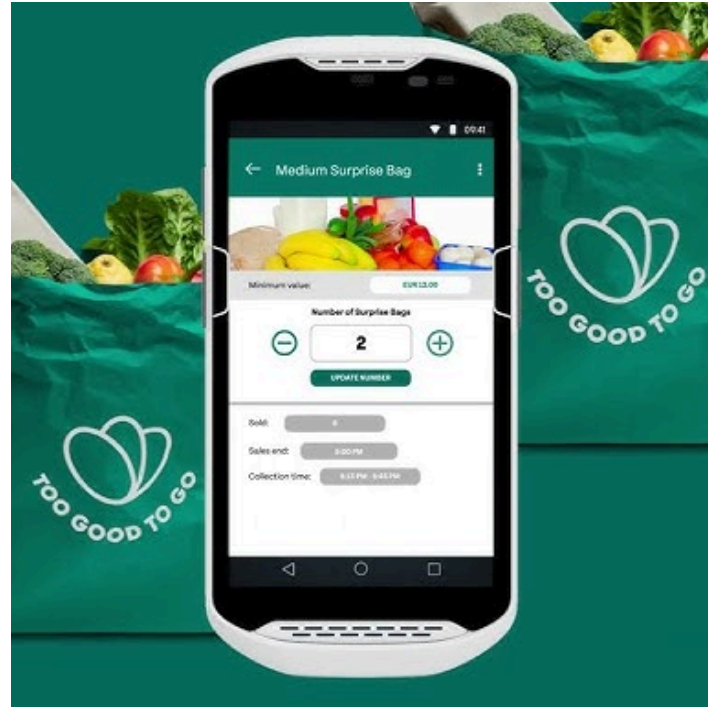
- FoodHero
 - Find deals at Safeway, Sobey's, IGA in Calgary
 - Surplus food up to 60% off



FOOD APPS



- Too Good to Go
 - Surplus food from local cafes, bakeries and restaurants
 - Up to 50% off
 - Helps reduce food waste



- Flipp
 - Compare weekly digital flyers
 - Search for what you need



LOW COST GROCERY STORES IN CALGARY

- **Daily Fresh Produce**

Sunridge Mall, 2525 36 St NE #280, Calgary, AB T1Y 5T4

- **Freestone Produce**

2828 32 Ave NE, Calgary, AB T1Y 5J4

- **H & W Produce**

3508 32 Ave NE, Calgary, AB T1Y 6J2

- **The Crisp Apple**

11520 24 St SE #768, Calgary, AB T2Z 0V2



LOW COST GROCERY STORES IN CALGARY

- **Reuben's Veggies**

Available in Calgary and surrounding areas

- **Fresh Routes**

Mobile grocery store, check schedule online

- **DJ (Delicious Jems) Market**

4645 12 St SE, Calgary, AB T2G 5P2

- **The Alex Community Food Centre**

Provides people with access to high-quality food through healthy meals and an affordable produce market.



LOW COST PROTEIN FOODS IN CALGARY

- **"THE BUTCHERY" at SAIT**
 - Students learn to cut and prepare meat, chicken, fish
 - Cuts may be imperfect
 - Sell at discount prices
 - Thursday mornings, John Ware Building at SAIT
 - check Instagram page for summer hours
- **WAH HING meat shop - meat wholesaler**
3220 5 Ave NE Bay 17, Calgary, AB T2A 5N1
- **WING TAT Food Services - meat wholesaler**
3320 14 Ave NE #5, Calgary, AB T2A 6J4



LOW COST PROTEIN FOOD IDEAS

- Look for lower grade meat, it is less expensive (Grade B instead of A)
- Grade is based on appearance and not nutrition quality
- Buying larger portions cost less (i.e. whole chicken vs. chicken breast)
- Buy in bulk and freeze if possible
- Lower cost protein foods: eggs, liquid egg whites, canned tuna, canned pink salmon vs sockeye, peanut butter, tofu, legumes (beans and lentils)



LOW COST MEAL OPTIONS

Calgary Meals on Wheels

- Deliver nutritious, quality, affordable meals
- Meal pricing based on income eligibility

Alex Community Food Centre

- Everyone is welcome!
- Drop in lunch and dinner
- Programs - cooking classes, groceries provided
- Community Market for low cost fresh fruit and vegetables on Fridays

GURU NANAK Free Kitchen YYC



- Everyone is welcome!
- Saturday or Sunday - follow [Facebook page](#) for their schedule
- Different areas of the city
- No registration required, just attend with grocery bags.
- Truckloads of a variety of food including meat, fruit, vegetables, bread, fruit juice, frozen meals



TIPS FOR LOWERING FOOD COST

- Cooking at home is less expensive than buying convenience foods
- Cook large batches and freeze individual portions
- Buy fresh local when in season
- Buy in bulk and portion, freeze or share
- Frozen fruit and vegetables can be less costly and just as nutritious
- Skim milk powder is cheaper than milk cans
- Buy less low nutrient foods like cookies, snack food, soft drinks



OTHER RESOURCES

- [AISH or Alberta Works](#)
- [Calgary Food Bank](#)
- [Airdrie Food Bank](#)
- Emergency Food Resources
 - Community Fridge - [Beltline](#) , [Rosscarrock](#)
 - [City of Calgary: Access to Food](#)
 - [211 Alberta Wide Food/Basic needs- free/low cost meals](#)

