

## FOOD RESOURCES IN THE COMMUNITY

### **Bread Run at Garneau United Church**

Address: 11148 84 Ave  
Time: Saturday - 9:00 -10:00 am

- ✓ Provides free day-old bread on a drop-in basis.

### **Bread Run at Millwoods Family Resource Centre**

Address: 3756 78 St  
Phone: 780.413.4521 Ext. 303  
Time: Saturday - 9:30 -10:30 am

- ✓ Provides free day-old bread and a variety of fruits and vegetables on a drop-in basis. *They want people to go early (before 9:00 am).*

### **Collective Kitchens**

Phone: 780.735.3044 (Diane Thursby, AHS Collective Kitchens Consultant)

- ✓ This is one of the best resources around for stretching whatever food dollars you have – it is also a good chance to meet with others and frequently a great source of lots of other information beyond food, budgets and cooking.
- ✓ There are currently over 50 small groups of people getting together in Edmonton (locations, day, times of day vary) at community facilities with well-equipped kitchens to plan and cook meals and learn cooking skills.
- ✓ Cooking together and sharing food saves both time and money.
- ✓ Group members decide when it is best to meet, usually monthly.
- ✓ You can join a kitchen that suits you, or get help to start a new kitchen.
- ✓ Participants bring their own containers to carry away 3-5 completely different meals which can be frozen and used later.
- ✓ Child care is available at most kitchens.
- ✓ Cost is approximately \$2 per person per month.

### **Edmonton Potato Growers**

Address: 12220 170 St  
Phone: 780.447.1860  
Time: Mon to Fri - 7:00 am - 3:30 pm (closed for lunch 11:30 to 12:00 noon)

- ✓ 50 lb. bag potatoes for \$10.

### **Fatimas Fruit & Vegetables**

Address: 11809 66 St  
Phone: 780.761.0415  
Time: Mon to Sat - 10:00 am - 7:00 pm

✓ Large selection of fruits and vegetables.

### **H&W Produce - 'Spend Less for Fresh'**

Edmonton family-owned operation sources much of its produce locally and sells for quite a bit less than Safeway, IGA, Save-On, Superstore or Wal-Mart.

Every morning from 7:00 to 10:00 am produce is identified and bagged for their bargain bin - stores open at 10:00 am and the bargain bin is usually empty by 11:00 am.

Eleven items go on special weekly ([www.handwproduce.com](http://www.handwproduce.com)). They charge for bags so bring your own.

4 locations:

#### **North East (Clareview)**

Address: 14083 Victoria Trail  
- Stock many unusual varieties of familiar produce.

#### **North Central (Kensington)**

Address: 12510 132 Ave  
- Carries many varieties of produce popular with Lebanese/Muslim customers.

#### **South (Mill Woods)**

Address: 31, 9261 34 Ave  
- Specialty produce carried includes items for East Indian & Asian diets.

#### **West End (Terra Rosa)**

Address: 17220 95 Ave  
Phone: 780.486.7700  
Hours: 9:00 am to 8:00 pm

### **McGavins Bakery**

Address: 12151 160 St  
Phone: 780.451.4663

✓ Reduced prices on bread, cookies and donuts.

### **McGavins Bread Basket**

Address: 12620 132 Ave  
Phone: 780.452.5751

Address: 9123 39 Ave  
Phone: 780.462.2180

Address: 252 Mayfield Common  
Phone: 780.481.7783

Address: 12751 50 St  
Phone: 780.457.1724

- ✓ Reduced prices on bread, cookies and donuts.

### **Wecan Food Basket**

Phone: 780.413.4525

- ✓ The Wecan Food Basket operates by buying in bulk from wholesalers and local producers, and passing the savings on to its members.
- ✓ A \$5 annual membership fee allows you to access 6 kg produce orders for \$10 each and 2 kg meat orders for \$15 each. Full order is \$25.
- ✓ You can purchase multiple orders at a time but only once a month.
- ✓ Payment is the first week and pickup is the third Thursday or Friday of each month at various depots throughout the city.