

DIRECTORY OF LOCAL FOOD PROGRAMS & RESOURCES



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Community Resources

Canadian Mental Health Association

* Clothing

Address	Phone	Times
#204, 1865 Dunmore Road SE Medicine Hat, AB T1A 0Z8	403-504-1811	Monday - Friday 8:15am - 4:15pm.

- **Emergency clothing voucher as referred by a community organization.**

Canadian Red Cross

* Disaster Assistance

Address	Phone	Times
398 Aberdeen Street SE Medicine Hat, AB T1A 0R2		Monday - Friday 8:30am - 4:30pm

- **72 hour disaster assistance in case of fire or flood.**
- **Registry and inquiry service during natural disasters.**
- **Medical equipment loan service.**

Community Food Connections Association

* Food

Address	Phone	Times
2948 Dunmore Road SE Medicine Hat, AB T1A 8E3	403-502-6096	Leave Message.

- **Community Gardens**
Gardening space to rent, with 3 locations: Kipling Street, Dunmore Road & Redcliff.
- **Community Kitchens**
Register with CFCA to join a kitchen or start a new one with a group of 4 – 6 people. Experiential Learning Workshops (e.g. canning, gluten free, bread making, etc.)
- **Good Food Club**
Good Food Club is a group buying club that makes it easier and more affordable for members to purchase fresh vegetables and fruits. Anyone can purchase the boxes which come in three sizes. Annual membership fees apply.

Pick Up Locations	
• Hillcrest Church	• Redcliff Public Library
• Medicine Hat College Library	• Canadian Diabetes Association
• Monsignor McCoy High School	• Ralston Prairie Rose Club
• Community Health Services	• Y's Choice Wellness
• REDI Enterprise	

The Dream Center

* Food, Clothing & Laundry

Address	Phone	Times
1714 Saamis Drive NW Medicine Hat, AB T1C 1W7	403-527-9917	Monday – Thursday: 9:00am - 6:00pm Friday: 9:00am – 4:00pm Summer Hours: 9:00am - 4:00pm Saturday: closed Sunday: 9:00am - 1:00pm

- **Coffee Bar** - Free coffee and internet service available all open hours. Center is set up with booths, so there is a social environment for people to meet.
- **Laundry Services** - Can be done anytime within ½ hour of closing, except Sunday . Detergent provided.
- **Food Run** - Not a guaranteed service; depends on availability. On a 6-8 week rotation and usually deliver on Thursdays.
- **Breakfast** - every Sunday from 9am - 10am.

First Assembly Church of God

* Clothing

Address	Phone	Times
395 - 9 th Street SE Medicine Hat, AB T1A 1N4	403-526-2946	Tuesday: 1:15 pm - 4:00pm

- **Free Clothing**

The Champions Centre

* Clothing

Address	Phone	Times
435 North Railway Street SE Medicine Hat, AB T1A 2Z3	403-504-0342	Monday – Friday 7:30am - 3:30pm

- **Free Clothing**

Gordon Memorial United Church

* Food

Address	Phone	Times
401 - 2 nd Street SE Redcliff, AB T0J 2P0	403-548-7110	Leave message (emergency number on recording)

- **Food Vouchers – supports Campus Care food program for college students.**

Lighthouse Emergency Food

* Food

Address	Phone	Times`
476 - 4 th Street SE Medicine Hat, AB		Monday & Thursday 1:00pm - 3:00pm (Rear entrance)

Link Church

*Food

Address	Phone	Times`
901 - 3 rd Avenue SW Medicine Hat, AB T1A 4Z2		<u>Drop-in:</u> Tuesday: 12:30pm - 2:30pm Saturday: 12:00pm – 2:00pm

- **Food pantry**

Hope Street Church

* Food

(A Good Samaritan Church Ministry of Glenview Nazarene Church)

Address	Phone	Times
635 - 4 th Street SE Medicine Hat, AB T1A 0L1	403-529-9300	Sunday: 2:00pm - 3:00pm (Doors open at 1:30pm)
<i>St. Barnabas Anglican Church Gymnasium (Use doors on 5th Street)</i>		

- **Hot meals, miscellaneous bakery, and food items to take home.**

LEARN

* Family Literacy & Funding Support

Address	Phone	Times
299 College Drive SE Medicine Hat, AB T1A 3Y6	403-504-3620	Monday - Thursday 9:00am - 4:00pm

- **Growing Child, Growing Parent by referral only.**
- **Non-credit courses for barrier learners.**

Medicine Hat & District Food Bank

* Food

Address	Phone	Times
532 South Railway Street SE Medicine Hat, AB T1A 2V6	403-528-4313 (Administration) 403-528-4566 (Client Services)	Monday – Friday 8:30am - 4:30pm

- **Healthy Bundles** - (by appointments only) Tuesday & Thursday: 10:00am - 11:00am
- **Grocery Baskets** - Walk-Ins - Monday – Friday: 1:00pm - 3:30pm
Note - Info required: ID, proof of income, & custody of children, Rent, utilities, childcare, medical, & unexpected expense statements

Medicine Hat Pregnancy & Family Support Center

* Baby Items

Address	Phone	Times
554 3 rd Street SE Medicine Hat, AB T1A 0H3	403-504-8560	Monday to Friday 10:00am – 4:00pm

- **In-Crisis baby clothing and items, food, formula and diapers**

Miywasin Society of Aboriginal Services

* Housing & Counseling

Address	Phone	Times
517 - 3 rd Street SE Medicine Hat , AB T1A 0H2	403-526-0756	Monday – Friday: 8:30am - 4:30pm (closed: 12:00pm - 12:30pm)

- **Transitional housing suites.**
- **Low income housing suites.**
- **Metis Urban Housing for aboriginal persons & families.**
- **Counselling services.**
- **Teen Kitchen every Friday: 4:00pm – 7:00 p.m.**

Salvation Army Family Services

* Food & Clothing

Address	Phone	Times
457 - 3 rd Street SE Medicine Hat, AB T1A 0K5 (Main Office located 2 nd floor of the Thrift Store)	403-526-6822 ext. 2	Monday: 12:30pm - 3:00pm Tuesday, Wednesday, Thursday: 11:30am - 3:00pm Closed Friday & Saturday

- **Referrals to Food Bank, transit tickets for work, Bridge & Loan program.**
- **Emergency food, clothing, house wares, and furniture vouchers.**
- **Photo ID and emergency prescription assistance.**
- **Community warmth utility assistance program.**
- **Hot Meal program at CORE (412 - 3rd St. SE) Monday – Friday: 5:00pm – 6:00pm.**

Salvation Army - Emergency Shelter

* Shelter

Address	Phone	Times
737 - 8 th Street SE Medicine Hat, AB T1A 1M6	403-526-9699	Doors open at 6:30pm, 7 days a week. 12 hour shelter: 6:30pm - 6:30am.

Veiner Centre

* Adults 50+

Address	Phone	Times
225 Woodman Avenue SE Medicine Hat , AB T1A 3H2	403-529-8383	Monday to Friday 8:00am - 4:00pm

- **Cafeteria** - serves hot lunch Monday to Friday
- **Meals on Wheels Program** - delivered up to 5 times per week by volunteers.
Meals delivered to your home for anyone who cannot cook for themselves due to age, disability, etc.
- **Wheels to Meals Program** – 2nd & 4th Friday each month.

Health Education

Alberta Health Services - Community Health

Address	Phone	Times
2948 Dunmore Road SE Medicine Hat, AB T1A 8E3	403-502-8200	Monday – Friday 8:00am – 4:00pm

Canadian Cancer Society

Address	Phone	Times
#102, 1865 Dunmore Road SE Medicine Hat, AB T1A 1Z8	403-528-2125	Monday - Friday 8:30am - 4:30pm

- **Travel assistance to cancer treatment for cancer patients (based on need.)**

Canadian Diabetes Association

Address	Phone	Times
#102, 73 - 7 th Street SE Medicine Hat, AB T1A 1J2	403-529-1259	Monday – Friday: 8:30am - 4:30pm (closed 12:00pm - 1:00pm)

- **Resource Center.**
- **Cook books available for purchase.**
- **Good Food Box pick-up location.**

Living Healthy

Address	Phone	Times
#100, 88 Valleyview Drive SW Medicine Hat, AB T1A 8N6	403-529-8969	Monday - Friday 8:00am - 4:00pm

- **Dietician services for diabetic and cardiac patients by doctor referral.**

Housing & Shelters

The Champions Centre

Address	Phone	Service
435 North Railway Street SE Medicine Hat, AB T1A 2Z3	403-504-0342	<ul style="list-style-type: none">• Supportive Housing for men.

Inn Between Youth Shelter

Address	Phone	Service
178 South Ridge Drive SW Medicine Hat, AB T1B 2E2	403-529-6367	<ul style="list-style-type: none">• Short term housing for youth between 12 & 17 years.• Parent/Child mediation.

Medicine Hat Community Housing Society

Address	Phone	Service
#104, 516 - 3 rd Street SE Medicine Hat, AB T1A 0H3	403-527-4507	<ul style="list-style-type: none">• Connect clients with resources to maintain housing.• Budgeting & Action Plans.• Housing First Program.

Miywasin Centre of Aboriginal Services

Address	Phone	Service
517 - 3 rd Street SE Medicine Hat, AB T1A 0H2	403-526-0756	<ul style="list-style-type: none">• Transitional housing & low income housing suites.• Métis Urban Housing for Aboriginal persons & families.

Phoenix Safe House (Women's Shelter)

Address	Phone	Service
Box 2500 Medicine Hat, AB T1A 8G8	403-527-1091	<ul style="list-style-type: none">• 21 day crisis shelter

Musasa House (Women's Shelter)

Address	Phone	Service
Box 2500 Medicine Hat, AB T1A 8G8	403-527-8223	<ul style="list-style-type: none">• One year transitional housing for women & children.

Salvation Army Homeless Shelter

Address	Phone	Service
737 - 8 th Street SE Medicine Hat, AB	403-526-9699	<ul style="list-style-type: none"> • Doors open at 6:30pm, 7 days a week. • 12 hour shelter: 6:30pm - 6:30am. • One year transitional housing for women and children.

Life Skills & Personal Development

Big Brothers / Sisters of Medicine Hat

Address	Phone	Times
#201, 665 Kingsway Avenue SE Medicine Hat, AB T1A 2W8	403-527-6640	

- **Big brothers/Big Sisters**
- **In School Mentoring**
- **Teen mentoring**
- **Go girls**
- **Game On**

Community Food Connections Association

Address	Phone	Times
2948 Dunmore Road SE Medicine Hat, AB T1A 8E3	403-502-6096 (Leave Message)	

- **Community Gardens, Community Kitchens and Good Food Club.**

McMann Parent Link

Address	Phone	Times
2425 Southview Drive SE Medicine Hat, AB T1B 1E8	403-504-0833	Monday to Wednesday & Friday 8:30 am - 4:30pm Thursdays: 8:30am - 8:00pm Saturdays: 10:00am - 2:00pm

- **Programs children 0 - 6 years**

Hot Meal Programs

Day	Name & Address	Times
Monday - Friday	Champion Center 435 North Railway Street SE Medicine Hat, AB	Breakfast 7:30am – 10:00am
	Core Association 412 - 3 rd Street SE Medicine Hat, AB	5:00pm - 6:00pm
Saturday	Champion Center 435 North Railway Street SE Medicine Hat, AB	1:00pm - 2:00pm
Sunday	The Dream Center 1714 Saamis Drive NW Medicine Hat, AB	Pancake Breakfast 9:00am - 10:00am
	Hope Street Church (St Barnabas Anglican Church Gymnasium) 635 - 4 th Street SE Medicine Hat, AB	2:00pm - 3:00pm (doors open @ 1:30pm)