

NO-COST FOOD supports



Resources compiled by the Grande Prairie PCN. See individual organizations for up-to-date information.

Salvation Army – Food Bank

- 5 items/day for drop-ins during regular hours, does not require ID
- Book an appointment to receive food hamper
- Requirements for hampers:
 - ID of each member of household
 - Proof of current address
 - Latest bank statement
- Phone 780-532-3270

Aboriginal Head Start

- Culturally-based program that includes cooking for children ages 3-5
- Application required
- Program available September to June
- Phone 780-532-5771

Helping Hands

- Hampers for those who have sought help from other community supports
- Online application required, by appointment only, may have waiting list
- Free bread Mondays at Northreach Society,
 - No requirements
 - First come, first serve
- www.helpinghandsgp.ca

Grande Prairie Library

- Non-perishable food items and hygiene items for free, no ID required
- Seed bar to start your own garden
- Free period products available in the bathrooms at the library
- Open during Library hours
- Phone 780-532-3580

Community Kitchen

- Daily hot meals for anyone in the community
- Monday to Friday
 - Breakfast 8am - 9am
 - Lunch 12pm - 1pm
 - Dinner 5pm - 6pm
- Weekends
 - Lunch 12pm - 2pm
- Bagged meals on stat holidays
- Drop-in at 10507 98 Ave

Room of Plenty

- Food bank available for NWPC students
- Online application
- Phone 780-539-2962

Babies Best Start

- Program for pregnant and parenting Moms of children under age 6
- Provide breastfeeding information and support, milk coupons, & vitamin supplements to eligible mothers, fresh food bags, diapers, cooking circles
- Phone 780-533-2347

Mission Thrift Store

- Free bread available at the front of store while quantities last
- Clothing at reasonable pricing
- Phone: 587-259-8861

City of Grande Prairie

- Planted fruit trees for residents to consume
- www.cityofgp.com for orchard locations near you

NEIGHBOURING communities



Clairmont Food Bank

- Food hampers provided one/month by appointment
- Requirements
 - Application form
 - ID
 - Proof of residency
- Wednesdays 12pm - 2pm
- 104-97 Street, Clairmont
- Phone 780-567-2843

Beaverlodge Food Bank

- Food hamper & \$25 gift card provided once per month by appointment
- Monday 10am - 12pm
- 400 10 Street, Beaverlodge
- Phone 780-354-2204

Hand Me Down Deopot

- Free clothing for all ages
- Opens in Fall
- 9515 93 Street, Sexsmith
- Phone 780-897-0620

Sexsmith Food Bank

- Food hamper & \$25 gift card provided once per month by appointment
- Requirements
 - Application form
 - ID
 - Proof of residency
- Wednesday 6pm - 8 pm
- 9515 93 Street, Sexsmith
- Phone 780-568-4345

For More Information Visit

- Help Seeker Grande Prairie
 - www.helpseeker.org/alberta/grande-prairie
- Alberta 211
 - www.ab.211.ca
- Government of Canada Benefits
 - www.canada.ca/en/services/benefits