



# TRI REGION FOOD RESOURCES

Updated: August 2023

## FOOD HAMPERS

### Parkland Food Bank

105 Madison Crescent, Spruce Grove

Monthly Food Hampers, by appointment,

- Tuesdays 8:30AM-4:30PM
- Wednesday 9AM-2:00PM + 6:20-8PM
- Friday 8:30AM-4:30PM
- Saturday 8:30AM-12:30PM

780-962-4565 ext. 1

### WEE Community Food Bank

5019 50 Ave Entwistle AB (Old Fire Hall)

Monthly Hampers, by appointment on Wednesdays, Call before Tuesday for appointment.

780-727-4043

### Wecan Food Basket

5600-50 St, Stony Plain

Fresh Nutritious Affordable Food Basket

Order by first Friday, pickup on third Thursday of month

Monday - Friday, 9AM-4PM

587-338-1101

### Warming Hearts Pantry

4911-50 St., Tomahawk (liquor store)

Mini food pantry of non-perishable items. Hours 11AM-8PM.

## BASIC NEEDS HELP

### Community Helps Team

180 Century Road, Spruce Grove

780-962-5611 / 789-306-1955

[helps@sprucegrove.church](mailto:helps@sprucegrove.church)

### NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County

780-960-9669

[www.neighbourlinkparkland.ca](http://www.neighbourlinkparkland.ca)

[neighbourlink.parkland@telus.net](mailto:neighbourlink.parkland@telus.net)



## FOOD RESCUES

### Auggie's Cafe

131 Church Rd, Spruce Grove

Tuesdays 11-1PM

### apfa Food Rescue

Family Connection Centre

5600 50 Street, Stony Plain

(Check facebook for updates)

### Food for the Soul

Lighthouse Pentecostal Church

49 Boulder Blvd., Stony Plain

First and third Saturday 10AM-1PM

### Grace's Table

250 Century Road, Spruce Grove

Second Friday of month 5PM-6:30PM

### Community Table

180 Century Road, Spruce Grove

Last Friday of the month

<https://www.sgconline.breezechms.com/form/communitytable>

780-962-5611

## COMMUNITY MEALS

### Auggie's Cafe

131 Church Rd, Spruce Grove

Dine-in or take-out options

Tuesdays 11-1PM

### Food for the Soul

49 Boulder Blvd., Stony Plain

Drop-in for bagged lunch

First and third Saturday 10AM-1PM

### Grace's Table

250 Century Road, Spruce Grove

Hot meal to go for pick up

Second Friday of month 5PM-6:30PM

[www.sgac.net/eventregistration](http://www.sgac.net/eventregistration)

780-962-4700

### Community Table

180 Century Road, Spruce Grove

Hot meal to go for pick Up

Last Friday of the month

[www.sgconline.breezechms.com/form/communitytable](http://www.sgconline.breezechms.com/form/communitytable)

780-306-1955