



TRIREGION FOOD RESOURCES

Updated: March 2025

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

4904-52 Ave., Stony Plain, AB (Columbus Academy)

Fresh Nutritious Affordable Food Basket

Order by first Friday, pickup at back lane on third Friday of month 11AM-2PM

www.wecanfood.com

Warming Hearts Pantry

4911-50 St., Tomahawk (liquor store)

Mini food pantry of non-perishable items.

BASIC NEEDS HELP

Community Helps Team

180 Century Road, Spruce Grove

780-962-5611 / 789-306-1955

helps@sprucegrove.church

NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County

780-960-9669

www.neighbourlinkparkland.ca

office@neighbourlinkparkland.ca



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

780-962-4700

Community Table

180 Century Road, Spruce Grove

Hot meal to go for pick up

Last Friday of the month (No meal in December)

www.sgconline.breezechms.com/form/communitytable

780-306-1955