

*High River Food Connections* is a High River based initiative intended to help reduce food insecurity in our community. We piloted this Summer and have implemented a number of programs to assist students during school breaks.

**LUNCH IN A CRUNCH:** Students in need located in High River can text (or call) the word 'lunch' to 587-401-7484 to receive information on where they can pick up free, anonymous lunch. This program operates Monday-Friday, 9am-3 pm, Dec. 21-Jan. 4 (closed Dec. 25th).

**PARTNERSHIP PANTRY:** Is a fridge full of snacks located at the High River library open during library hours. Food is provided thanks to the High River United Way Partnership.

**PLEASE SCROLL DOWN TO SEE THE FLYERS**

## FOOD RESOURCES IN HIGH RIVER DECEMBER 2018



| NAME OF SERVICE                                  | WHAT IT IS?   | HOW CAN I ACCESS THE SERVICE?   |
|--|---|---|
| <b>COOKING CIRCLE</b>                            | <p>A group of women interested in making low cost, healthy meals for themselves and their families. It is a place for moms who need extra support due to life's circumstances. One week will be spent planning recipes as a group. The next week will be spent preparing the food. Moms will take home the meals the group prepared.</p> <p><b>Cost:</b> \$2:50/meal. Money is collected on planning day. Food containers are provided as well as recipe binders.</p> <p><b>* Child Care is provided as is a healthy snack.</b></p> | <p><b>Phone:</b> 403-652-2985</p> <p><b>Address:</b> High River Baptist Church 514160 121 Street East.</p> <p>The last Wednesday and the first Wednesday of each month 9am- 12pm</p>  |
| <b>ALLIANCE CHURCH- Christmas Eve Dinner</b>     | <p>Alliance Church is once again hosting a Christmas dinner for anyone and everyone in our community. This Christmas Eve dinner is completely free. Dinner is Christmas Eve, December 24<sup>th</sup> 4:30-6:30 pm and their Christmas Eve service is to follow at 6:30 pm for anyone who'd like to stay. We ask that those attending please RSVP</p>   | <p><b>Email :</b> <a href="mailto:info@highriverchurch.com">info@highriverchurch.com</a></p> <p><b>Address:</b> 1318 9 Ave SE, High River AB</p> <p>December 24<sup>th</sup> 2018 4:30-6:30pm</p>   |
| <b>HOME PRODUCE DELIVERY/ ARK LTD</b>            | <p>This program offers fresh, local produce to your door, Broxburn vegetables and ARK a local greenhouse are working together. Boxes can be purchased in \$23.00/box <i>min requirement of purchasing 2 boxes</i>. Boxes contain an assortment of items.</p>  | <p><b>Phone:</b> 403-649-4422</p> <p><b>Email:</b> <a href="mailto:danc@arkltd.net">danc@arkltd.net</a></p> <p><b>Facebook:</b></p>   |
| <b>HIGH RIVER UNITED CHURCH - SIMPLE SUPPERS</b> | <p>Supper served at 5:30pm free of charge (donations accepted). Everyone is welcome!</p> <p>September through June on the third Wednesday of the month (second Wednesday in December).</p>  | <p><b>Phone:</b> 403-652-3168</p> <p><b>Email:</b> <a href="mailto:hruc@telus.net">hruc@telus.net</a></p> <p><b>Address:</b> 123 Macleod Trail, SW</p> <p><b>Website:</b> <a href="http://www.highriverunitedchurch.org">www.highriverunitedchurch.org</a></p>  |
| <b>HIGH RIVER FOOD RESCUE</b>                    | <p>Volunteers rescue and redistribute edible food from merchants that would otherwise head to the landfill.</p> <p>Hours are open Tuesday and Thursdays 1-4pm (or until the food runs out) The 2<sup>nd</sup> Thursday of the month the hours are 5-7pm only.</p>   | <p><b>Hours:</b> Tuesdays and Thursday 1-4pm unless food runs out (Except the second Thursday of each month 5-7pm)</p> <p><b>Email:</b> <a href="mailto:highriverfoodrescue@gmail.com">highriverfoodrescue@gmail.com</a></p> <p><b>Facebook:</b> High River Food Rescue &amp; High River Food Connections</p> <p><b>Address:</b> The Salvation Army Foothills Family services- 119 Centre Street SE</p> |



# LUNCH IN A CRUNCH

*(587) 401-7484*  
**TEXT (OR CALL)**

HIGH RIVER FOOD CONNECTIONS

**PROGRAM RUNS- DEC 21 THROUGH JAN 4  
MONDAY TO FRIDAY (CLOSED DEC 25TH)**

**STUDENTS IN NEED IN HIGH RIVER CAN  
TEXT "LUNCH" OR CALL TO PICK UP A  
FREE ANONYMOUS LUNCH OVER THE  
CHRISTMAS HOLIDAYS**

