



LET'S TALK ABOUT FOOD ACCESS IN WARD 9

- Grocery Stores**
 - Large Scale - A supermarket that offers all categories of grocery items and where all your regular shopping list could be procured.
 - Local/ Small-Scale/Specialty - A store that offers all categories of grocery items, however the smaller physical size of the store, variety of items offered, or cost of goods sold can be a limitation.
 - Corner/Convenience Stores - A smaller-scale shop that offers most categories of grocery items or a significant percentage of staple food items.
- Farmers Markets, Farm Stands + Mobile Grocery Stores**
 - Year-Round + Seasonal Farmers Markets - Connecting Calgarians to local farmers and our food system, farmers markets bring fresh, healthy food and locally made goods to communities throughout the city.
 - Farm Stands + Mobile Grocery Stores - Through pop-up farm stands and a mobile grocery bus, Calgarians can experience dignified access to a variety of fresh, nutritious food at affordable price points.
- Urban Farming**
 - Farming on underutilized or unconventional urban land, or city dwellers growing food in a municipal setting.
- Community Kitchens + Co-Working Kitchen Spaces**
 - Commercial spaces where groups of people cook. Often providing free meals, cooking classes, food education, or an accessible space for food entrepreneurs to learn and grow.
- Emergency Hampers + Free Meal Programs**
 - For many Calgarians in crisis, emergency food hampers and food access programs allow them to put food on the table for themselves and their families.
- Good Food Box Program**
 - Purchase fresh produce boxes at affordable prices. Various pickup locations throughout the city.
- Public Community Gardens**
 - Shared plots of land where people gather to grow veggies, fruit, and flowers. Community gardens help reduce food costs while enhancing the quality, freshness, and accessibility of healthy food options.
- Historic Gardens**
 - Ward 9 is home to several historically significant gardens. From farm-to-table restaurants growing their own food to official heritage sites sharing the gardening history of the Foothills region.
- Community Cupboards + Food Pantries**
 - Community pantries and cupboards are a volunteer-led movement that provides easy, dignified access to food for anyone who needs it. No questions asked, no referral needed.
- Low-Cost Meals**
 - Low-cost nutritious meal pickup and delivery programs for seniors or Calgarians experiencing any kind of hardship.
- Notable Institutions**
 - The historical roots of Ward 9 have yielded many of Calgary's most foundational institutions - industry leaders that continue to strengthen our city's legacy on both a local and global scale.
- Connecting Youth with Food**
 - Free meals, take home food hampers, and culinary training for multibarrier or at-risk youth in Calgary.

Food Corridors
Areas throughout Ward 9 where you can find many of the best and most unique restaurants and food retailers in the city.

Brewery + Distillery Districts
Ward 9 is home to many of the very best and most innovative breweries and distilleries in Calgary and around the world.

Food Production Districts
Baked goods, sausages, soda pop, samosas, ice cream, and coffee... there is no shortage of delicious things being made in Ward 9!

BLUE LRT	RED LRT	FUTURE GREEN LINE	MAX TEAL	MAX PURPLE	MAX ORANGE	FUTURE MAX BRONZE
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Great Food Access Makes Great Human Habitat

Food and shelter are the most basic of our needs and the relationship between the two defines our habitat. For human civilization, the relationship between food and cities is seminal - without the surpluses delivered by the agricultural revolution, increasing percentages of the human population would never have been able to diversify their pursuits and skill sets beyond the daily search for calories. While the basic assumption is that agriculture preceded and enabled cities, some thinkers, notably Jane Jacobs, have suggested the inverse; that it was the act of gathering together in increasingly complex communities that super-charged human ingenuity to the point where we could solve challenges such as agriculture. For well over six millennia, across the globe, human civilization existed as a regional phenomenon - villages, towns, and cities were interconnected by networks of commerce, culture, and food.

Today we find that fundamental relationship in a challenged position - the end of the Second World War precipitated massive shifts to life as we knew it: North America led the globe into an experiment, unprecedented in scope and scale, of building our cities as segregated and disaggregated habitats for automobiles as opposed to mixed use habitats for humans; globalization obscured the role of the region as the vessel of civilization while supercharging the movement of food across vast distances as both a commodity as well as an expression of cultural collisions; and, the more recently converging catastrophes of climate change, disease vectors, rising inequality, and financial and political instability have brought the critical role that food plays in successful human habitats into sharper focus.

Since the 1990s a variety of social movements have increasingly converged around food as a key determinant of human success. Social justice movements have explored the role of food in anti-colonial discourse, cultural diversity, and the distinctions between agribusiness and agriculture. Public health and anti-poverty movements have identified nutrition as a key determinant of health, introducing terminology such as "food deserts," and have sought to restore agency to peoples disempowered by their lack of knowledge as to how to grow and prepare food. And the environmental movements have focused on reintegrating food production into a new regionalism based on farmland retention, localized food-sheds such as the 100-mile diet, and urban agriculture and agrarianism.

Ward 9's mixed-use neighbourhoods, working landscapes, and diverse peoples have been instrumental in building the City of Calgary that we know and love today, and they are at the forefront of building the city that we are becoming. One of the core strengths that bridges the city we were with the city we're becoming is East Calgary's ongoing role as the city's center of food production, agribusiness, and agri-technology. Another core strength is the incredible variety of international foods serving Canada's third most diverse city's most diverse neighbourhoods. But there are also food challenges associated with poverty and automobile dependence that are being met by an incredible constellation of social-serving organizations. This map is our snapshot in time as to the state of food access in Ward 9 as well as the beginning of a conversation as to how we may best reintegrate food back into a more resilient understanding of our habitat.



Grocery Stores

Large-scale
A supermarket that offers all categories of grocery items and where all your regular shopping list could be procured.

Local/Small-Scale/Specialty
A store that offers all categories of grocery items, however the smaller physical size of the store, variety of items offered, or cost of goods sold can be a limitation.

Corner/Convenience Stores
A smaller-scale shop that offers most categories of grocery items or a significant percentage of staple food items.

Farmers Markets

Connecting Calgarians to local farmers and our food system, Farmers Markets typically sell in-season items made, baked, or grown locally.

Year-Round Farmers Markets

- Crossroads Market**
1235 26 Ave SE
- DJ's Market**
4645 12 St SE

Seasonal Farmers Markets

- Bridgeland-Riverside Farmers Market (Jun - Oct)**
917 Centre Ave NE

Farm Stands + Mobile Grocery Stores

Through pop-up farm stands and a mobile grocery bus, Calgarians can experience dignified access to a variety of fresh food at affordable price points.

Farm Stands

- Inglewood - Mills Manor (Year-round; Fall; Saturdays)**
1520 9 Ave SE
- Bridgeland - Columbus Manor (Year-round; Saturdays)**
40 11A St NE

Mobile Grocery Stores

- The Alex Community Food Centre**
4920 17 Ave SE
- Manchester Tower Community Space**
5757 2nd St SW

Urban Farming

Urban farming is the practice of larger-scale and/or higher-intensity cultivation of plants or livestock in an urban setting within the context of a commercial and/or social mandate.

Highfield Regenerative Farm

1920 Highfield Cres SE
A community urban farm hub focused on land revitalization, nutrient-dense food, and community building.

Land of Dreams Urban Farm

6525 84 St SE
A 30-acre plot of land in southeast Calgary, Land of Dreams is an urban farming initiative bringing together community with recently arrived immigrants and refugees.

The Basil Ranch

1920 Highfield Cres SE
Using hydroponic growing as a solution to food security in our northern climate, Basil Ranch has been providing fresh herbs, produce, mushrooms, and flowers to restaurants and grocers since 1996.

Root and Regenerate Urban Farm

4411 Manitoba Rd SE
One of the longest running urban farms in Calgary. With various plots around the city, they operate in areas including Renfrew and Ogden, with their main farm site in Manchester.

Deepwater Farms

3630 50 Ave SE
Through a hydroponic growing system, Deepwater produces baby greens year-round without the use of pesticides or herbicides.

Calgary Seed Library

1217A 9 Ave SE (in the Basement of The Next Page)
The Calgary Seed Library lends and shares seeds with growers of all experience levels. Members can take seeds from the library to plant in their garden and in return save seeds from their crops to redistribute through the library.

Community Kitchens + Co-Working Kitchen Spaces

Community kitchens and co-working kitchens are commercial spaces where groups of people come together to cook. Often providing free meals, cooking classes, food education, or an accessible space for food entrepreneurs to learn and grow.

Ogden United Church & The Mustard Seed (coming soon)

4920 17 Ave SE

The Alex Community Food Centre

4920 17 Ave SE

The YW (Inglewood)

1715 17 Ave SE

The Alex Community Food Centre

4920 17 Ave SE

The Salvation Army (19th Ave)

3720 19 Ave SE

The Salvation Army (36th Street)

1826 36 St SE

The Mustard Seed Neighbour Centre

6060 Memorial Dr NE, #24

Rise Calgary Community Link

3303 17 Ave SE

Society of St. Vincent de Paul - Holy Trinity/Our Lady of Fatima

1525 45 St SE

Society of St. Vincent de Paul - St. Bernadette Church

7103 20a St SE

Women's Centre of Calgary

39 4 St NE

Southeast Calgary Community Resource Centre

2734 76 Ave SE

Jewish Family Service Calgary - Wynne's Pantry

5920 1a St SW #420

Good Food Box Program

The Good Food Box Program allows anyone the ability to purchase a generous-sized box of fresh fruits and vegetables at a discounted price. Various pickup locations throughout the city. | ckpcalgary.ca

31. Renfrew Baptist Church

1204 Renfrew Dr NE

32. Alexandra Centre Society

922 9 Ave SE

33. Rise Calgary Community Link

3303 17 Ave SE

34. SE Calgary Community Resource Centre

2734 76 Ave SE

35. Appletwood Park Depot

39 Appletwood Dr SE

36. The Mustard Seed Neighbour Centre

6060 Memorial Dr NE, #24

37. Manchester Park

Free Delivery for Manchester Residents

38. Ramsay

2040 Ramsay Street SE

39. Renfrew

1324 Phair Ave NE

40. Lynwood Ogden

18 St + 69 Ave SE

41. Bridgeland-Riverside

917 Centre Ave NE

42. Inglewood

2297 17 St SE

43. Albert Park Radisson Heights

12th Ave off 25 St SE

44. Erin Woods

83 Erin Park Dr SE

45. Twin Views

2951 26 Ave SE

46. Rouge

1240 8 Ave SE

47. Deane House

806 9 Ave SE

48. Bridgeland-Riverside Vacant Lots Heritage Garden

46 7 St NE

49. Reader Rock Garden

325 25 Ave SE

50. Fort Calgary

750 9 Ave SE

51. Brewery Grounds Garden & Horseman's Hall of Fame

9th Ave + 14A St SE

52. Victory Outreach - Greater Forest Lawn

1840 38 St SE

53. Erin Woods Community Association - My Little Pantry

83 Erin Park Dr SE

54. Forest Heights

4909 Forego Ave SE

55. Penbrooke Meadows Community Association

6100 8 Ave SE

56. Inglewood Community Garden Pantry

2297 17 St SE

57. Love with Humanity Community Pantry

1817 9 Ave SE

58. Renfrew CICBA Community Pantry (coming soon)

810 13 Ave NE

59. Ogden House Seniors Club

2102 69 Ave SE

60. Greater Forest Lawn 55+ Society

3425 26 Ave SE

61. Calgary Meals on Wheels

5759 80 Ave SE

62. Calgary Stampede Agribusiness - Stampede Park

For more than 100 years, agriculture has been at the heart of the Calgary Stampede. Through events and exhibitions, the Stampede highlights and connects local agriculture and agri-food producers with consumers from around the world.

63. Sam Livingston Fish Hatchery - 1440 17a St SE

Since 1973, the Sam Livingston Fish Hatchery has served as a nursery to over 50 million trout. Raised from egg to fry then stocked into over 200 different lakes across the province as a part of Alberta's fish stocking program.

64. Canada Malt Co - 3316 Bonnybrook Rd SE

Canada Malt Co. is Canada's largest malting business. Built in 1913, the Calgary Malt House was one of the city's first employers and remains an integral component of the global brewing and distilling industries.

65. Canadian Pacific Railway - 7550 Ogden Dale Rd SE

Since the late 1800's, CP Rail has been an essential part of transporting food around our country. With its global headquarters in Ogden, CP Rail owns and operates approximately 20,100 km's of track in Canada and the United States.

66. Youth Centres of Calgary - Ogden (YCC) - 7400 23 St SE

YCC operates a before and after-school youth centre for at-risk youth in high-needs neighbourhoods. Children between 10-15 are welcome to drop-in for nutritious meals and take-home grocery items.

67. Woods Home's Inglewood Opportunity Hub - 1008 14 St SE

A one-stop support for vulnerable youth, the Hub offers access to health and wellness support, including food hampers and free meals for youth ages 15-29.

68. Youth Culinary Arts Program (YCAP) Market - 1008 14 St SE

A program by Wood's Homes, YCAP teaches at-risk, unhouseed youth employment skills in the culinary field. The YCAP Market serves as a social enterprise, selling a variety of made-from-scratch, prepared meals created by YCAP clients.

Historic Gardens

Spanning back as far as the late 1800's, Ward 9 is home to several historically significant gardens. From farm-to-table restaurants growing food to accompany their hyper-local menus, to official heritage sites sharing the rich gardening history of the Prairie and Foothills region of Alberta.

Food Corridors

Food Corridors are areas throughout Ward 9 where you can find a concentrated variety of many of the best and most unique restaurants and food retailers in the city.

International Ave - 17th Ave SE

Plus: check out International Ave's Food Tours! Inglewood - 9th Ave SE

Bridgeland-Riverside - 1st Ave NE

Macleod Trail

Brewery + Distillery Districts

Ward 9 is home to many of the very best and most innovative breweries and distilleries in Calgary and around the world. Our thriving brewery scene dates back to the early 1900's when Canada Malt Co. setup the Calgary Malt House - still operating as an industry leader today.

Manchester Brewery District

Local craft breweries in Manchester and Highfield Industrial Park.

Brewery Flats

Local craft breweries in the Inglewood-Ramsay area.

Other Ward 9 Breweries

Local craft breweries, mostly in the Foothills Industrial Park.

Distilleries

Calgary is home to many great distilleries, bringing an infusion of local flavours and ingredients to their spirits.

Food Production Districts

From baked goods, world class sausages, and soda pop to samosas, ice cream, and some of the best coffee, there is no shortage of delicious food being made in our backyard.

Manchester Industrial

Foothills Industrial

Community Cupboards + Food Pantries

Similar to a Little Free Library, but for food. Community pantries and cupboards provide easy, dignified access to food for anyone who needs it. No questions asked, no referral needed.

52. Victory Outreach - Greater Forest Lawn

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Citywide Food Security Programs

Fresh Routes | freshroutes.ca

Fresh Routes is a not-for-profit social enterprise focused on creating new, innovative ways of providing food to as many Canadians as possible. Through their Mobile Grocery Stores, they bring healthy, fresh, and affordable food into neighbourhoods facing food access barriers.

Leftovers | rescuefood.ca

Leftovers works to reduce food waste and increase food access. Businesses donate their leftover or unused food at the end of the day, redirecting it to social serving agencies to redistribute to community members in need.

Social Impact Lab (Pay-What-You-Want Produce Markets) | thesocialimpactlab.com

Pay-What-You-Want (PWYW) is a pricing strategy that allows customers to assign the value that they are willing or able to pay for the products or services they are purchasing. Social Impact Lab hosts a variety of PWYW pop-up markets around the city.

Community Kitchen Program of Calgary | ckpcalgary.ca

Working to address the complex issues of poverty and hunger within marginalized Calgary populations, Community Kitchen provides a variety of unique educational programming that connects children, youth, individuals, and families with food.

Kin Market | weareallkin.ca

As a social venture, Kin has a dual mission of community and food access. By using Pay-What-You-Want (PWYW) principles, Kin envisions a place where everyone has access to high-quality food and drink at a price that they can afford. Various locations around the city.

Mealshare | mealshare.ca

Mealshare partners with restaurants to help provide simple, healthy meals to youth in need. For each meal a restaurant sells, they contribute \$1.00 to Mealshare, helping to ensure youth in our community don't go hungry.

Brown Bagging for Calgary's Kids | bb4ck.org

Brown Bagging for Calgary's Kids engages the community to provide nutritious, prepared meals for kids who go to school every day without any or enough food.

I Can for Kids | icanforkids.ca

I Can for Kids delivers direct support to hungry children and youth in Calgary. Their innovative, income-based approach is helping shift perceptions about those living with food insecurity while providing financial relief to households, dignified and autonomous access to foods, and enabling healthier eating.

Shelters + Street Outreach

Emergency shelters and street outreach organizations (The Drop-In Centre, Alpha House, The Alex, Bear Clan Patrol, BeTheChangeYYC, and Street Cats YYC to name just a few...) provide hot meals, bagged lunches, and/or food hampers to those experiencing homelessness in our city.

Faith Communities

Many faith-based organizations accept food donations and/or offer emergency food hamper programs. Connect directly with local faith groups in your community to find out more.

Programs that Support Local Food Security

Calgary Eats! City of Calgary Food Action Plan

The City of Calgary Food Action Plan began as an initiative to remove municipal barriers to producing food and highlight the ways the city could facilitate more food production. By building on community-led efforts to create a healthy, equitable, and sustainable food system, Calgary Eats! ensures more Calgarians can access local food.

Urban Hens

The City of Calgary launched an Urban Hen Pilot Program in 2022, allowing residents to keep backyard hens in an urban setting. Keeping hens allows caretakers daily access to fresh eggs and serves as an integral part of reconnecting Calgarians to our local, sustainable food system.

Urban Beekeeping

Urban or backyard beekeeping is the practice of keeping bee colonies in an urban environment. Beekeeping helps build and maintain our local food systems by pollinating farms and gardens while also providing locally produced honey. Bees play a critical role in our food system, accounting for the pollination of many of our food crops.

Vertical Farming

Vertical farming is growing upward instead of outward - it allows for growing more food on a significantly smaller footprint, while also providing increased yields, healthier