

Healthy Pre-Made Food Options

Heart to Home Meals

- Budget friendly option for people looking for nutritious and accessible foods
- Price includes free delivery in Cochrane
- 1-866-933-1516
- www.hearttohomemeals.ca

Meals on Wheels for Your Freezer

- Pre-made frozen entrees
- Order due every Tuesday by noon
- 403-851-2250
- www.cochrane.ca/food-and-essentials

Meals to Go

- Meals to Go program at Cochrane's Big Hill Lodge provides hot food
- The Cochrane Activettes deliver mid-day in Cochrane on a regular weekday schedule, no holidays or weekends
- 403-932-3355

Locally Grown Food

Locally Grown Food in Rocky View County

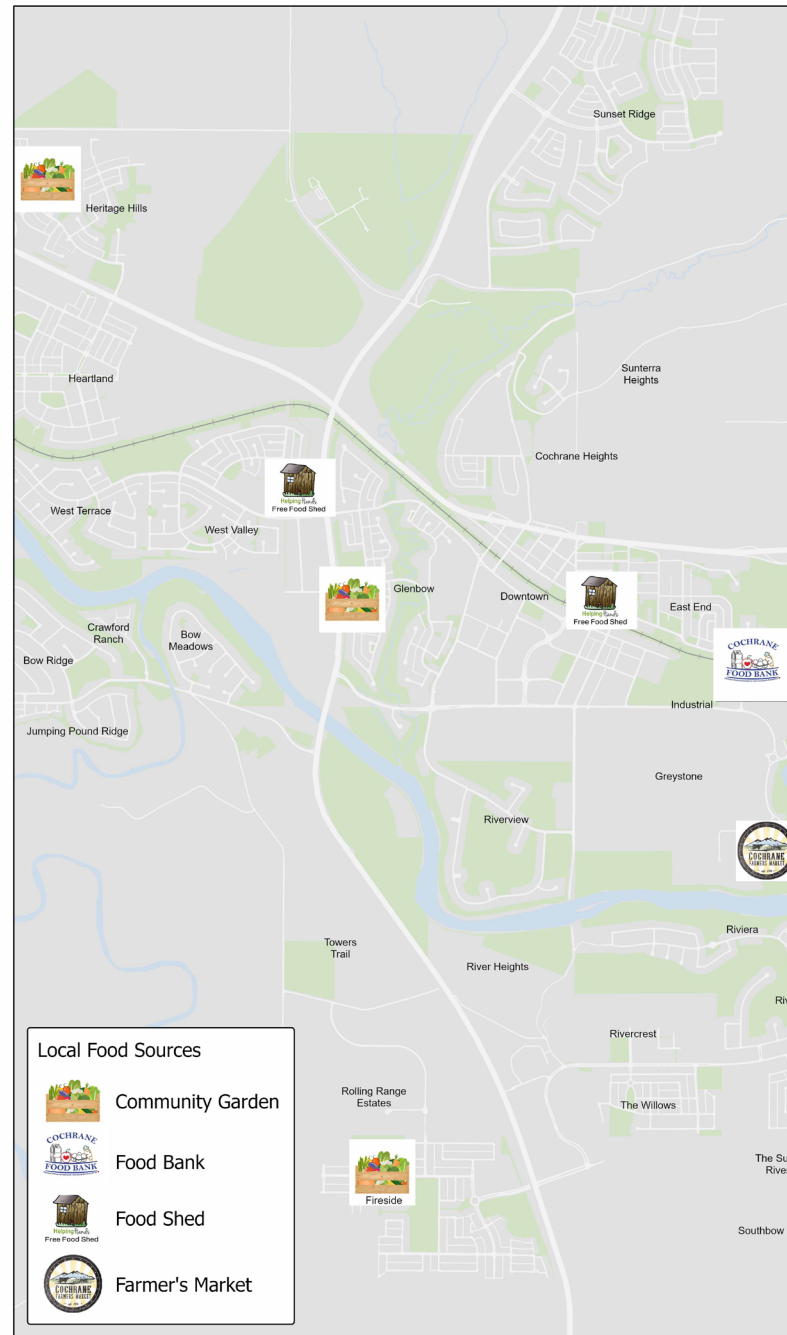
- www.rockyview.ca/locally-grown

Ripe Near Me

- Buy homegrown local food
- Grow, share & sell your excess produce
- www.ripenear.me

To learn more about this committee, check out our website by visiting: www.cochranefoodconnections.ca or visit us on Facebook: [@cochraneandareafoodconnections](https://www.facebook.com/cochraneandareafoodconnections)

LOCAL FOOD SOURCES



YOUR LOCAL GUIDE TO FOOD RESOURCES



COCHRANE AND AREA
FOOD CONNECTIONS

Cochrane and Area Food Connections is a team of passionate community members dedicated to creating an accessible, affordable and sustainable food system in Cochrane and neighbouring areas.



Cultivate Cochrane's
Passive Solar Roller Project
Photo credit: @sibeafoyleart

Educational Resources

Alberta Food Matters

- The Growing Food Security in Alberta (GFSA) network has supported many projects and initiatives across Alberta focusing on food security and food sovereignty
- www.albertafoodmatters.ca

Cochrane and Area Food Connections

- A team of passionate community members dedicated to creating accessible, affordable and sustainable food system in Cochrane and area
- www.cochranefoodconnections.ca
- Facebook: @cochraneandareafoodconnections

Cochrane Community Garden Society

- www.cochrane.gardens@gmail.com
- Facebook: @cochranecommunitygardensociety

Cultivate Cochrane

- A non-profit society dedicated to growing a resilient and connected community through food, innovation and lifestyle empowerment centered around a community greenhouse hub
- info@cultivatecochrane.com
- www.cultivatecochrane.com

Emergency Food Resources

Cochrane Activettes Food Bank

- To access the Food Bank, call FCSS at 403-851-2250

Helping Hands Free Food Sheds

- Facebook & Instagram: @freefoodshedcochrane
- East end:
 - St. Andrew's United Church parking lot, 128 First Street East
- West end:
 - Bow Valley Baptist Church, west side of building, 54 West Aarsby Road

Farmers/Community Markets

Bearspaw Lions Farmers Market

- Seasonal - Sundays, early June to end of September
- Nagway Road in Bearspaw, off Highway 1A
- www.bearspawlions.com/farmersmarket

Bragg Creek Farmers Market

- Seasonal - Sundays, mid June - end of September
- Bragg Creek Centre, 23 White Avenue
- www.braggcreekca.com/braggcreekfarmersmarket

Cochrane Farmers Market

- Spring market (indoors) - watch for dates
- Market by the Bow (outdoor)
- Seasonal - Saturday, early June - end of September
- Spray Lake Sawmills Centre parking lot
- www.cochranefarmersmarket.ca
- Facebook: @cochranefarmersmarket, Instagram & Twitter: @cochranefarmers, You Tube: Cochrane Farmers' Market AB

Redwood Meadows Community Market

- Sundays, Early June - early October
- Across from Redwood House along 1 Manyhorses Drive (field & the outdoor rink)
- www.redwoodmeadows.ab.ca/communitymarket



Community Gardens

Glenbow

- Glenbow Elementary School, 55 Glenpatrick Road
- 403-932-9713

Fireside

- Cattail Park, Fireside Way
- 403-984-2540
- info@firesideresidents.com

Heritage Hills

- 79 Heritage Hills Boulevard
- asomerville@hhca-ab.ca
- www.hhca-ab.ca

Community Lunch Programs

St. Andrew's United Church

- Every Tuesday at 12pm
- A place for everyone at the table
- We provide free homemade soup for everyone in the community to enjoy!

Food Subscriptions

Good Food Box

- Fresh fruit & vegetable box at an affordable price
- 20-45lbs box
- Price depends on box size (sm, med, lg)
- www.linktr.ee/cochranegfb
- Pick up location: Bow Valley Baptist Church, 54 West Aarsby Road
- Facebook: www.facebook.com/groups/cochranegoodfoodbox