

Educational Resources

Cochrane Community Gardens Society (CCGS)

- Facilitates the creation of community gardens throughout Cochrane and hosts courses on vegetable growing and food preservation.
- cochrane.gardens@gmail.com
- Facebook: Cochrane Community Gardens Society for garden info, growing and cooking tips.

Cochrane & District Horticultural Society

- Share gardening expertise & educational opportunities in hardiness zones 3a and 3b with chinook conditions.
- www.cochranedistricthortsociety.com

Cultivate Cochrane

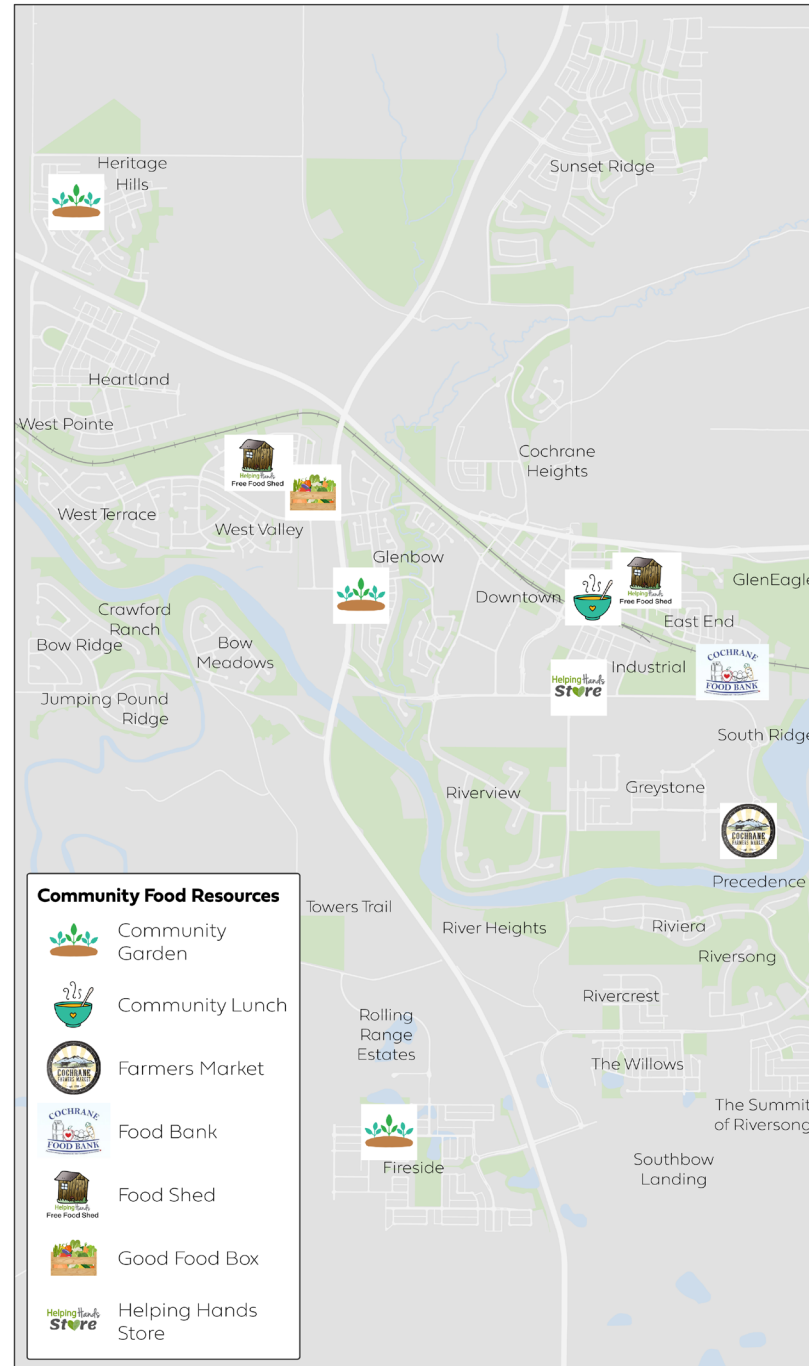
- A non-profit society that empowers people to grow their own food through demonstration and education. Cultivate Cochrane collaborates to increase food sovereignty, climate resilience, health and wellbeing.
- info@cultivatecochrane.com
- www.cultivatecochrane.com



Cultivate Cochrane's Passive Solar Roller Project

To learn more about this committee, check out our website by visiting:
www.cochranefoodconnections.ca or visit us on Facebook: @cochraneandareafoodconnections
Instagram: @cochraneareafoodconnections

COMMUNITY FOOD RESOURCES



Community Food Resources



-  Community Garden
-  Community Lunch
-  Farmers Market
-  Food Bank
-  Food Shed
-  Good Food Box
-  Helping Hands Store

YOUR GUIDE TO COMMUNITY FOOD RESOURCES



COCHRANE AND AREA FOOD CONNECTIONS

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

 @cochraneandareafoodconnections
 @cochraneareafoodconnections

www.cochranefoodconnections.ca

Updated May 2024

Locally Grown Food

Locally Grown Food in Rocky View County

- www.rockyview.ca/locally-grown

Community Lunch

St. Andrew's United Church

- Provides free homemade soup for the community to enjoy! A place for everyone at the table.
- Every Tuesday, 12 - 1 p.m., September through May.

Community Gardens

Interested in joining an existing garden or starting one in your neighbourhood? Contact cochrane.gardens@gmail.com or send a Facebook message to Cochrane Community Gardens Society page.

Glenbow

- cochrane.gardens@gmail.com
- Glenbow Elementary School, 55 Glenpatrick Road

Fireside

- info@firesideresidents.com
- Cattail Park, Fireside Way

Heritage Hills

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



Community Garden

Healthy Pre-Made Food

Heart to Home Meals

- Pre-made frozen entrees.
- Price includes free delivery in Cochrane.
- To order call 1-866-933-1516 or visit www.hearttohomemeals.ca

Meals on Wheels for Your Freezer

- Pre-made frozen entrees.
- To order, call 403-851-2250 by Tuesday at noon.
- www.cochrane.ca/foodprograms

Meals to Go

- Cochrane's Big Hill Lodge and Cochrane Activettes deliver hot lunches mid-day on weekdays.
- To order, call 403-932-3355

Food Assistance

Cochrane Food Bank

- Families with children 0-18yrs, call the Family Resource Network (FRN) 403-851-2265.
- Individuals, families with children 18yrs+, older adults and rural residents call Family and Community Support Services (FCSS) 403-851-2250.
- Hamper pick up location: Bay 6, 30 Griffin Industrial Point

Helping Hands Free Food Sheds

- Community food rescue program.
- Facebook & Instagram: @freefoodshedcochrane
- East end: St. Andrew's United Church parking lot, 128 First Street E.
- West end: Bow Valley Baptist Church, west side of building, 54 West Aarsby Road
- Helping Hands Store: Located at 244C River Avenue

Îyâhrhe Nakoda Food Bank

- Hamper pick up is Tuesdays, Wednesdays and Thursdays starting at 1 p.m. (first come first serve).
- Available to Îyâhrhe Nakoda community members.
- 403-881-2766 or 403-881-2783
- iyarhenakoda-foodbank@stoney-nation.com
- 40 Morley Road, Mînî Thnî

Food Markets

Bearspaw Lions Farmers Market

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

Bragg Creek Farmers Market

- Seasonal - Sundays, mid June - end of September.
- Bragg Creek Community Centre, 23 White Avenue

Cochrane Farmers Market

- Seasonal - Saturdays from 9 a.m. - 2 p.m.
- Market by the Bow (outdoors) - early June to end of September.
- Spring Market (indoors) - March and April.
- Facebook: @cochranefarmersmarket
- Instagram & X: @cochranefarmers
- www.cochranefarmersmarket.ca
- SLS Centre - 800 Griffin Road E.

Fresh Routes Market

- Fresh, healthy, affordable fruits, vegetables and other grocery items for 20% off.
- Thursdays 12 - 3 p.m.
- Indoors in the Stoney Tribal Administration building
- Text "MORLEY" to 1-833-209-4606 for reminders & discounts.
- www.freshroutes.ca



Food Boxes

Good Food Box

- Fresh fruit and vegetable box at an affordable price.
- Price depends on box size (20-45lb boxes).
- Join Facebook group for order dates & details - @cochranegfb
- gfb@bowvalleybaptist.com
- Pick up location: Bow Valley Baptist Church, 54 West Aarsby Road (south east side of building).