

## Location

20 Sandstone Terrace  
Canmore, Alberta

## Telephone

**403-678-9488**

Call:

- To apply for a hamper
- To volunteer
- To make a donation

## Hours

Phone to apply for a hamper:

**Mondays: 6:00 - 7:00 pm**

**Wednesdays: 6:00 - 7:00 pm**

Hamper Pick-up:

**Tuesdays: Noon - 1:00 pm**

**Tuesdays: 6:00 - 7:00 pm**

**Thursday: 6:00 - 7:00 pm**

*The Bow Valley Food Bank is open to offer emergency food assistance to residents of Canmore, Exshaw, Seebe, Dead Man's Flats, Lac Des Arcs, Harvie Heights and Kananaskis*



## Usage Policy

Residents requiring emergency food assistance may use the food bank as often as needed to a maximum six visits during a one year period. Banff residents must use the Banff Food Bank. In order to access the food bank, you **MUST FIRST CALL** and apply.

**PLEASE SEE APPLICATION**

**PROCEDURE IN THIS BROCHURE**

## Identification

I.D. for each individual and dependant using the food bank must be presented prior to receiving food. I.D. must be presented for each visit.

### Acceptable I.D. includes:

- Alberta Health Care
- Driver's License
- Passport

## Application Procedure

In order to receive a food hamper, before coming to the food bank, you must call **678-9488** to apply on:

**Mondays: 6:00 - 7:00 pm**  
**Wednesdays: 6:00 - 7:00 pm**

This will assist us in being prepared for your visit and ensure confidentiality. You will be required to answer the following questions:

### Income

- Earned income
- EI
- Social Assistance
- Child Support
- Disability Income
- Pension

### Expenses

- Rent/Mortgage
- Daycare
- Utilities