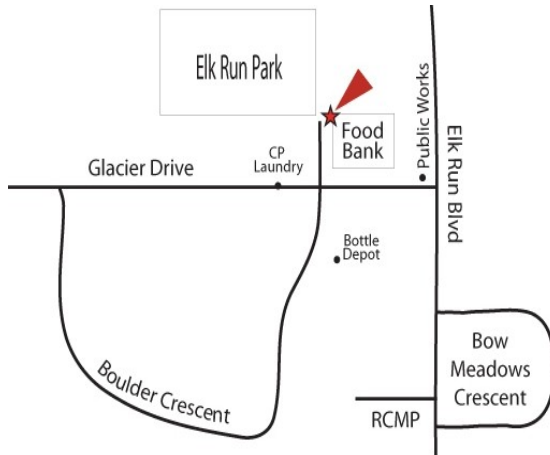


Location

**20 Sandstone Terrace
Canmore, Alberta**



Telephone

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

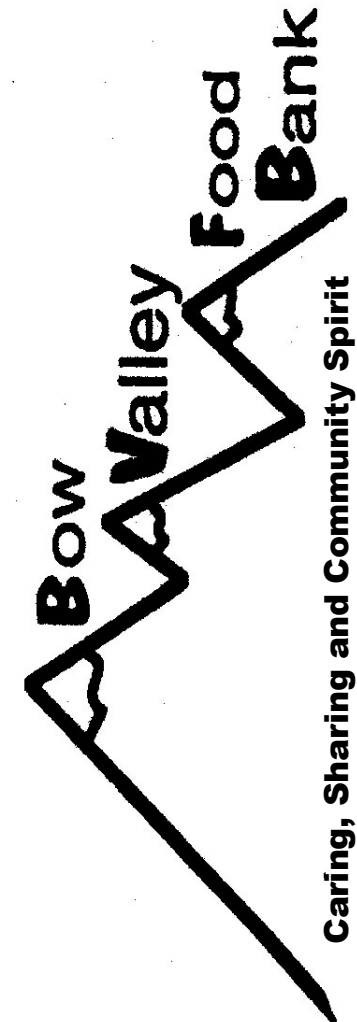
Hamper Pick-up:

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
- 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
- UIC
- Social Assistance
- Child Support
- Disability Income
- Pension

Expenses

- Rent/Mortgage
- Alberta Health
- Daycare