



Bow Valley Food Alliance – Canmore Food Services
April 6th, 2020.

Affordable or Free Meal and Food Services

Bow Valley Food Bank

Need a hamper? Call the Bow Valley Food Bank 403.678.9488 on Monday or Wednesday. Pickup days are Tuesday and Thursday 12-1 p.m. and 6-7 p.m. If you'd like a friend or neighbour to pick up your hamper for you, let the Food Bank know their name when you call. If you have an urgent need you can contact Family and Community Support Services at fcssadmin@canmore.ca or (403) 678-1551 to access an emergency food hamper.

Canmore Food Recovery Barn

Food waste recovery now open Tuesday and Thursdays at 6pm; signup required:
<https://www.signupgenius.com/go/5080F44AFAD22A2F85-food>

Food and Friends

Now operating pick-up meals to reheat out of the Iron Goat on Mondays.
Email foodandfriends2020@gmail.com to place orders or to volunteer.

Good Food Box

25lbs of (nonorganic) fresh fruit and veg delivered once per month to a central distribution location. \$30 (Canmore Affordable Services card or anyone directly affected by COVID-19 \$25). [Click here for more information.](#)

Malcom Hotel is offering "Canmore Soup for the Soul" – donations welcome. Running Monday - Friday from 10:00 am until the soup runs out. To pick up your soup, please proceed to the hotels' main entrance. We will be operating on a one in, one out basis to be socially responsible, and respect social distancing.

Mountain Fire Foods is donating 50 meals to those in need. If you or anyone you know could use a free meal please contact me at: mtnfirefoods@gmail.com with name and address. Free

no contact delivery by one of our team. If YOU are in position to DONATE a meal or two to this on going service please shoot me a message! (403) 678 1179

Take out and Delivery Services

An Edible Life: We are delivering all orders: Canmore daily; Banff on Wednesday. All orders will be contactless. Please check out the website and call in your order. Deliveries will be between 4-6 pm. <https://anediblelife.ca/> 403-609-9957

Blake: The full menu is currently available for takeout 7 days a week between the hours of 12pm – 8pm; Takeout can be ordered through the online platform or calling the restaurant directly; off-sales for wine bottles and bottled beer; <https://www.blakecanmore.com/> 403-675-3663

Bow Valley Garden Centre

Selling affordable produce, as available. We're open for in-store purchasing, contactless curbside pick up, and delivery. Open 9:30-5:30pm daily. www.bowvalleygardencentre.ca 403-675-0701

Canmore Pasta Co: Check out our brand new online store @ shop.canmorepasta.com Place an order and we will have it bagged and ready to go for you. If you aren't able to get out, give us a call & we will deliver to anywhere in the Bow Valley at no cost. Wednesdays are Calgary delivery days - free delivery for orders over \$50. <https://www.canmorepasta.com/> 403-678-5266

Chez Francois: Take out available. <https://www.restaurantchezfrancois.com/> 403 678 6111

Crazyweed Kitchen: We are taking orders from 11:30-5:00pm daily & all our items are for reheat & eat at home. Takeaway can be placed ahead via phone with credit card only & arrange a pickup time. Delivery we will leave curbside & it's free. We also are offering a variety of high end wines at different discounted prices, these can be delivered as well. <https://crazyweed.ca/> (403)-609-2530

Eclipse Coffee Roasters: Free home delivery to Canmore residents after a minimum purchase of \$40. For those wanting more than just coffee we are adding products from our suppliers and any other local business that wants to get involved. Cut off day for orders is Tuesday with deliveries being made every Thursday. Keep checking back as we add more products. <https://eclipsecoffeeasters.com/>

Elita Restaurant: Elita Restaurant is open for takeouts and deliveries from 11 am to 10 pm. We deliver all items per menu, including drinks and alcohol as well as soft drinks and desserts. Please see our web site for the items offered. Call 1 403 609-2613; 1 403 688-2300. <https://www.elitarestaurantcanmore.com>

Grizzly Paw: Online ordering now available at <https://thegrizzlypaw.square.site/> Free delivery available in the Canmore area 11am-9pm! Menu includes burgers, comfort food, beer, cocktails, soda and frozen or heat & serve options too! <https://www.thegrizzlypaw.com/> 403 678 2487

Indian Authentic Cuisine: Take out available. <https://indianauthenticcuisine.ca/> 403-678-3365

Iron Goat Pub & Grill: Take out 7 days a week 12 – 8 pm; off sales and limited menu; delivery subject to availability. www.irongoat.ca 404-609-0222

JK Bakery: On-line ordering. Free delivery in Canmore on Tuesdays and Fridays and Banff on Wednesdays. All 3 cafes are open for shopping and order pick-up, we can bring your orders out to your car. We now have fresh produce, flour, milk. <https://jkbakery.ca/> 403-678-4232.

Le fournil: We're back to deliver fresh baked goods to your door and help calm those *croissant* cravings. We offer free delivery to your door twice a week while the mandated social distancing period stays in effect. This service will end when we are able to reopen our doors. For more information visit our ordering webpage:

https://fournil.ca/order/?fbclid=IwAR3_HC3g_M4hc7mCzcrZ32UoXbR8i9zyKADaExt976DeMcKCmpE3G7hb9kE and call [403-675-5005](tel:403-675-5005) to place your order.

Le Chocolatier: We continue to offer FREE delivery to Canmore, Exshaw and Banff residents for any order over \$10. We have also teamed up with Canmore's [Eclipse Coffee Roasters](#) [The Market Bistro at Three Sisters](#) [The Grizzly Paw Brewing Company](#) and [An Edible Life](#) to put all phone/email orders we receive for delivery into a draw to win a gift certificate or product from each of our companies. For Banff, we will make deliveries every Thursday, and for Canmore and Exshaw deliveries will be made on Fridays and Saturdays. To order, please call us at 403-679-3351 or email us at indulge@lechocolatier.ca. <https://www.lechocolatier.ca/>

Mad Dog Café: At this time, the café is open 11am-7pm. We have all of our hot food for take-out and are stocking market and frozen items daily. Please call 403-679-7728 for more information. <http://www.themaddogcafe.ca/> 403-679-7728

The Market Bistro at Three Sisters: No contact deliveries, pick up, and curbside service. Our online system is running 4PM-8PM Wednesday to Sunday. You will find a limited menu with some of your favorites, wines, beers and spirits selection, groceries, non-alcoholic drinks. We have also started to order some groceries from our food suppliers to be available to you. View our website to see the available selection. <https://www.3sistersmarket.ca/> 403-675-3006

Marra's Way Sushi: Take out available during new business hours: Monday 12-4; Tuesday 12-8; Wednesday 12-8; Thursday 12-8; Friday 12-8; Saturday and Sunday: Closed; (403) 609-0479

Mountain Fire Foods: Free delivery in Canmore on Sunday and Monday in Banff. Weekly menus go out on Wednesday for heat and eat meals, soups, vegetable and meat sales.
mtnfirefoods@gmail.com (403) 678 1179

The Organic Box: Local organic produce delivery. Due to COVID-19 we have experienced an increase in orders and inquiries from Food Family members. Our Customer Service Team is working 7 days a week to ensure that we can get to outstanding inquiries as quickly as possible. Feel free to use BOWVALLEY20 to get \$40 off your first order of \$50.
<https://www.theorganicbox.ca> 780-469-1900

Patrinos: Curbside pickup and delivery to Exshaw, Dead Man's Flats, Lac Des Arc: 5-9.
<https://patrinos.ca/> 403-678-4060

Peak Eats: Offers all-natural long shelf life meals. Gluten free & vegan options. Free delivery options in Canmore. <https://peakeatsfood.com/> 403.688.6907

Phoenix Asia Buffet: Take out available. (403) 688-8646

Red Gables Deli: Open 11-7, Wednesday to Monday (closed Tuesday); free delivery in Spring Creek; otherwise curbside pickup. Visit <https://www.redgablesdeli.ca/> or call 403 391 0737

Red Rock Pizza: Delivery and takeout available. Everything on the menu including beer, cider and radlers- \$20 pack of 4. Delivery includes Canmore, Dead Man's and Exshaw. We are now delivering Cougar's Liquor from 2-9 pm for a \$5 delivery fee. All delivery fees and tips go to our drivers to keep them employed. <https://redrockpizza.ca/> 403.675.4443

Rusticana Grocery: We will deliver FREE to anyone in self-isolation, quarantine, and seniors, or anyone that is afraid to leave their home. We have lots of prepared meals and groceries, including more eggs and produce arriving tomorrow! We are taking all precautions to ensure your groceries are clean and our store employees are safe. If we can limit people coming into the store by offering delivery that would be great! Call us at (403) 678-4465 to organise your delivery. Please order before noon Monday to Friday and we will deliver before 5pm. Minimum \$25 order. <https://www.rusticana.ca/> 403-678-4465

Sage Bistro: Meat/fish/produce sale every Wednesday and Saturday if the volume warrants it. Safe pickup zone outside the building is working great so we will continue with those procedures. Some deliveries also available for those self-isolating. We will also be expanding our "Heat & Eat" menu this week so stay tuned for a new post with what we are cooking for you! Our website will also be updated with these menu items very soon. Email all orders anytime before 3pm on Wednesday for pick up that afternoon. todd@sagebistro.ca
www.sagebistro.ca (403) 678-4878

Santa Lucia Italian Trattoria: Call for take-out and delivery – food and discounted alcohol.
<http://www.santa-lucia.ca/> 403 678 3414

Spice Hut: Open for Take Out & Delivery; Customers Can Order Beer & Wine with Take Out.
<https://spicehutcanada.com/> 403-609-9997

Thai Pagoda: Take out available after 5:00. <https://thaipagodarestaurant.com/> 403-609-8090

The Uprising Craft Bakery: We've JUST LAUNCHED our local delivery service! Now, you can get locally-baked Uprising Craft Bakery bread goodness delivered direct to your doorstep. Choose from our SMALL BAG [\$25.00], MEDIUM BAG [35.00], or BIG BAG [\$50.00]. Order online, and we'll bake it - and deliver fresh to you the next morning! We'll be out in our Uprising delivery van, dropping off our Bread Bags on Mondays, Wednesdays and Fridays [sorry, Banff and Canmore homes only]. With a new Bread Bag menu created for you each week - and with no subscriptions or commitments - you simply order when you like, and we'll do the rest. For further information and to place your order, visit: www.theuprisingbakery.com/bread-bags 403.707.5092

Valbella Gourmet Foods: We are open with extra precautions to keep our staff and customers safe. We are limiting the number of guests in the store so please be patient if you have to wait. Carnivore Kits delivered to Canmore, Banff, Exshaw, and Dead Man's Flats.
<https://valbellagourmetfoods.ca/> 403-678-4109

Where the Buffalo Roam Saloon: Our online store is open...beautiful food and drinks delivered. Click on the site to check out current selections. We deliver 7 days a week between 5 and 7 pm. Order before 4 to receive same day delivery. If you order alcohol we will text when we get to your house. We ask that you have your ID ready to show us so we can verify your age. After we have verified your age we will leave your order outside your door. For food only deliveries, our food is heat and eat style. We will text immediately after drop off. <https://canmoresaloon.ca/> (403) 675-2222

Yowza! Creative and Catering: SUSHI delivery on Friday afternoon (order by 9pm on Wednesday) (Sushi) - budget friendly. G/F choice and Vegetarian, Vegan available.
<https://yowzacreativecatering.square.site/>

OTHER RESOURCES

Bow Valley Food Alliance: Follow us on facebook for regular posts regarding updates and food services in the Valley. Email: bowvalleyfoodalliance@gmail.com

Stone Soup Canmore: A Facebook-based community network to connect volunteers with those in need in the community. Join the group on Facebook @Stone Soup Canmore.
Email: stonesoupcanmore@gmail.com

List of local businesses:

https://docs.google.com/document/d/1uEOPaMHkB76Bqv0ACJPpJInTPKf33ZAi_wGJFNWN54M/mobilebasic

<https://visitdowntowncanmore.com/canmore-delivery/>

Please note: the above information is subject to change. If we've missed anyone or need to update information, please let us know.

