

Kerby Centre for the 55 plus

Thrive: Food Security Programs

Grocery Delivery & Supportive Visits

- Grocery shopping, delivery, and supportive visits for older adults by volunteers
- Service eligibility: 55+, low-income and homebound (in some cases, emergency and/or short term Thrive participation is available for individuals returning home from the hospital or recovering from illness or surgery)
- Cost: \$4/delivery + the cost of groceries
- Available: bi-weekly deliveries
- For more information or to sign-up contact Thrive @ thrived@kerbycentre.com 403-234-6571

Food Market(s)

- Bread and baked goods are available for older adults to pick-up. There are often other items available such as frozen meat, pre-made frozen meals, sandwiches, produce, and dairy products
- All items provided are donated to the Kerby Centre from various Calgary businesses and restaurants. Most items are "rescued food".
- Service eligibility: Older adults, no registration needed, no proof of income required
- Times: Tuesdays and Fridays 10:30am-12pm
- Location: Kerby Centre Gymnasium (external markets occur in various areas around the city each month – check out the monthly calendar on our website for more details: www.kerbycentre.com/foodrescue)
- Cost: None
- For more information contact Nora Rudenko @ norar@kerbycentre.com 403-705-3176

Kerby Community Pantry

- A community food pantry for older adults. Primarily non-perishable items such as pasta, sauces, and snack foods
- Service eligibility: None – the pantry is simply "take what you need, leave what you can"

- All items are donated by individuals and various businesses/organizations
- Available: Monday - Friday 8:00am-4:30pm
- Location: Near Kerby Centre main reception
- Cost: None
- For more information contact Nora Rudenko @ norar@kerbycentre.com 403-705-3176

Wednesday Food Deliveries & Wellness Checks

- Food delivered every week in alternating rotations by volunteers to older adults' homes
- Each client is given a variety of food that typically includes bread, baked goods, pre-made meals and produce. We aim to accommodate all dietary restrictions (pending availability).
- All items provided are donated to the Kerby Centre from various Calgary businesses and restaurants. Most items are "rescued food".
- Service eligibility: 55+, low-income, no other supports available and homebound
- Cost: None
- For more information or to sign-up contact Nora Rudenko @ norar@kerbycentre.com 403-705-3176

Kerby Community Kitchens

- Older adults get together to make meals in a group setting for the purpose of socialization, skill building, and increasing food security
- For more information or to sign up, contact Lauren Riley @ lauren@kerbycentre.com 403-705-3177

Sunday Seniors Baking

- Older adults meet at the Kerby Café on Sundays and to bake various sweet treats for themselves and for Kerby Centre. This social group is peer led and peer facilitated.
- For more information or to sign up, contact Lauren Riley @ lauren@kerbycentre.com 403-705-3177

