

Low-cost Meals and Groceries

It's important for you to have access to nutritious food. The following resources can help you gain access to food at a reduced cost.

[WeCan Food Basket Society of Alberta](#)

- low-cost food baskets

[Food4Good – Good Food 2 Go](#)

- low-cost food boxes and meal assembly kits

[Edmonton Food Bank](#)

- free food hampers once per month

[Edmonton Meals on Wheels](#)

- fresh and frozen meals at a low cost

[Grocery Run Program](#)

- weekly, essential grocery hampers (culturally appropriate) to newcomer and refugee families in need

[H&W Produce](#)

- groceries at comparatively lower price than other grocery stores

Questions? Email: Samantha.Parchment-Andrews@norquest.ca or [book an appointment](#) with a settlement advisor to discuss your options.