



Bread Runs

These Bread Runs provide free day-old bread and sometimes other food on a drop in basis. Please refer to the specific services offered below.

Spirit of Hope formerly Avonmore United or United on Whyte (7909-82 Avenue)

Provides free day-old bread on a drop in basis on Saturdays. Doors open at 8 a.m.

Mill Woods United Church Bread Run (15 Grand Meadow Crescent)

On Saturdays, provides free day-old bread and a variety of fruits and vegetables on a drop-in basis. Please arrive early. Doors open at 8:30 a.m. with food distribution between 10 a.m. and 11 a.m.

Freedom Centre Bread Run (4925-134 Avenue)

Provides day-old bread, pastries, fresh vegetables and sometimes other food items when available on Wednesdays between 10 a.m. to 11 a.m.