

The Alex Community Food Centre Weekly Schedule

SPRING 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Volunteer Food Prep 9am—12pm</p> <p>Our Relationship with Money 1-4pm</p> <p>Page to Stage Poetry 6-8pm</p> <p>FoodFit Alumni 6-9pm</p>	<p>International Ave Kitchen 2—4:30pm</p> <p>FoodFit 6—9pm</p>	<p>Drop-In Community Lunch 12—1pm</p>  <p>Youth Hub: What Feeds Us 4:30—7pm</p>	<p>FoodFit 9:30am—12:30pm</p> <p>Gardening Programs Coming Soon!</p> 	<p>Drop-In Affordable Produce Market & Café 10—12pm</p> <p>Kids in the Kitchen 2—4pm</p>	<p>Healthy on a Budget 11am—1:30pm</p> <p>Community Action Training 1—4pm</p>

Drop in for a meal or the market to learn more!

Registration is ongoing. Programs are prioritized for people living on low-incomes.

The Alex Community Food Centre Programs



Program Descriptions

Monday

Volunteer Food Prep

Dedicated volunteers help prepare food for our community meals and market each week.

Who: Community members. Volunteer application on our website.

Contact: Syma Habib shabib@thealex.ca (403) 970-5473

Our Relationship with Money

Increase financial resiliency and knowledge while connecting with peers.

Who: 65+. Registration Required.

Contact: Sajjad Ahmad sajjada@caryacalgary.ca (403) 305-5260

FoodFit Alumni

Ongoing support for FoodFit graduates to stay connected and motivated while learning about nutrition, cooking and gentle exercise.

Who: Community members. Registration required.

Contact: Erin Gionet egionet@thealex.ca (403) 801-6755

Page to Stage Spoke Word Poetry

Learn to write poetry and take it from the page to the stage in this 10 week program led by poet, Wakefield Brewster.

Who: Community members. Adults and supervised children.

Contact: Tito Gomez nativecree@yahoo.com (587) 707-0291

Tuesday

International Ave Kitchen

Celebrate cuisines from around the world and share your family recipes.

Who: Community Members. Registration Required.

Contact: Miriam Bankey mbankey@thealex.ca (403) 801-6041

FoodFit

A 12 week program to help you improve your well-being through healthy cooking and gentle exercise in a positive, supportive environment.

Who: Community members. Registration required.

Contact: Erin Gionet egionet@thealex.ca (403) 801-6755

Wednesday

Community Lunch

Drop-in for a free, nutritious lunch. Biweekly in partnership with the Aboriginal Friendship Centre.

Who: Adults and supervised children. Drop-in.

Contact: goodfood@thealex.ca (403) 455-5792

Youth Hub: What Feeds Us

Learn to grow, cook, share and advocate for good food while discussing social justice issues, making art, and hanging out in a safe and welcoming space.

Who: Youth aged 14-18. Registered drop-in. Text or call ahead.

Contact: Syma Habib shabib@thealex.ca (403) 970-5473

Thursday

FoodFit

A 12 week program to help you improve your well-being through healthy cooking and gentle exercise in a positive, supportive environment.

Who: Community members. Registration required.

Contact: Erin Gionet egionet@thealex.ca (403) 801-6755

Friday

Affordable Produce Market and Café

Drop-in to shop the affordable produce market and enjoy a coffee. Free smoothies for kids using pedal power on our blender bikes!

Who: Adults and supervised children. Drop-in.

Contact: goodfood@thealex.ca (403) 455-5792

Kids in the Kitchen

Kids come together to learn about healthy food, cooking skills and teamwork—and have fun!

Who: Children aged 7-12. Registration required.

Contact: Miriam Bankey mbankey@thealex.ca (403) 801-6041

Saturday

Healthy on a Budget

Come learn to cook delicious and nutritious dishes on a budget.

Who: Community members. Registration required.

Contact: Miriam Bankey mbankey@thealex.ca (403) 801-6041

Community Action Training

Learn how to advocate, navigate social systems and take action on issues in the community.

Who: Community members. Registration required.

Contact: Syma Habib shabib@thealex.ca (403) 970-5473