

The Alex Community Food Centre

Summer Programs



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Volunteer Food Prep 9am—12pm</p> <p>Our Relationship with Money 1-4pm</p> <p>FoodFit Alumni 6-9pm</p>	<p>Indigenous Moms Group 10am—12:30pm</p> <p>International Ave Kitchen 2—4:30pm</p> <p>FoodFit 6—9pm</p>	<p>Level Ground Gardening 9am-12pm</p> <p>Peer Advocacy Office 11:30am—1pm</p>  <p>Drop-In Community Lunch 12—1pm</p> <p>Youth Hub: What Feeds Us 4:30—7pm</p>	<p>Root Troop Kids Gardening 9-11:30am</p> <p>FoodFit 10am—1pm</p> <p>Healthy on a Budget 12am—2:30pm</p>	<p>Peer Advocacy Office 10:30am—12pm</p>  <p>Drop-In Affordable Produce Market & Café 10—12pm</p> <p>Kids in the Kitchen 2—4pm</p>	<p>RentSmart 10am-1pm</p> <p>Community Action Training 1—4pm</p> <p>Garden Skill Share Workshop 4-7pm</p>	<p>CLOSED</p>

Drop-in during Peer Advocacy hours, Community Lunch or the Market & Café to learn more!
Registration is ongoing. Programs are prioritized for people living on low-incomes.

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 shahib@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@caracalgary.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

Tuesday

Indigenous Moms Group

If you are expecting a baby or have young ones, join us to talk, cook, eat and connect with other moms.

Who: Expecting women or women with young babies. All women welcome. Registration required.

Contact: Yun Yun Lee yunyun.lee@cfs-ab.org (403) 205-5885

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

Level Ground Gardening

Get your hands in the dirt and help accomplish weekly garden goals.

Who: Adults and supervised children. Drop-in.

Contact: Joanna Tschudy jtschudy@thealex.ca (403) 455-5792

Peer Advocacy Office

Receive assistance on a wide variety of issues from trained community members.

Who: Adults and supervised children. Drop-in.

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

Community Lunch

Drop-in for a free, nutritious lunch. 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 shahib@thealex.ca (403) 970-5473

Thursday

Root Troop Kids Gardening

From forest to lawn, adventure out and bring the natural world in for a closer look. We will use the garden, our neighbourhood and each other to explore and connect with nature and our community.

Who: Children aged 8-12. Registration required.

Contact: Joanna Tschudy jtschudy@thealex.ca (403) 455-5792

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

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

Friday

Peer Advocacy Office

Receive assistance on a wide variety of issues from trained community members.

Who: Adults and supervised children. Drop-in.

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

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

RentSmart

Adult education course for housing stability. Participants will learn tenant rights and responsibilities, how to manage finances, how to take care of their home and more.

Who: New Calgary Housing Tenants

Contact: Aboosed abosed.aje@calgary.ca (403) 268-5303

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 shahib@thealex.ca (403) 970-5473

Garden Skill Share Workshop

From seed to harvest and everything in between, join us for our skill sharing workshop series. Local specialists will be highlighted to share tips and tricks and make the most of your gardening experience.

Who: Adults and supervised children. Registration required.

Contact: Joanna Tschudy jtschudy@thealex.ca (403) 455-5792