

Alex Community Food Centre- February Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Virtual -Turtle Island Teachings 11:00 am to 12:00 pm Volunteer Food Prep 1:00 pm to 4:00 pm	2 Volunteer Food Prep 9:00 am to 12:00 pm	3	4 Virtual- Food Fit 10:00 am 12:00 pm	5 Meals to Go 10:00 am 12:00 pm New Roots Kitchen 1:30 pm to 4:30 pm	6 New Roots Affordable Produce Market Asian Inspired Meal to Go 11:00 am to 1:00 pm
8 Virtual- Ways of Knowing 11:00 am to 12:00 pm Virtual- Baking Party! 1:00 pm to 2:30 pm Volunteer Food Prep 1:00 pm to 4:00 pm	9 Volunteer Food Prep 9:00 am to 12:00 pm Virtually Growing Garden Workshop 10:00 am to 11:30 am	10 Stretch & Stroll 10:30 am- 11:30 am Affordable Produce Market & Meal to Go 11:30 am to 1:00 pm	11 Virtual- Food Fit 10:00 am 12:00 pm Virtual - Coffee Chat 11:00 am to 12:00 pm	12 Meals to Go 10:00 am 12:00 pm	13
15 Family Day	16 Volunteer Food Prep 9:00 am to 12:00 pm	17 Stretch & Stroll 10:30 am- 11:30 am	18 Virtual- Food Fit 10:00 am 12:00 pm Virtual - Coffee Chat 11:00 am to 12:00 pm	19 Meals to Go 10:00 am 12:00 pm New Roots Kitchen 1:30 pm to 4:30 pm	20 New Roots Affordable Produce Market Middle East Meal to Go 11:00 am to 1:00 pm
22 Virtual- Ways of Knowing 11:00 am to 12:00 pm Volunteer Food Prep 1:00 pm to 4:00 pm Virtual - Dads* in the Kitchen 5:30 pm to 7:00 pm	23 Volunteer Food Prep 9:00 am to 12:00 pm Virtually Growing Garden Workshop 10:00 am to 11:30 am	24 Stretch & Stroll 10:30 am- 11:30 am Affordable Produce Market & Meal to Go 11:30 am to 1:00 pm	25 Virtual- Food Fit 10:00 am 12:00 pm Virtual- Coffee Chat 11 am to 12:00 pm	26 Meals to Go 10:00 am 12:00 pm	27

Call us at 403-455-5792 or email goodfood@thealex.ca

Call or text Marie at 403-869-1513 or email mgascon@thealex.ca to learn more about volunteering



Mondays

Turtle Island Teachings (virtual) - Join us online to learn Traditional Midewiwin Teachings, call or text Dion at 403-312-6665 or email dnelson@thealex.ca to learn more.

Ways of Knowing (virtual)- Gather online with Dion as she shares her knowledge about traditional food, crafts, healing, and natural home and body care. Call or text Dion at 403-312-6665 or email dnelson@thealex.ca to learn more or to register.

Virtual Baking Party - Connect with others, bake at home. Call Pat at 403-472-0361 to learn more about this resident-led group.

Dads in the Kitchen (virtual)*- Dads, or any family member, and kids learn how to prepare delicious and healthy family meals together in this three-part program. All ingredients are included. Call or text Gina at 403-333-8142 or email gguo@thealex.ca.

Tuesdays

Virtually Growing (virtual)- Prepare for the upcoming gardening season with Leanne, our new Garden Skills Coordinator. Learn how to “winter sow” and share your tips as garden season inches closer. Supplies provided. Call or text Leanne at 403-369-2403 or email lcripps@thealex.ca to learn more and to register.

Wednesdays

Stretch and Stroll- (winter conditions or indoor facilities permitting)- Meet new friends and stay healthy! Join us for a gently paced weekly walk. *All abilities welcome!* Light snack provided; call or text Gina at 403-333-8142 or email gguo@thealex.ca to register.

Affordable Produce Market & Lunch to Go - Purchase vegetables, fruit and more at a discounted price. Learn more about local resources and grab a meal to go. Every 2nd and 4th Wednesday. Contact goodfood@thealex.ca to learn more.

Thursdays

Food Fit (virtual)- A 10-week online program to help you improve your well-being through healthy cooking and connection in a supportive environment. Call or text Gina at 403-333-8142 or email gguo@thealex.ca to register.

Coffee Chat – Connect with community, learn and explore issues important to you with Peer Advocates and special guests. Everyone is welcome! Call or text Danielle at 403-970-5473 or email dfitzpatrick@thealex.ca to learn more.

Fridays

Meals to Go - Drop by Friday mornings to pick up a delicious, nutritious frozen meal and salad kit for you and your family. Contact goodfood@thealex.ca or call 403-455-5792 to learn more.

New Roots Kitchen - A space for immigrant communities to create and share culturally inspired meals “to go” for the New Roots Affordable Market. Contact Ariam at awolde-giorgis@thealex.ca or 403-863-3953 to learn more.

Saturdays

New Roots Affordable Produce Market - A monthly affordable produce market, featuring culturally relevant produce, ingredients ethno-cultural grocers and a meal to go. Contact Ariam at awolde-giorgis@thealex.ca or 403-863-3953 to learn more. Everyone welcome!