



the
alex. community
food centre



Summer 2019 Programs

Program Descriptions

MONDAY

FoodFit Alumni

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

Who: FoodFit graduates

Contact Gina at ggao@thealex.ca or (403) 333-8142

Volunteer Food Prep

Dedicated volunteers help prepare food for our community meals each week. Volunteer application on our website. Contact Jessica at jreimer@thealex.ca or (403) 869-1513

Turtle Island Teachings

Learn traditional Midewiwin Teachings with Elders Linda Brass and Darryl Brass Jr.

Who: Indigenous and non-indigenous folks of all ages.

Contact Dion at dnelson@thealex.ca or (403) 312-6665

Fresh Routes Mobile Market

Purchase fresh fruits and vegetables.

Who: Everyone welcome.

Drop-In Community Dinner

Drop-in for a free, nutritious dinner.

Who: Adults and supervised children.

TUESDAY

Level Ground Gardening Group

Join us in the gardens where together we grow food, community, and health. Bring your passion and appetite for local food and watch as our thumbs get greener!

Who: All ages welcome, children under 7 to be accompanied by an adult.

Contact Josh at jbateman@thealex.ca or (403) 869-2524

Wild Stew with the Crew

Building Community with an Indigenous focus. During this 8 week program, participants will make traditional meals, learn traditional healing practices and participate in land-based learning. Contact Dion at dnelson@thealex.ca or (403) 312-6665

WEDNESDAY

Drop-In Beginner Yoga

Join an experienced yoga and meditation guide for conscious breath work and learn to move mindfully. No experience necessary. Contact Jessica at jreimer@thealex.ca or (403) 869-1513

Drop-In Community Lunch

Drop-in for a free, nutritious lunch.

Who: Adults and supervised children.

Green Kids

Learn to grow food, spend time outside, & create garden-themed art.

Who: Kids aged 7-12. Contact: Josh at jbateman@thealex.ca or (403) 869-2524

Youth Hub

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 14-24. Text or call ahead. Contact Syma at shabib@thealex.ca or (403) 970-5473

THURSDAY

Recipes for Leadership

Become an even stronger community leader! Learn how to facilitate group learning and teamwork; practice your skills in a supportive environment.

Who: Food Centre program participants and volunteers.

Who: CFC participants and volunteers. Contact Syma at shabib@thealex.ca or (403) 970-5473

International Ave. Kitchen

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

Who: Community Members. Contact Jessica at jreimer@thealex.ca or (403) 869-1513

FRIDAY

Drop-In Community Breakfast

Drop-in for a free, nutritious breakfast

Who: Adults and supervised children.

Teens Cook!

Youth learn to make healthier food choices and acquire cooking skills to make a variety of meals for themselves, all while on a budget!

Who: Youth aged 13-18. Contact Gina at ggao@thealex.ca or (403) 333-8142

Curious about a program?

Call the facilitator using the number in the description or stop by one of our drop-in programs to find out more! All programs are free and prioritized for people living on low-incomes, and registration is ongoing.

Get a tour!

Did you know we offer tours of the CFC at 11am on the first Friday of every month? Email goodfood@thealex.ca for more info, or simply drop by.



Program Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Volunteer Food Prep 12:00-4:00pm</p> <p>Turtle Island Teachings 1:30-3:30pm</p> <p>Peer Advocacy Office 4:30-6:00pm</p> <p>Fresh Routes Mobile Market 4:45-6:30pm</p> <p>Drop-In Community Dinner 5:00-6:00pm</p>	<p>Level Ground Gardening Group 10:00am-12:00pm</p> <p>Wild Stew with the Crew 10:00am-1:00pm Starts June 18</p> <p>FoodFit 6:00-9:00pm</p>	<p>Drop-In Beginner Yoga 9:00-10:00am</p> <p>Drop-In Community Lunch 12:00-1:00pm</p> <p>Peer Advocacy Office 12:30-2:00pm</p> <p>Green Kids 4:00-6:30 pm Starts August 7</p> <p>Youth Hub 4:00-7:00pm</p>	<p>FoodFit 9:30-12:30pm</p> <p>Recipes for Leadership 1:30-4:30pm Starts July 11</p> <p>International Avenue Kitchen 5:30-8:30pm Starts July 11</p>	<p>Drop-In Community Breakfast 9:00-11:00am</p> <p>Peer Advocacy Office 10:30am-12:00pm</p> <p>First Friday Tours Monthly at 11:00am</p> <p>Teens Cook! 2:00-4:00pm</p>

Registration is ongoing. All programs are free and prioritized for people living on low-incomes.

4920 17 Ave SE | 403-455-5792 | goodfood@thealex.ca | thealexcfc.ca | [@goodfoodyyc](https://www.instagram.com/goodfoodyyc)



Join us for a community meal

The CFC is a welcoming place for people to come together to grow, cook, share and advocate for good food for all. The CFC provides people with access to high-quality food in a dignified setting through healthy meals.

Monday Dinner	Wednesday Lunch	Friday Breakfast
5:00pm-6:00pm	12:00pm-1:00pm	9:00am-11:00am

Meals are free, on a drop-in basis, and are prioritized for people living on low incomes.

Did you know there's a Peer Advocate at the CFC during community meals?

What is a Peer Advocate?

Peer Advocates are members of the community who believe that by connecting and working together, we can make our communities stronger. Peer Advocates can support you in getting the help you need by listening and providing some referrals.

The Peer Advocacy Office is free, confidential, and 100% volunteer run. Drop-in or make an appointment by calling 403-455-5792 or emailing peeradvocacy@thealex.ca



Volunteer at the CFC!

Drop by during a community meal, call 403-455-5792, or visit our website to fill out a volunteer application: www.thealexcfc.ca/volunteer

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Be sure to check out the Affordable Produce Market

Mondays, 4:45-6:30pm



Every Monday evening, the Alex CFC hosts an affordable produce market. Drop in to purchase fresh fruits and vegetables at an affordable price, and then enjoy dinner with your neighbours! Cash, debit and credit card payment accepted.

The Alex Community Food Centre

The Alex CFC is on International Avenue in the heart of Forest Lawn, with easy access from the #1 bus and MAX Purple.

4920 17 Ave SE
Calgary, AB T2A 0V4
403-455-5792
goodfood@thealex.ca

[@goodfoodyyc](#)



Youth programs supported by

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