



## What happens at the Community Food Centre?



### **Access to Healthy Foods**

Access good food through drop-in meals, affordable markets and community kitchens. Professionally trained community chefs prepare meals that are nutritious and delicious. Food is sourced from local farmers and producers wherever possible.



### **Food Skills**

Take part in food programs that teach cooking and gardening skills and nutrition knowledge. Gain confidence in growing, choosing and preparing healthy food, creating the connection between healthy eating and overall well-being.

### **Education & Engagement**

Make friends, find neighbours, and feel connected to your community in a bright, welcoming space. Find resources and supports to take action on issues that affect you.

# GOOD FOOD IS JUST THE BEGINNING...

The Alex Community Food Centre is a welcoming place for all Calgarians to build a foundation for whole health by growing, cooking and sharing healthy food.



89%

of respondents with one or more health conditions say participating in CFC programs has helped them better manage their conditions.

92%

of community members say their Community Food Centre is an important source of healthy food.

81%

of people surveyed have made new friends at their Community Food Centre.

“I feel like I belong somewhere. I feel happy with a sense of purpose. I feel like I fit in.”

**For more information contact:**

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