

The Alex Community Food Centre

Winter Programs

2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Volunteer Food Prep 12:00-4:00 p.m.</p> <p>Community Action Training 1:00-4:00 p.m. <i>Starts Jan. 28</i></p> <p>Peer Advocacy Office 4:30-6:00 p.m.</p> <p>Fresh Routes Mobile Market 4:45 –6:30 p.m.</p> <p>Drop-In Community Dinner 5:00-6:00 p.m.</p>	<p>Level Ground Gardening Group 10:00-12:00 p.m.</p> <p>FoodFit 6:00-9:00 p.m. <i>Starts Jan. 29</i></p>	<p>Drop-In Beginner Yoga 9:00-10:00 a.m.</p> <p>Drop-In Community Lunch 12:00-1:00 p.m.</p> <p>Peer Advocacy Office 12:30—2:00 p.m.</p> <p>Kids, Grow, Cook, Create! 4:00– 6:30 p.m. <i>starts Jan. 30</i></p> <p>Youth Hub 4:30—7:30 p.m.</p>	<p>FoodFit 9:30-12:30 p.m. <i>Starts Jan. 31</i></p> <p>International Ave Kitchen 6:00-8:30 p.m. <i>starts Feb. 7</i></p>	<p>Drop-In Community Breakfast 9:00-11:00 a.m.</p> <p>Peer Advocacy Office 10:30—12:00p.m.</p> <p>First Friday Tours Monthly at 11:00 am</p> <p>Kids in the Kitchen 2:00-4:30 p.m. <i>starts Feb. 22</i></p>

Registration is ongoing. All programs are free and prioritized for people living on low-incomes. Volunteer applications are available online or call (403) 455-5792.

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. Registration required.

Contact: Gina Guo gguo@thealex.ca (403) 333-8142

Volunteer Food Prep

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

Who: Community members. Volunteer application on our website.

Contact: Jessica Reimer jreimer@thealex.ca (403) 869-1513

Community Action Training

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

Who: Community members. Registration required.

Contact: Syna Habib shahib@thealex.ca (403) 970-5473

Peer Advocacy Office

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

Who: Adults and supervised children. Drop-in.

Contact: Joe Espina jespina@thealex.ca (403) 863-3953

Fresh Routes Mobile Market

Purchase fresh fruits and vegetables.

Who: Everyone welcome.

Contact: Joanna Tschudy jtschudy@thealex.ca (403) 869-2524

Drop-In Community Dinner

Drop-in for a free, nutritious dinner.

Who: Adults and supervised children.

Contact: Bethel Tesfay btesfay@thealex.ca (403) 510-3417

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 production and watch as our thumbs get greener!

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

Contact: Joanna Tschudy jtschudy@thealex.ca (403) 869-2524

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: Gina Guo gguo@thealex.ca (403) 333-8142

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 Reimer jreimer@thealex.ca (403) 869-1513

Drop-In Community Lunch

Drop-in for a free, nutritious lunch.

Who: Adults and supervised children.

Contact: Bethel Tesfay btesfay@thealex.ca (403) 510-3417

Peer Advocacy Office

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

Who: Adults and supervised children. Drop-in.

Contact: Joe Espina jespina@thealex.ca (403) 863-3953

Kids Cook and Grow

Learn skills in the kitchen and garden, and have fun!

Who: Kids aged 8-12.

Contact: Joanna Tschudy jtschudy@thealex.ca (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. Registered drop-in. Text or call ahead.

Contact: Syna Habib shahib@thealex.ca (403) 970-5473

Thursday

International Ave Kitchen

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

Who: Community Members. Registration Required.

Contact: Jessica Reimer jreimer@thealex.ca (403) 869-1513

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: Gina Guo gguo@thealex.ca (403) 333-8142

Friday

Drop-In Community Breakfast

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

Who: Adults and supervised children. Drop-in.

Contact: Bethel Tesfay btesfay@thealex.ca (403) 510-3417

Peer Advocacy Office

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

Who: Adults and supervised children. Drop-in.

Contact: Joe Espina jespina@thealex.ca (403) 863-3953

Kids in the Kitchen

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

Who: Kids aged 8-12.

Contact: Gina Guo gguo@thealex.ca (403) 333-8142

Volunteer with us!

Drop by during a community meal or visit our website to fill out a volunteer application.

www.thealexcf.ca/volunteer

Contact: Jessica Reimer jreimer@thealex.ca (403) 869-1513

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

YOUTH PROGRAMS SUPPORTED BY



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