

# The Alex Community Food Centre

Spring Programs

2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Volunteer Food Prep</b> 12:00-4:00 p.m.</p> <p><b>Peer Advocacy Office</b> 4:30-6:00 p.m.</p> <p><b>Fresh Routes Mobile Market</b> 4:45 –6:30 p.m.</p> <p><b>Drop-In Community Dinner</b> 5:00-6:00 p.m.</p>	<p><b>Level Ground Gardening Group</b> 10:00-12:00 p.m.</p> <p><b>Wild Stew with the Crew</b> 10:00-1:00 p.m. <i>Starts March 26</i></p> <p><b>FoodFit</b> 6:00-9:00 p.m. <i>Starts May 28</i></p>	<p><b>Drop-In Beginner Yoga</b> 9:00-10:00 a.m.</p> <p><b>Drop-In Community Lunch</b> 12:00-1:00 p.m.</p> <p><b>Peer Advocacy Office</b> 12:30—2:00 p.m.</p> <p><b>Kids, Grow, Cook, Create!</b> 4:00– 6:30 p.m. <i>Starts May 29</i></p> <p><b>Youth Hub</b> 4:30—7:30 p.m.</p>	<p><b>FoodFit</b> 9:30-12:30 p.m. <i>Starts May 30</i></p>	<p><b>Drop-In Community Breakfast</b> 9:00-11:00 a.m.</p> <p><b>Peer Advocacy Office</b> 10:30—12:00p.m.</p> <p><b>First Friday Tours</b> Monthly at 11:00 am</p> <p><b>Kids in the Kitchen</b> 3:00-5:30 p.m. <i>Starts May 10</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](mailto: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](mailto:jreimer@thealex.ca) (403) 869-1513

### 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](mailto:jespina@thealex.ca) (403) 863-3953

### Fresh Routes Mobile Market

Purchase fresh fruits and vegetables.  
Who: Everyone welcome.  
Contact: Joanna Tschudy [dhoward@thealex.ca](mailto:dhoward@thealex.ca) (403) 801-6041

### Drop-In Community Dinner

Drop-in for a free, nutritious dinner.  
Who: Adults and supervised children.  
Contact: Bethel Tesfay [btestay@thealex.ca](mailto:btestay@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](mailto:jtschudy@thealex.ca) (403) 869-2524

### Wild Stew with the Crew

Building Community with an Indigenous focus. This 8 week program will have participants making traditional meals, gaining traditional healing practices and participating in land-based learning.  
Contact: Dion Nelson [dnelson@thealex.ca](mailto:dnelson@thealex.ca) (403) 312-6665

## 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](mailto: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](mailto: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 [btestay@thealex.ca](mailto:btestay@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](mailto: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](mailto: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: Syma Habib [shabib@thealex.ca](mailto:shabib@thealex.ca) (403) 970-5473

## Thursday

### 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](mailto: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 [btestay@thealex.ca](mailto:btestay@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](mailto: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](mailto: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](http://www.thealexcf.ca/volunteer)  
Contact: Jessica Reimer [jreimer@thealex.ca](mailto:jreimer@thealex.ca) (403) 869-1513

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

YOUTH PROGRAMS SUPPORTED BY



COMMUNITY FOOD PROGRAMS SUPPORTED BY

