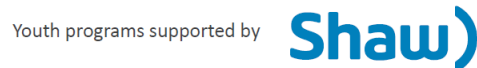


## Alex Community Food Centre, November Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> <b>Virtual</b> <b>Turtle Island Teachings</b> 11 am to 12 pm  Volunteer Food Prep 1 pm to 4 pm	<b>3</b> <b>Volunteer Food Prep</b> 9 am to 12 pm	<b>4</b> <b>Affordable Produce Market &amp; Meal to Go</b> 3 pm to 5 pm	<b>5</b> <b>Virtual</b> <b>Coffee Time with Peer Advocates</b> 11 am to 12 pm	<b>6</b> <b>Meals to Go</b> 10 am to 12 pm	<b>7</b>
<b>9</b> <b>Virtual</b> <b>Baking Party!</b> 9:30 to 11 am  Volunteer Food Prep 1 pm to 4 pm	<b>10</b> <b>Volunteer Food Prep</b> 9 am to 12 pm  <b>Virtual</b> <b>Dads* in the Kitchen</b> 5:30 pm to 6:30 pm	<b>11</b> <b>Remembrance Day</b>	<b>12</b> <b>Virtual</b> <b>Coffee Time with Peer Advocates</b> 11 am to 12 pm	<b>13</b> <b>Meals to Go</b> 10 am to 12 pm	<b>14</b>
<b>16</b> <b>Virtual</b> <b>Turtle Island Teachings</b> 11 am to 12 pm  Volunteer Food Prep 1 pm to 4 pm	<b>17</b> <b>Volunteer Food Prep</b> 9 am to 12 pm	<b>18</b> <b>Affordable Produce Market &amp; Meal to Go</b> 3 pm to 5 pm	<b>19</b> <b>Virtual</b> <b>Coffee Time with Peer Advocates</b> 11 am to 12:00 pm	<b>20</b> <b>Meals to Go</b> 10 am to 12 pm	<b>21</b>
<b>23</b> <b>Volunteer Food Prep</b> 1 pm to 4 pm	<b>24</b> <b>Volunteer Food Prep</b> 9 am to 12 pm	<b>25</b> <b>Virtual</b> <b>Back 2 Basics Food Demos</b> (Facebook)	<b>26</b> <b>Virtual</b> <b>Coffee Time with Peer Advocates</b> 11 am to 12:00 pm	<b>27</b> <b>Meals to Go</b> 10 am to 12 pm  <b>New Roots Kitchen</b> 1:30 pm to 4:30 pm	<b>28</b> <b>New Roots Affordable Produce Market</b> Time to be announced
<b>30</b> <b>Volunteer Food Prep</b> 1 pm to 4 pm	<b><i>The New Roots Immigrant Project</i></b> is a pilot project working alongside immigrants to address the unique ways immigrants experience food insecurity. The project features the New Roots Immigrant Kitchen, a space for immigrants to learn, cook and share good food with the community; a monthly New Roots Affordable Produce Market, featuring culturally relevant produce, meals and featuring ingredients sourced along International Ave; listen and learn events to explore issues important to immigrant communities and to spark resident-led action				

**Contact us! 403-455-5792 or [goodfood@thealex.ca](mailto:goodfood@thealex.ca)**



# Alex Community Food Centre, November Program Calendar

## Mondays

- *Virtual Baking Party* - Connect with others, bake at home. Contact Pat at 403-472-0361 to learn more about this resident-led group.
- *Turtle Island Teachings (virtual)*- Join us online to learn Traditional Midewiwin Teachings, contact Dion @ 403-312-6665 or [dnelson@thealex.ca](mailto:dnelson@thealex.ca) to learn more.
- *Volunteer Food Prep* - Dedicated volunteers help prepare food for our community meals to go each week. Contact Marie to learn more, [mgascon@thealex.ca](mailto:mgascon@thealex.ca) or (403) 869-1513.

## Tuesdays

- *Volunteer Food Prep* - Dedicated volunteers help prepare food for our community meals to go each week. Contact Marie to learn more, [mgascon@thealex.ca](mailto:mgascon@thealex.ca) or (403) 869-1513.
- *Dads\* in the Kitchen (virtual)* - Dads (any family member) and kids create a “choose your own adventure” pasta dish for the family. All ingredients are included. Call or text Gina at 403-333-8142 or email [gguo@thealex.ca](mailto:gguo@thealex.ca).

## Wednesdays

- *Back 2 Basics food demos (virtual)* - Weekly quick demonstrations of basic food skills. Suitable for everyone, these demonstrations will help you learn new kitchen skills or refine your knowledge. View on [Facebook](#) or contact Seth at [smunoz@thealex.ca](mailto:smunoz@thealex.ca).
- *Affordable Produce Market & Meal to Go* - Purchase vegetables, fruit and more at a discounted price. Learn more about local resources and grab a meal to go. Contact [goodfood@thealex.ca](mailto:goodfood@thealex.ca) for more information.

## Thursdays

- *Coffee Time with Peer Advocates* - Join us to connect, share and learn about what’s going on in community. Everyone is welcome! Click the Zoom link to join: <https://zoom.us/j/98202526961>. Contact Ariam at [awolde-giorgis@thealex.ca](mailto:awolde-giorgis@thealex.ca) or 403-863-3953 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](mailto:goodfood@thealex.ca) or call 403-455-5792 to learn more.
- *New Roots Kitchen* - A monthly space for immigrants to learn, cook and share good food with the community. Contact Ariam at [awolde-giorgis@thealex.ca](mailto: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, meals and ingredients sourced from retailers along International Ave. Contact Ariam at [awolde-giorgis@thealex.ca](mailto:awolde-giorgis@thealex.ca) or 403-863-3953 to learn more.