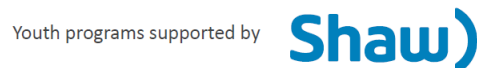


Alex Community Food Centre, December Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Volunteer Food Prep 9 am to 12 pm Virtual Ways of Knowing Demo (Facebook)	2 Virtual Back 2 Basics Food Demos (Facebook) Affordable Produce Market & Meal to Go 3 pm to 5 pm	3 Virtual Coffee Time with Peer Advocates 11 am to 12 pm Virtual Home for the Holidays Part 1 3:00 pm to 4:30 pm	4 Meals to Go 10 am to 12 pm	5
7 Virtual Turtle Island Teachings 11 am to 12 pm Volunteer Food Prep 1 pm to 4 pm Virtual Baking Party! 1:00 pm to 2:30 pm	8 Volunteer Food Prep 9 am to 12 pm Virtual Ways of Knowing Demo (Facebook)	9 Virtual Back 2 Basics Food Demos (Facebook)	10 Virtual Coffee Time with Peer Advocates 11 am to 12 pm Virtual Home for the Holidays Part 2 3:00 pm to 4:30 pm	11 Meals to Go 10 am to 12 pm	12 Virtual New Roots Kitchen 10 am to 12 pm
14 Volunteer Food Prep 1 pm to 4 pm	15 Volunteer Food Prep 9 am to 12 pm Virtual Ways of Knowing Demo (Facebook)	16 Virtual Back 2 Basics Food Demos (Facebook) Affordable Produce Market & Meal to Go 3 pm to 5 pm	17 Virtual Coffee Time with Peer Advocates 11 am to 12:00 pm Virtual Home for the Holidays Part 3 3:00 pm to 4:30 pm	18 Holiday Meal Kit to Go! 10 am to 12 pm Or 4pm to 6 pm	19
21 Virtual Turtle Island Teachings 11 am to 12 pm	22	We are closed for the holidays from December 23 rd to January 3 rd , 2021. We wish you a safe, healthy and happy holiday season!			

Call us at 403-455-5792 or email goodfood@thealex.ca



Alex Community Food Centre, December Program Calendar

Mondays

Virtual Baking Party - Connect with others, bake at home. Call 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, call or text Dion at 403-312-6665 or email dnelson@thealex.ca to learn more.

Volunteer Food Prep- All available positions are currently full, but we love to hear from you! Call or text Marie at 403-869-1513 or email mgascon@thealex.ca to learn more and add your name to the volunteer waiting list.

Tuesdays

Volunteer Food Prep - see description above.

Ways of Knowing- Dion shares her knowledge about traditional food, crafts, healing, and natural home and body care during these weekly demos. View on [Facebook](#) or contact Dion at dnelson@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.

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 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>. Call or text Danielle at 403-970-5473 or email dfitzpatrick@thealex.ca to learn more.

Home for the Holidays (virtual) - Staying at home this holiday season? This three-part cooking class will help prepare you to make a small holiday meal for you and your family. All ingredients are included! Call or text Gina at 403-333-8142 or email gguo@thealex.ca to learn more or register.

Fridays

Meals to Go - Drop by Friday mornings to pick up a delicious, nutritious frozen meal and salad kit for you and your family. Watch for more details about our holiday meal to go. Contact goodfood@thealex.ca or call 403-455-5792 to learn more.

Saturdays

New Roots Virtual Kitchen - A virtual pop-up cooking class celebrating the launch of the New Roots immigrant project. Call or text Ariam at 403-863-3953 or email awolde-giorgis@thealex.ca or to learn more.