

May 2021 Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
3 Virtual Turtle Island Teachings 11:00 am to 12:00 pm Volunteer Food Prep 1:00 pm to 4:00 pm Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm	4 Volunteer Food Prep 9:00 am to 12:00 pm Level Ground Gardening 10:00 am - 12:00 pm Virtual Wild Stew at Home 10:00 am to 12:00 pm	5 Stretch & Stroll 10:30 am- 11:30 am Lunch to Go 11:30 am to 1:00 pm Virtual Recipes for Leadership: Youth Hub 4:30 pm to 6:30 pm	6 Level Ground in the Garden 10:00 am - 12:00 pm Virtual Baking Break 1:00 pm to 2:30 pm Virtual Teens Cook 5:30 pm to 7:00 pm	7 Meals to Go 10:00 am to 12:00 pm
10 Volunteer Food Prep 1:00 pm to 4:00 pm Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm	11 Volunteer Food Prep 9:00 am to 12:00 pm Level Ground Gardening 10:00 am to 12:00 pm Virtual FoodFit Alumni 10:00 am to 12:00 am Virtual Wild Stew at Home 10:00 am to 12:00 pm	12 Stretch & Stroll 10:30 am to 11:30 am Affordable Produce Market & Lunch to Go 11:30 am to 1:00 pm Virtual Recipes for Leadership: Youth Hub 4:30 pm to 6:30 pm	13 Level Ground in the Garden 10:00 am to 12:00 pm Virtual Teens Cook 5:30 pm to 7:00 pm	14 Meals to Go 10:00 am to 12:00 pm
17 Virtual Turtle Island Teachings 11:00 am to 12:00 pm Volunteer Food Prep 1:00 pm to 4:00 pm Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm	18 Volunteer Food Prep 9:00 am to 12:00 pm Level Ground Gardening 10:00 am - 12:00 pm Virtual Wild Stew at Home 10:00 am to 12:00 pm	19 Stretch & Stroll 10:30 am to 11:30 am Lunch to Go 11:30 am to 1:00 pm Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm	20 Level Ground in the Garden 10:00 am to 12:00 pm Virtual Teens Cook 5:30 pm to 7:00 pm	21 Meals to Go 10:00 am to 12:00 pm
24 Closed Victoria Day	25 Volunteer Food Prep 9:00 am to 12:00 pm Level Ground Gardening 10:00 am - 12:00 pm Virtual Wild Stew at Home 10:00 am to 12:00 pm	26 Stretch & Stroll 10:30 am to 11:30 am Affordable Produce Market & Lunch to Go 11:30 am to 1:00 pm Virtual Recipes for Leadership: Youth Hub 4:30 pm to 6:30 pm	27 Level Ground in the Garden 10:00 am to 12:00 pm Virtual Teens Cook 5:30 pm to 7:00 pm	28 Meals to Go 10:00 am to 12:00 pm
31 Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm	Registration is ongoing. All programs are free and prioritized for people living on low-incomes. 4920 17 Ave SE 403-455-5792 goodfood@thealex.ca thealex.cfc.ca			

Youth programs supported by



Community programs supported by



Mondays

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.

Families Grow, Cook, Create!- Families with kids or youth build skills and connections in the virtual garden and kitchen. This 6 week program gets your hands dirty in soil and taste buds swirling in the kitchen with a family meal you create. Call or text Leanne at 403-369-2503 or email lcripps@thealex.ca to learn more.

Tuesdays

Level Ground Gardening- Join us for online or hands-on learning in the garden where together we grow food, community, and health. Grow your passion and appetite for local food production. Call or text Leanne at 403-369-2503 or email lcripps@thealex.ca to learn more.

Wild Stew at Home (virtual)- Building Community with an Indigenous focus. This 8 week program will have participants following along with recipes and ingredients to make traditional meals, as well as gaining traditional knowledge and land-based learning. Call or text Dion at 403-312-6665; dnelson@thealex.ca.

FoodFit Alumni- Ongoing support for FoodFit graduates to stay connected and motivated while learning about nutrition, cooking and gentle exercise. Call or text Gina Guo at 403-333-8142 or email gguo@thealex.ca to register.

Wednesdays

Stretch and Stroll- Meet new friends and stay healthy! Join us for a gently paced weekly walk. *All abilities welcome!* Light snack provided; call or text Gina at 403-333-8142 or email gguo@thealex.ca to register.

Affordable Produce Market- Purchase vegetables, fruit and more at a discounted price. Learn more about local resources and grab a meal to go. Every 2nd and 4th Wednesday. Contact goodfood@thealex.ca to learn more.

Lunch to Go- Drop by Wednesdays to pick up a delicious, nutritious fresh lunch and chat with the Peer Advocates. Contact goodfood@thealex.ca or call 403-455-5792 to learn more.

Recipes for Leadership: Youth Hub: Are you 16-24 years old and looking to gain skills and create change? Join Recipes for Leadership, a free 8-week program that will build your skills in the kitchen, get you growing in the garden, and have you volunteering to create social change and build your community! All are welcome. For more info and to register call or text Danielle at 403-970-5473 or email dfitzpatrick@thealex.ca.

Thursdays

Level Ground in Garden- Spend the morning helping our garden grow. Call or text Leanne at 403-369-2503 or email lcripps@thealex.ca to learn more.

Teens Cook- Youth aged 13 to 18 learn to make healthier food choices and acquire cooking skills to make a variety of meals for themselves, all while on a budget! Recipe kits supplied. Call or text Gina at 403-333-8142; email gguo@thealex.ca.

Virtual Baking Break - Connect with others, bake at home. Call Pat at 403-472-0361 to learn more about this resident-led group.

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 or call 403-455-5792 to learn more.