

August 2021 Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
2 <p style="text-align: center;">Closed</p>	3 <p style="text-align: center;">Level Ground Gardening 10:00 am - 12:00 pm</p> <p style="text-align: center;">Virtual Food Fit 5:30 pm to 7:30 pm</p>	4 <p style="text-align: center;">Lunch to Go 11:30 am to 1:00 pm</p> <p style="text-align: center;">Green Kids 3:30 pm to 5:30 pm</p>	5 <p style="text-align: center;">Community Action Training 10:00 am to 11:45 am</p> <p style="text-align: center;">Wild Stew on the Prairies 10:00 am to 12:00 pm</p> <p style="text-align: center;">Virtual Baking Break 1:00 pm – 2:30 pm</p> <p style="text-align: center;">Teens Cook 5:30 pm to 7:00 pm</p>	6 <p style="text-align: center;">Meals to Go 10:00 am to 12:00 pm</p> <p style="text-align: center;">Kids in the Kitchen 1:30 pm to 3:00 pm</p>
9 <p style="text-align: center;">Turtle Island Teachings 11:00 am to 12:00 pm</p> <p style="text-align: center;">Volunteer Food Prep 1:00 pm to 4:00 pm</p> <p style="text-align: center;">Civic Action Group 3:30 pm to 5:00 pm</p>	10 <p style="text-align: center;">Level Ground Gardening 10:00 am to 12:00 pm</p> <p style="text-align: center;">Virtual Food Fit 5:30 pm to 7:30 pm</p>	11 <p style="text-align: center;">Affordable Produce Market & Lunch to Go 11:30 am to 1:00 pm</p> <p style="text-align: center;">Green Kids 3:30 pm to 5:30 pm</p>	12 <p style="text-align: center;">Community Action Training 10:00 am to 11:45 am</p> <p style="text-align: center;">Wild Stew on the Prairies 10:00 am to 12:00 pm</p> <p style="text-align: center;">New! Healthy on a Budget 1:30 pm to 3:30 pm</p> <p style="text-align: center;">Teens Cook 5:30 pm to 7:00 pm</p>	13 <p style="text-align: center;">Meals to Go 10:00 am to 12:00 pm</p> <p style="text-align: center;">Kids in the Kitchen 1:30 pm to 3:00 pm</p>
16 <p style="text-align: center;">Turtle Island Teachings 11:00 am to 12:00 pm</p> <p style="text-align: center;">Volunteer Food Prep 1:00 pm to 4:00 pm</p> <p style="text-align: center;">Civic Action Group 3:30 pm to 5:00 pm</p>	17 <p style="text-align: center;">Level Ground Gardening 10:00 am - 12:00 pm</p> <p style="text-align: center;">FoodFit Alumni 5:30 pm to 7:30 pm</p>	18 <p style="text-align: center;">Lunch to Go 11:30 am to 1:00 pm</p> <p style="text-align: center;">Green Kids 3:30 pm to 5:30 pm</p>	19 <p style="text-align: center;">Community Action Training 10:00 am to 11:45 am</p> <p style="text-align: center;">Wild Stew on the Prairies 10:00 am to 12:00 pm</p> <p style="text-align: center;">Healthy on a Budget 1:30 pm to 3:30 pm</p> <p style="text-align: center;">Teens Cook 5:30 pm to 7:00 pm</p>	20 <p style="text-align: center;">Meals to Go 10:00 am to 12:00 pm</p> <p style="text-align: center;">Kids in the Kitchen 1:30 pm to 3:00 pm</p>
23 <p style="text-align: center;">Volunteer Food Prep 1:00 pm to 4:00 pm</p> <p style="text-align: center;">Civic Action Group 3:30 pm to 5:00 pm</p>	24 <p style="text-align: center;">Level Ground Gardening 10:00 am - 12:00 pm</p>	25 <p style="text-align: center;">Affordable Produce Market & Lunch to Go- Final Session! 11:30 am to 1:00 pm</p>	26 <p style="text-align: center;">Virtual Baking Break 9:30 am – 11:00 am</p> <p style="text-align: center;">Community Action Training 10:00 am to 11:45 am</p> <p style="text-align: center;">Healthy on a Budget 1:30 pm to 3:30 pm</p> <p style="text-align: center;">Teens Cook 5:30 pm to 7:00 pm</p>	27 <p style="text-align: center;">Meals to Go- Final Session! 10:00 am to 12:00 pm</p> <p style="text-align: center;">Kids in the Kitchen 1:30 pm to 3:00 pm</p>
<p>Closed August 30 to September 3, 2021</p>				

All programs are free and prioritized for people living on low-incomes and in Greater Forest Lawn Communities
 4920 17 Avenue SE goodfood@thealex.ca 403-455-5792

IMPORTANT UPCOMING PROGRAM CHANGES

Alex Community Food Centre Closure, August 30 to September 3- The Centre will pause programming to prepare staff, volunteers and the space for a transition back to in-person Community Meals and programs this Fall. If you need emergency food, please call 211 to learn more about local resources or the Calgary Food Bank at 403-253-2055.

Meals and Lunches to Go, Final Sessions- As COVID-19 restrictions ease, vaccination rates increase and it becomes safer to gather in person, we are ending our “Meals to Go” program on August 27 and transitioning back to in-person Community Meals in September and October as restrictions allow. Sign up for our [newsletter](#), visit www.thealexafc.ca or [Facebook](#) to get updates about the fall community meal schedule.

Weekly Affordable Produce Market - Beginning September 10, the Affordable Produce Market will run weekly on Friday mornings from 9:00 am to 11:00 am. Pick up a pre-made basket of produce or shop for individual produce items, all at an affordable price!

Mondays

Turtle Island Teachings (virtual) - Call or text Dion at 403-312-6665 or email dnelson@thealex.ca to learn more.

Civic Action Group- Work together to share knowledge about upcoming elections and the voting process; identify issues impacting our community and ask candidates how they will support change that matters. Call or Text Bernadette at 403-370-0807 or email blumugdang@thealex.ca to get involved.

Tuesdays

Level Ground Gardening- Call or text Leanne at 403-369-2503 or email lcripps@thealex.ca.

FoodFit (virtual)- Call or text Gina at 403-333-8142 or email gguo@thealex.ca to learn more.

FoodFit Alumni- Ongoing support for FoodFit graduates. Call or text Gina at 403-333-8142 or email gguo@thealex.ca.

Wednesdays

Affordable Produce Market- Purchase vegetables, fruit and more at a discounted price. Contact goodfood@thealex.ca.

Lunch to Go- Drop by Wednesdays to pick up a delicious, nutritious fresh meal. Contact goodfood@thealex.ca.

Green Kids- Kids ages 6 to 12. Call or text Leanne at 403-369-2503 or email lcripps@thealex.ca for more information.

Thursdays

Wild Stew on the Prairies- Get outside and build community through traditional Indigenous teachings. Gain knowledge from land-based learning at local parks. Call or text Dion at 403-312-6665; email dnelson@thealex.ca.

Teens Cook- Call or text Gina at 403-333-8142; email gguo@thealex.ca to learn more.

Healthy on Budget (New)- Gain tips, tricks and skills to eat healthy on a limited budget through hands-on experiences planning, budgeting, grocery shopping and making good food! Call or text Bernadette at 403-370-0807 or email blumugdang@thealex.ca to register for this 8 week program.

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

Fridays

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

Kids in the Kitchen- Kids aged 8-12 Contact Gina Guo gguo@thealex.ca or (403) 333-8142.

Volunteer at the Alex Community Food Centre! To learn more about current and future volunteer opportunities, call or text Bernadette at 403-370-0807 or email blumugdang@thealex.ca