

Spring 2026 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Grounded Flavour (Scrappy Workshop Series) 9:30 am - 12:30 pm <i>April 13, May 11</i></p> <p>Alumni 9:30 am - 11:30 am <i>June 8</i></p> <p>Volunteer Food Prep 1:00 pm - 4:00 pm</p> <p>Abundant Mondays 2:00 pm - 4:00 pm <i>Starts April 13</i></p> <p>DROP-IN Family Dinner 5:00 pm - 6:30 pm</p>	<p>Artful Garden 10:00 am - 11:30 am <i>April 21 to June 23</i></p> <p>Scrappy Prep Team (Volunteers) 10:00 am - 1:00 pm <i>May 19 to Sept 29</i></p> <p>Families Grow Cook Create 5:00 pm - 7:30 pm <i>May 12 to June 16</i></p>	<p>Volunteer Food Prep 8:30 am - 11:30 am</p> <p>DROP-IN Community Lunch 12:00 pm - 1:00 pm</p> <p>Peer Advocacy Office 12:00 pm - 2:00 pm</p> <p>Mind Your Food (Youth ages 13-19) 5:00 pm - 7:30 pm <i>May 13 to July 22</i></p>	<p>FoodFit 9:30 am to 12:30 pm <i>April 16 to July 2</i></p> <p>Market Prep Team 1:00 pm - 4:00 pm</p> <p>Tour the CFC 1:30 PM <i>April 2, May 7, June 4</i></p> <p>Yes, Chef! (Youth ages 13-19) 2:00 pm - 4:00 pm <i>April 9 to June 25</i></p> <p>Community Food Futures CoLab 5:00 pm to 7:00 pm <i>March 26 to June 25</i></p>	<p>Fresh & Fare Community Market & Refillery 9:00 am - 11:00 am</p> <p>DROP-IN Cafe 9:00 am - 11:00 am</p> <p>Peer Advocacy Office 9:30 am - 11:30 am</p> <p>International Avenue Kitchen 1:30 pm - 3:30 pm <i>May 15 to June 19</i></p>

Program Descriptions

Monday

Grounded Flavour (Scrappy Workshop Series)

Celebrate local and seasonal food through hands-on workshops. Share knowledge and learn new skills for preserving, fermenting, freezing, canning, foraging and growing food. Contact Leanne at lcripps@thealex.ca or 403-369-2503.

Alumni

Ongoing support for any food skills graduate to stay connected with friends, grow food skills or to try out new ones! Contact Jhumur at jdebath@thealex.ca or 403-333-8142.

Volunteer Food Prep

Dedicated volunteers help prepare food for our community meals. Contact Jennifer at jpannett@thealex.ca or 403-617-3198.

Abundant Mondays

Loving every square inch of The Alex CFC land and beyond through weekly outdoor gardening meet ups. Focus changes with the season! Contact Joanna at jtschudy@thealex.ca or 403-863-3953.

Drop-In Family Dinner

Kids and teens, bring your favourite adults - parents, friends or chosen family for a wonderful family dinner; Halal and veggie options. Contact Ajoy at asehgal@thealex.ca or 403-510-4223.

Tuesday

Artful Garden

Blend the joy of gardening with the art and beauty of nature. Come learn about Indigenous ways of knowing and growing, land stewardship, and wildcrafting! Contact Gii at gmasters@thealex.ca or 403-312-6665.

Scrappy Prep Team (Volunteers)

Dedicated volunteers create healthy and preserved “upcycled” food products for community to enjoy. Contact Jennifer at jpannett@thealex.ca or 403-617-3198.

Families Grow, Cook, Create

Families with kids or youth build skills and connections in the garden and kitchen. Get your hands dirty in soil and taste buds swirling in the kitchen while making a family meal. Kids, teens with parents or guardians. Contact Jhumur at jdebath@thealex.ca or 403-333-8142.

Wednesday

Volunteer Food Prep

Dedicated volunteers prepare food for our community meals. Contact Jennifer at jpannett@thealex.ca or 403-617-3198.

Drop-In Community Lunch

Drop-in and join us for a free, nutritious lunch. Adults and supervised children are welcome. Contact Ajoy at asehgal@thealex.ca or 403-510-4223.

Peer Advocacy Office

Drop-in or book an appointment to chat with a Peer Advocate volunteer with lived experience who can help community members navigate and access local resources. Contact Jen at jgnutel@thealex.ca or 403-970-5473.

Mind Your Food

Youth ages 13-19 learn about food and nutrition, explore nature’s bounty and build kitchen skills while making friends, sharing culture, and meeting inspiring community mentors. It’s a space to connect, learn, and build skills that boost wellbeing. Contact gmasters@thealex.ca or 403-312-6665.

Thursday

FoodFit

Improve your well-being through healthy cooking and gentle movement in a supportive environment. Adults (childminding available upon request). Registration required. Contact Jhumur at jdebath@thealex.ca or 403-333-8142.

Market Prep Team (Volunteers)

Dedicated volunteers sort, stock and prepare items for the Fresh and Fare Community Market & Refillery. Contact Jennifer at jpannett@thealex.ca or 403-617-3198.

First Thursdays Monthly Tours

Curious about what happens at the Alex Community Food Centre? Register for our monthly tour. Contact Bernadette at blumugdang@thealex.ca or 403-370-0807.

Yes, Chef

Youth ages 13 to 19 build skills needed to work in commercial kitchens. Learn the basics—like food safety, cooking techniques, how a kitchen operates, and how to work well in a team environment! Contact Ajoy at asehgal@thealex.ca or 403-510-4223.

Community Food Futures CoLab

A 14-week participatory collaborative where community members imagine, design, and recommend projects to strengthen food resilience in Greater Forest Lawn. Contact Joanna at jtschudy@thealex.ca or 403-863-3953.

Friday

Fresh and Fare Community Market & Refillery

Purchase affordable fresh fruits and vegetables. Check out food demos featuring local and seasonal ingredients from the market. Contact Leanne at lcripps@thealex.ca or 403-369-2503.

Drop-In Community Cafe

Drop in and connect with friends for good coffee and great conversations. Enjoy a simple, nutritious and seasonal cafe snack. Adults and supervised children. Contact Ajoy at asehgal@thealex.ca or 403-510-4223.

Peer Advocacy Office

Drop-in or book an appointment to chat with a Peer Advocate volunteer with lived experience who can help community members navigate and access local resources. Contact Jen at jgnutel@thealex.ca or 403-970-5473.

International Avenue Kitchen

Explore flavours from around the world and celebrate the rich cultural diversity of Greater Forest Lawn’s community. Contact Ajoy at asehgal@thealex.ca or 403-510-4223.

Want to volunteer with us?
Scan the QR code to join our volunteer
interest list.

