

Summer 2026 Program Calendar



COMMUNITY
FOOD CENTRE
A Right To Food Partner

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| <p>Grounded Flavour (Scrappy Workshop Series) <i>Dates TBD - details on back of the page</i></p> <p>Volunteer Food Prep 1:00 pm - 4:00 pm</p> <p>Game of Gardens (Kids ages 7 to 12) DROP-IN 3:30 pm - 5:00 pm <i>July 13 to August 17</i></p> <p>DROP-IN Family Dinner 5:00 pm - 6:30 pm</p> <p>Peer Advocacy Office 5:00 pm - 6:30 pm</p> | <p>Level Ground Gardening Group 10:00 am - 12:00 pm <i>July 7 to October 27</i></p> <p>Scrappy Prep Team (Volunteers) 10:00 am - 1:00 pm <i>May 19 to Sept 29</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 to 19) 5:00 pm - 7:30 pm Ends on <i>July 22</i></p> | <p>Wise Ones Gathering 10:00 am - 12:00 pm <i>July 9 & August 27</i></p> <p>International Avenue Kitchen Pop-ups 10:00 am - 12:00 pm <i>July 30 & August 20</i></p> <p>Mind Your Food Pop-ups (Youth ages 13-19) 10:30 am - 1:30 pm <i>August 6 & August 13</i></p> <p>Market Prep Team 1:00 pm - 4:00 pm</p> <p>Tour the CFC 1:30 PM <i>July 2, August 6</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>Wise Ones Kitchen 1:00 pm - 3:00 pm <i>July 17 to August 21</i></p> |

Please see back of the page for more details



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 Joanna at jtschudy@thealex.ca or 403-863-3953 for workshop dates!

Volunteer Food Prep

Dedicated volunteers help prepare food for our community meals. Contact Bernadette at blumugdang@thealex.ca or 403-370-0807.

Game of Gardens

Inviting kids aged 7 to 12 years old to drop in and play in our community garden! Explore the soil under our feet with microscopes, defend our plants from pesty invaders, and hustle to hydrate our garden when it needs a good drink. Team up to harvest what's ready and share what's plenty. Drop-in, no registration required. Contact Gii at gmasters@thealex.ca or 403-312-6665.

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.

Peer Advocacy Office

Drop-in or 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.

Tuesday

Level Ground Gardening Group

Enjoy the garden's abundance! Get your hands dirty as you tend to good things growing in the garden and connect with new friends. Contact Joanna at jtschudy@thealex.ca or 403-863-3953.

Scrappy Prep Team (Volunteers)

Dedicated volunteers create healthy and preserved "upcycled" food products for community to enjoy. Contact Bernadette at blumugdang@thealex.ca or 403-370-0807.

Wednesday

Volunteer Food Prep

Dedicated volunteers help prepare food for our community meals. Contact Bernadette at blumugdang@thealex.ca or 403-370-0807.

Drop-In Community Lunch

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

Peer Advocacy Office

Drop-in or 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 to 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

Wise Ones Gathering

For community members 55 years old and above. Each session features an activity that supports local connections that are selected by Wise Ones (those 55 and above). Activities can include cultural cooking and outdoor gatherings. To learn more, contact Jhumur at jdebnath@thealex.ca or 403-333-8142.

International Avenue Kitchen Pop-Ups

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.

Mind Your Food Pop-ups

Youth ages 13 to 19 learn about Indigenous ways of knowing and being through immersive field trips, cultural sharing, and building meaningful connections with peers and mentors. Contact gmasters@thealex.ca or 403-312-6665.

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.

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 Café

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

Peer Advocacy Office

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

Wise Ones Kitchen

A hands-on cooking class for community members 55 years old and above, that explores aging well through healthy eating, enhancing cooking skills, sharing food traditions, and making community connections that support well-being. Contact Jhumur at jdebnath@thealex.ca or 403-333-8142.

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

