



HALTON FOOD CONNECT QUARTERLY DIGEST

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COMMUNITY FOOD PROGRAMS & RESOURCES



Anyone in need of food and living in Burlington is eligible to use the food bank to access nutritious foods and may visit once every three weeks after registration. You will be able to pick the items that you and your family will eat, including fresh produce, milk, eggs, bread, frozen proteins, and non-perishable goods.

Open for curbside pickup & delivery
Monday-Friday 9am to 11:45am &
Thursdays 5pm to 7pm

Place an order by calling 905-637-2273
or emailing info@burlingtonfoodbank.ca



Food for Life offers a variety of programming through community programs across Burlington such as the Mountainside Market where Halton residents can shop weekly, accessing fruits and vegetables, proteins, dairy and bread.

The Market is open Tuesdays, Wednesdays and Thursdays

Learn more & book your time slot at foodforlife.ca/market/

*There may be other
resources in your area*

WELCOME!!

Welcome to Halton Food Connect! We are a collective of three charitable organizations, and our mission is to provide improved food security to Ontario Works recipients. We are happy you've chosen to go on this journey with us, and welcome any and all of your feedback on how we can best serve you.

Common Questions

Q: Can my friend register for the program?

A: To be eligible for food delivery, certain criteria need to be met including being an Ontario Works recipient, living within Halton Region, and not receiving the specific 'Rent-Geared-to-Income' subsidy.

Q: What if my address or preferences change?

A: Log in to your account at www.haltonfoodconnect.ca, and change your address or products/preferences under your contact details tab by the last day of the month, for delivery the following month. For same-month changes, please call or email our client support team.

"If we can just let go and trust that things will work out the way they're supposed to, without trying to control the outcome, then we can begin to enjoy the moment more fully. The joy of the freedom it brings becomes more pleasurable than the experience itself."

- Goldie Hawn

WE HOPE YOU ENJOY THIS MONTH'S FRESH FOOD DELIVERY!

FRESH TIPS

Tired of having to throw out amazing produce because it goes bad too quickly? Try these simple tricks to extend or revive some of your produce.

- ❖ Lettuce looking limp? Add to ice water for 15 minutes and it will crisp up before your eyes
- ❖ Celery, it's crispy one moment and limp the next! To prevent this, wrap the whole celery in tin foil and it can last up to three weeks, instead of days
- ❖ Ginger root you get can be huge sometimes – not going to use it all within a week or two? Freeze it and grate off a bit whenever needed!



Call us at (905) 581 – FOOD
Email us at contact@haltonfoodconnect.ca
Learn more at www.haltonfoodconnect.ca