



# HALTON FOOD CONNECT QUARTERLY DIGEST

Volume 1 / Issue 1 – Autumn 2022 – Milton

## COMMUNITY FOOD PROGRAMS & RESOURCES



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

Visit [foodforlife.ca/neighbourhood-programs/](http://foodforlife.ca/neighbourhood-programs/) for a list of FFL programs across Milton.



Khi Community is a ministry unit of The Salvation Army located in Milton. A food bank, hydro assistance and other supports are offered through their family services. Food bank appointments are available from Monday to Friday.

Call at 905-875-1022

Email at [info@khicommunity.com](mailto:info@khicommunity.com)

Learn more at

[khicommunity.com/family-services](http://khicommunity.com/family-services)

*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](http://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.

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*"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

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## 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](mailto:contact@haltonfoodconnect.ca)  
Learn more at [www.haltonfoodconnect.ca](http://www.haltonfoodconnect.ca)