

## Happy Anniversary!

Halton Food Connect has been operating for a year, and we're seeking your feedback.

Halton Region emailed a survey link on October 11th, 2023 – if you have not received it, please reach out to our team.

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## 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 stalk 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!

## Looking to switch things up?

If you're looking to switch your protein option for your next delivery, please contact our client support team by the end of the month – **requests cannot be accommodated later once our bulk meat orders are placed.**



## Scraps into Treasure!

Throwing out your veggie scraps? Hold onto them! Using a Ziplock container add carrot, onion, celery, garlic and potato scraps throughout the week and store in the fridge (or freezer).

At the end of the week fill a pot with water, salt, pepper, a bay leaf or two and your scraps. Simmer for 45 minutes and you have homemade veggie broth using what you were going to throw away!

## Community Food 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.

In person shopping access is available:  
Monday-Friday 9am to 11:45am  
and Thursdays 5pm to 7pm

For more info call **905-637-2273** or email [info@burlingtonfoodbank.ca](mailto: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 Tuesday to Thursday. Learn more and book your time slot at [foodforlife.ca/market](http://foodforlife.ca/market).

To see a list of other programs taking place in your area, please visit [foodforlife.ca/neighbourhood-programs](http://foodforlife.ca/neighbourhood-programs)

*There may be other resources in your area.*