

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.

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



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.

Please visit foodforlife.ca/neighbourhood-programs for a list of FFL programs in 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.

Contact Information:
Call at 905-875-1022
Email at info@khicommunity.com
Learn more at khicommunity.com/family-services

There may be other resources in your area.