

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



Food for Life offers a variety of programming through community programs across Oakville. In-neighbourhood community programs offer Halton Residents the opportunity to access fruits and vegetables, proteins, dairy and bread weekly.

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



Kerr Street Mission offers a variety of food and other programs, accessible weekly to Oakville residents in need. Shop every week at our KSM Food Market where you can choose from a selection of both fresh and non-perishable food items. Registration is required so please contact us beforehand to book an intake. Hot meals are also served during KSM Café times.

Hours:
Monday - Friday 9am to 8pm
Saturdays 9am to 12pm

Contact Information:
Call us at **905-845-7485**
Email us at admin@kerrstreet.com
Learn more at www.kerrstreet.com

There may be other resources in your area.