

Common Questions

Q: When will I receive my next delivery notification?

A: Our team plans delivery routes month-to-month, and clients will receive their initial notification approximately one week in advance. All deliveries take place during the second half of each month. Since the program is still growing, your delivery date/time will likely change over the coming months. Our goal is to eventually provide clients with a regular schedule.

Q: What if I can't be home to accept my delivery?

A: We ask that you make every effort to either be present to accept your delivery at your scheduled time, or arrange for someone (e.g., a neighbour) to accept it on your behalf.

If these options don't work for you, you will be added to a list where delivery will be reattempted on one day at the end of the month. We cannot guarantee that this date will be consistent with your availability.

Heart Warming Chicken and Rice Soup

One pot, Only 30 minutes!

- 3-4 chicken quarters
- 1/3 cup jasmine or other rice, rinsed
- 4 garlic cloves, grated
- 1 x 2inch piece of ginger, grated
- salt to taste
- 2 small potatoes, unpeeled, cut into chunks
- 2 tbsp lemon juice & 2 tbsp soy sauce
- cilantro and ground pepper optional to top



1) Bring chicken, rice, ginger, garlic and 5 cups of water to boil in a large sauce pan. Add a big pinch of salt, reduce heat to medium-low and simmer uncovered and stirring occasionally, until rice has swelled, and chicken is firm (10-12 minutes)

2) Add potatoes to pan and cook over medium-low heat, still uncovered and stirring occasionally, until soup is thickened, and potatoes/rice are tender (15-20 minutes longer)

3) Transfer chicken to bowl and shred with two forks, then return to pot

4) Stir in lemon juice & soy sauce, taste and season with salt if needed

From our family to yours, we wish you and your loved ones a warm and joyous holiday season.

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 starts Jan 9th:
Monday-Friday 9am to 11:45am
and Thursdays 5pm to 7pm

For more info call **905-637-2273** or email info@burlingtonfoodbank.ca

Burlington Food Bank will be closed for the holidays starting December 24th, and returning on January 3rd.



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.

Programs will be limited over the holidays; please visit foodforlife.ca/neighbourhood-programs to see what is operating between Christmas and New Years.

There may be other resources in your area.