

## 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



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.

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



Kerr Street Mission offers a variety 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 [signmeup@kerrstreet.com](mailto:signmeup@kerrstreet.com)  
Learn more at [www.kerrstreet.com](http://www.kerrstreet.com)

*There may be other resources in your area.*