

Common Questions

Q: Where does the food in my produce box come from?

A: At Halton Food Connect, we pack your boxes of vegetables and fruits using locally procured items from farmers, greenhouses, and grocers, often coming directly from the source!

Best before dates represent the date that food will be at its freshest, but is not necessarily indicative of food safety or quality. From time to time, shelf stable items (i.e., rice, canned goods) may be included that are past their best before date, but are still safe to consume. We will always aim to provide the freshest quality that's available!

Q: Do you offer Saturday deliveries?

A: Our fulfillment warehouse is not currently open on Saturdays, however this may become an option in the future as volumes increase.

Q: Can you offer milk or bread?

A: This program does not currently offer milk or bread delivery. Please reach out to any of the community resources listed on the right hand side, or reach out to our team for more information.

We hope you enjoy this month's fresh food delivery!

A classic roasted chicken and vegetable sheet meal never goes out of style, right?



Find this recipe and more at
<https://girlheartfood.com/sheet-pan-chicken-and-veggies>

Fresh Tips!

Tips to keep your produce fresh...

- Keep potatoes, onions and garlic in a cool dark place with air circulation, but keep them separate from each other
- Refrigerate unwashed leafy greens in a Ziploc style plastic bag
- Refrigerate apples in a plastic bag
- Seal root veggies (like carrots, parsnips, beets, turnips, radishes) in a container after removing their green tops

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



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.

To see a list of other programs taking place in your area, please visit foodforlife.ca/neighbourhood-programs

There may be other resources in your area.

Keep your eyes peeled for our upcoming survey.
We want your feedback!