

## 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



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](http://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](mailto:info@khicommunity.com)  
 Learn more at  
[khicommunity.com/family-services](http://khicommunity.com/family-services)

*There may be other resources in your area.*

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