

“This is a wonderful day.
I have never seen this one before.”

Maya Angelou



Important Reminders...

For food safety reasons, we cannot leave food packages outside once temperatures reach 10°C. This also means we cannot ever leave items in building lobbies/hallways for extended periods.

Please look for your delivery notifications sent by email. If you cannot be home for your delivery, leave a cooler in a shady spot, ask a neighbour to accept your delivery, or contact our office to reschedule your appointment.

Recipe Corner

Scan codes
for recipes



Learn how to make crispy tofu! It's easy to prepare with just a few simple ingredients, and so good!



www.sweetsimplevegan.com/easy-crispy-tofu



This one-pan chicken drumstick & veggies meal can be prepped and ready in an hour!



www.snackinginsneakers.com/sheet-pan-chicken-drumsticks-vegetables



Two favorites comfort foods come together in this one-pot chili mac & cheese that's sure to be a crowd pleaser!



www.damndelicious.net/one-pot-chili-mac-cheese

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 is available:
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. Reach out to our team for more information.

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

(905) 581-FOOD | contact@haltonfoodconnect.ca | haltonfoodconnect.ca