

“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



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 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
Learn more at khicommunity.com/family-services

*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