

## Have you ever considered adding mindfulness to your food routine?

As you start preparing your meals, bring awareness to your breath and tune into your senses – see colours, smell fragrances, feel different textures, hear the crunch of vegetables, close your eyes and notice what your taste buds detect – intend for your food to nourish your body and mind!



## Did you know...

- Halton Food Connect has rescued, packaged and delivered over 78,000 pounds of produce in its nine months of operations, making 4,000 deliveries and serving over 600 independent households in Halton Region!
- Packages have been valued at an average of \$92.77, based on today's grocery store values. This figure changes based on your household's size and type – contact us if you'd like to know the value of the packages you receive!
- Halton Food Connect is offering an increased value over the previous voucher program of over three times!

## Do you ever receive items that are just past their best before date and wonder why?

Halton Food Connect follows guidelines that have been established for safe food handling and distribution by Food Banks Canada. For more information visit:

<https://foodbankscanada.ca/best-before-or-expired-food-banks-questions-answered>

Proteins are purchased in bulk, frozen immediately, and distributed within 6-months at the most.

Freshen up your summer menu with tacos! With so many flavor combinations, the possibilities are endless. Try this simple recipe that can be made with ground beef or shredded chicken.



Scan code for recipe or visit

<https://everylittlecrumb.com/chicken-and-beef-tacos>

## 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](mailto: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](http://foodforlife.ca/market).

To see a list of other programs taking place in your area, please visit [foodforlife.ca/neighbourhood-programs](http://foodforlife.ca/neighbourhood-programs)

*There may be other resources in your area.*