

## 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



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.*