

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 Oakville. In-neighbourhood community programs offer Halton Residents the opportunity to access fruits and vegetables, proteins, dairy and bread weekly.

Please visit foodforlife.ca/neighbourhood-programs for a list of FFL programs in Oakville.



Kerr Street Mission offers a variety of food and other programs, accessible weekly to Oakville residents in need. Shop every week at our KSM Food Market where you can choose from a selection of both fresh and non-perishable food items. Registration is required so please contact us beforehand to book an intake. Hot meals are also served during KSM Café times.

Hours:

Monday - Friday 9am to 8pm

Saturdays 9am to 12pm

Contact Information:

Call us at **905-845-7485**

Email us at admin@kerrstreet.com

Learn more at www.kerrstreet.com

There may be other resources in your area.