

Common Questions

Q: Where does the food in my produce box come from?

A: At Halton Food Connect, we pack your boxes of vegetables and fruits using locally procured items from farmers, greenhouses, and grocers, often coming directly from the source!

Best before dates represent the date that food will be at its freshest, but is not necessarily indicative of food safety or quality. From time to time, shelf stable items (i.e., rice, canned goods) may be included that are past their best before date, but are still safe to consume. We will always aim to provide the freshest selection of items available!

Q: What if I can't be home to accept my delivery?

A: We ask that you make every effort to either be present to accept your delivery at your scheduled time, or arrange for someone (e.g., a neighbour) to accept it on your behalf.

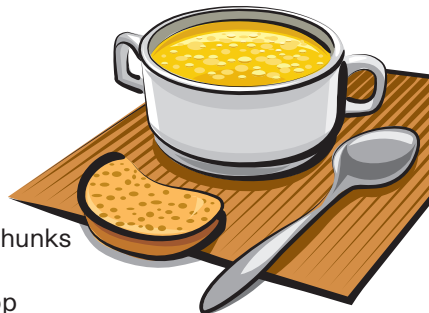
If these options don't work for you, you will be added to a list where delivery will be reattempted on one day at the end of the month. We cannot guarantee that this date will be consistent with your availability.

2023 IN REVIEW... Our small and dedicated team of two drivers has made **OVER 8,000** deliveries in the last year, including 126,000 lbs of produce and 44,000 lbs of meat!!

Heartwarming Chicken & Rice Soup

1 pot & 30 minutes!

- 3-4 chicken quarters
- 1/3 cup jasmine or other rice, rinsed
- 4 garlic cloves, grated
- 1 x 2inch piece of ginger, grated
- salt to taste
- 2 small potatoes, unpeeled and cut into chunks
- 2 tbsp lemon juice & 2 tbsp soy sauce
- cilantro and ground pepper optional to top



1. Bring chicken, rice, ginger, garlic and 5 cups of water to boil in a large sauce pan. Add a big pinch of salt, reduce heat to medium-low and simmer uncovered and stirring occasionally, until rice has swelled, and chicken is firm (10-12 minutes)
2. Add potatoes to pan and cook over medium-low heat, still uncovered and stirring occasionally, until soup is thickened, and potatoes/rice are tender (15-20 minutes longer)
3. Transfer chicken to bowl and shred with two forks, then return to pot
4. Stir in lemon juice & soy sauce, taste and season with salt if needed

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.

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

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