

## 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



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](https://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](https://khicommunity.com/family-services)

*There may be other resources in your area.*

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

**(905) 581-FOOD | [contact@haltonfoodconnect.ca](mailto:contact@haltonfoodconnect.ca) | [haltonfoodconnect.ca](https://haltonfoodconnect.ca)**