

Food Talk

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

DATES TO REMEMBER

Payment Deadline
Tues. May 30th
Last Tuesday of the month

Advisory Committee Meeting
Tues. 1pm June 6th
1st Tuesday of the month
Hillcrest Church
3785 - 13th Ave SE
North Entrance
All Members Welcome!

Next Pick-Up Date
Tues. June 13th
2nd Tuesday of the month

Good Food Club News

The weather is warming and we will soon be able to access more local food! If you are interested in U-picks, check out the locally available U-picks listed below.

U-Pick Farms

Slack's - Strawberries & Raspberries.

U-pick by appointment.
Phone: 403-526-3669
Location: 12107A RR60; 4 km S of TransCanada Highway on Southridge Drive.

Darius Stechliczek - Valient, Concord and Green hybrid Grapes; Organic Kent & Seascape Strawberries.

U-pick by appointment. Phone: 403-548-6887

Location: West on Hwy. 3 turn right towards Sunridge Observatory.

Prairie Berry Orchard - Sour Cherries and Saskatoons.
Phone: 403-866-3929
Location: 7022 Township Road 120, Cypress County

Erna's Berry Farm - Saskatoons, black currants, sour cherries, raspberries, strawberries, rhubarb
Phone: 403-977-0496

Location: Corner Highway 3 and Highway 879 West of Bow Island.

- Alison Van Dyke,
Food Security Coordinator



Average Savings for a Large Good Food Box in April:

\$14.38

Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$37.83	\$17.83	\$32.84	\$12.84	\$29.94	\$9.94	\$40.19	\$20.19	\$31.10	\$11.10	\$14.38
Regular	\$15	\$28.65	\$13.65	\$19.56	\$4.56	\$22.44	\$7.44	\$30.91	\$15.91	\$23.50	\$8.50	\$10.01
Small	\$10	\$18.62	\$8.62	\$16.28	\$6.28	\$15.49	\$5.49	\$23.14	\$13.14	\$16.11	\$6.11	\$7.93

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Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

