

APRIL 2023



IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

Food Talk Newsletter

DATES TO REMEMBER

Ordering Options

In person with cash or cheque when you pick up your box:
Thursday, April 13th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, May 4th

Online orders with credit card or PayPal until Thursday, May 4th

Next Pick-Up Date
2nd Thursday of the month
2-6pm Thursday, May 11th

There is the possibility of being able to have a **depot location at Community Health Services** once again. I am looking to see what kind of interest there is from members to do their pick-up there, at **2948 Dunmore Road SE between 2-4pm on pick-up day**. I will also need a **volunteer depot coordinator for that location** who would be responsible to stay at the depot for the duration of the pick-up time to distribute food boxes, help pack up people's produce, write receipts and accept cash and cheques for next pick-up day, and then return the orders and empty bins to the St. Barnabas depot before 6pm that same day. The Depot Coordinator would receive a free small \$10 box each pick-up day as a thank you for

coordinating that depot.

This location would require both the volunteer depot coordinator and members picking up to wear a mask from entry to exit, no exceptions. If you are unable to wear a mask for any reason, you would not be able to pick-up at this location.

If you are interested in being the depot coordinator for this location, or picking up your box there, please let me know. If I have at least 10 members wanting to move to that location we will re-open that depot.

- Alison Van Dyke
Food Security Coordinator

Roasted Eggplant, Zucchini & Peppers

1 medium eggplant, cut into 1/2 inch cubes
2 small zucchini, quartered and cut into 1/2 inch cubes
1 red, orange, or yellow pepper, cut into 1/2 inch pieces
1 onion, diced
3 cloves of garlic, minced
3 Tbsp. olive oil
2 tsp. Greek seasoning (Clubhouse has a nice blend)
OR (not both)
1/2 tsp. salt
1/2 tsp. pepper
1 tsp. dried thyme or 1 Tbsp. fresh thyme



Preheat oven to 400°. Toss all ingredients together and spread over a parchment-lined cookie sheet. Bake for 25-30 minutes until vegetables are cooked through. Can be served hot or as a cold vegetable salad.

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH



SEEDY SUNDAY

SEED EXCHANGE + GARDENING EVENT



**MEDICINE HAT
PUBLIC LIBRARY**
414 1 ST SE

APRIL 23
2 PM - 4 PM

Join us for CFCA's annual Seed Swap event! Bring labeled packets of seeds to share, learn from knowledgeable guest speakers, connect with local organizations (like the Medicine Hat Horticultural Association, SEAWA and Grasslands Naturalists) and engage with hands-on gardening demonstrations.

This **FREE** event is suitable for gardeners of all ages and experience levels.

GUEST SPEAKERS:

ROXANNE DOERKSON - TRAD WORM INDUSTRIES

WHITNEY RENNEY - 3 LITTLE BIRDS TREE CARE

CURTIS CLARK - GREEN ISLAND FARMING CO

Email cfcagarden@gmail.com if you'd like to volunteer, get a free table for your organization, or to learn more!

