MOUNT PAUL

COMMUNITY FOOD CENTRE

Weekly Programming

Mondays	Advocacy Support*, Better at Home*
Tuesdays	Community Meal, The Market; Community Pantry, Seed Library, Produce Boxes and Garden Drop In (seasonal) Market Vouchers* Advocacy Support*, Better at Home*, Meals on Wheels*
Wednesdays	Community Inclusion Food Skills, Youth Food Skills, Advocacy Support*, Better at Home*
Thursdays	Community Meal The Market; Community Pantry, Seed Library Produce Boxes and Garden Drop In (seasonal) Market Vouchers*, Advocacy Support*, Meals on Wheels*, Better at Home*, Grocery Shopping Assistance*
Fridays	Friday Socials* Farmers Market Coupon Program*

* Indicates programs are for those over 65 years

All programs are offered at the Community Food Centre, 140 Laburnum Street, P: 236-421-1011

Join us on social media @icsfoodcentre @mountpaulcfc

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Weekly Programming

Community Meal - Everyone is welcome for this no-cost, dine-in meal. Tuesdays and Thursdays, 12-1pm.

The Market - Affordable produce market featuring locally sourced vegetables and fruits. Tuesdays and Thursdays, 10-2 pm.

Produce Boxes - Pre-packed local produce boxes available during the Market. A $25 value for $10 fee. Seasonal.

Seed Library - A seed sharing program. Take seeds for the next growing season or share what you have. Tuesdays/Thursdays, 10-2 pm.

Youth Food Skills - Space to help foster a positive relationship with food for youth aged 13 – 19 years old.

Food Skills Classes - Enhance kitchen skills, increase social connections and nutritional information.

Garden Drop In (Seasonal) - Planting, pruning and harvesting organic produce every week. Tuesdays and Thursdays, 9-12pm.

Meals on Wheels - Premade frozen meals available for purchase, delivery by volunteers. Tuesdays and Thursdays.

Food Hamper Delivery - Seniors living with accessibility barriers can have hampers delivered by volunteers. Monthly.

Farmer's Market Coupon Program (Seasonal) - In partnership with BC Farmer's Market Coupon Program for seniors.

Better at Home - Non medical supports for seniors who are over 65 years.

Community Connector - Advocacy support for seniors who are looking for more community resources.

Community Gardens - Garden plots available for yearly lease in 8 locations throughout the city.

Friday Socials - Social interactions, games and advocacy support for older adults. Fridays, 9 am-12 pm.