



MOUNT PAUL
community food centre

Weekly CFC Programming

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Community Meal	<p>The Market Greens RX** Produce Boxes** Meals on Wheels** Garden Drop In (Seasonal)</p>	<p>Youth Food Skills Food Skills**</p>	<p>Community Meal The Market Meals on Wheels** Garden Drop In (Seasonal)</p>	<p>Farmers Market Coupon Program (Seasonal)**</p>
Community Meal	<p>The Market Greens RX** Produce Boxes** Meals on Wheels** Garden Drop In (Seasonal)</p>	<p>Youth Food Skills Drop In Food Skills</p>	<p>Community Meal The Market Meals on Wheels** Food Hamper Delivery** Garden Drop In (Seasonal)</p>	<p>Farmers Market Coupon Program (Seasonal)**</p>
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**** indicates a registration is required**

Please contact the Community Food Centre at 236-421-1011 with any questions about our programs.

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Community Meal - **Mondays and Thursdays between 12-1pm**. Everyone is welcome for this no-cost, dine-in meal. A community pantry also has frozen soups and smoothies available as take-away.

The Market - Affordable produce market featuring locally sourced vegetables and fruits. Open on **Tuesdays and Thursdays from 10-2 pm**.

Greens RX - A produce voucher program aimed at adults who are living with a chronic illness that is impacted by food. Vouchers are used in The Market for the purchase of fresh fruits and vegetables for up to 20 weeks. Registration required.

Produce Boxes - Pre-packed produce boxes available each week on **Tuesdays after 12 pm**. Registration required.

Youth Food Skills - **Wednesdays from 4-6pm**. A welcoming space to help foster a positive relationship with food for youth aged 13 – 19 years old. Registration required.

Food Skills Classes - Each **Wednesday** a different food skills class is offered to enhance kitchen skills, increase social connections and nutritional information. Registration required.

Garden Drop In (Seasonal) - **Tuesdays and Thursdays between 9-12pm**. Planting, pruning and harvesting organic produce every week. Learn different growing methods in the local environment.

Meals on Wheels - Premade frozen meals available for purchase on **Tuesdays and Thursdays**. Delivery of meals made possible by volunteers. Registration required.

Food Hamper Delivery - Once a month, seniors living with accessibility barriers can have a Food Bank hamper delivered by volunteers. Registration required.

Farmer's Market Coupon Program (Seasonal) - Weekly coupons for the Farmer's Market given to seniors through the provincial Farmer's Market Coupon Program. Registration required.