



**MOUNT PAUL**  
community food centre

## Weekly Programming

<b>Mondays</b>	Community Meal, Advocacy Support*, Better at Home*
<b>Tuesdays</b>	The Market; Community Pantry, Produce Boxes, Garden Drop In (Seasonal) Advocacy Support*, Better at Home*, Meals on Wheels*
<b>Wednesdays</b>	Food Skills Advocacy Support*, Better at Home*
<b>Thursdays</b>	Community Meal The Market; Community Pantry, Produce Boxes Garden Drop In (Seasonal) Advocacy Support*, Meals on Wheels*, Better at Home* Grocery Shopping Assistance*
<b>Fridays</b>	Seniors: 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. Mondays 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.

**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.