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Produce Packs

Following the success of the Spryfield mobile food market, the Food Action Network has begun a 16 week Produce Pack pilot project. On a bi-weekly basis community members are able to purchase a \$10 produce pack with enough fruits and vegetables for a single person.

There are four locations in our area designated for ordering and pick up. They are Chebucto Family Centre, Family SOS Greystone, YWCA Spryfield and the Harrietsfield Community Centre.



**MOBILE FOOD
MARKET**
SPRYFIELD

Produce Packs \$10 – Cash Only

Place your order for a biweekly bag of fruit & vegetables

Pick-up every 2nd Wednesday – 4:30 to 6:00 pm

Order deadline → 2 weeks before pick-up

Pick-up dates • Mar 1, 15, 29 • Apr 12, 26 • May 10, 24

Pick-up Locations

<p>YWCA Halifax 902-423-6162 ext 4228 t.nichols@ywcahalifax.com</p>	<p>Chebucto Family Centre 902-479-3031 ext 308 erinn@hgahfx.ca</p>
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Harrietsfield Williamswood Community Centre
902-210-7350
hfxatlanticcommunity@gmail.com

www.mobilefoodmarket.ca



Donations

We love receiving donations, however due to limited space we would like to remind people that there are certain things that we can and cannot accept

We can accept

Maternity Clothing
Childrens clothing (up to size 2T)
Car seats (not expired)
Cribs
Strollers
Gift cards

We are unable to accept

Toys/stuffed animals
Clothing for older children
Kitchen gadgets
Adult clothing

Income Tax Clinic

Each year Deb Mathers provides free, basic income tax returns for people in the area. Appointments are on Tuesday afternoons and must be booked with the front desk.

Even if you are not employed outside of the home, you should still file your taxes. This will ensure you continue (if eligible) to receive GST/HST credits, Canada Child benefits etc.

Other organizations offering Tax Clinics include MP Andy Filmore's office, Captain William Spry Public Library and Saint Paul's Family Resources Institute.



Spry Café

If you are a group of friends, family, workplace or organization looking for a way to give back Spry Café is the answer!

The happiness and ability to sit down to a home cooked meal is not something everyone is able to do. To foster community, healthier eating habits and a welcoming environment we offer a once a month meal, Spry Café.

Contact Andrea at 902-479-3031 ext 302 or Andrea@hgahfx.ca to get involved.

Women's Wellness Within



After 5 years of serving incarcerated women, Women's Wellness Within (WWW) celebrated their incorporation with a launch party Friday March 10 at Art Bar +Projects.

The group offers workshops on everything from living and limiting stress to parenting and everything in between. Volunteer doulas provide doula services for those who are pregnant and interested, midwifery is also provided through the IWK.

For more details about Women's Wellness Within, you can find on Facebook www.facebook.com/womenswellnesswithin and on Twitter @WithinWomens

Stay Connected!



Chebucto Family Centre



ChebuctoFamilyCentre



@CFC_hfx