

Harmony Community Food Centre • April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Community Meal: Pizza Party! 3:30pm-5:00pm	2	3 Closed
6 No Harmony CFC Café	7	8 Community Meal 3:30pm-5:00pm	9	10
13 No Harmony CFC Café	14	15 Community Meal 3:30pm-5:00pm	16 Volunteer Orientation 10:00am-12:00pm	17
20 Harmony CFC Café: Earth Day Café! 11:00am-1:00pm	21	22 Community Meal 3:30pm-5:00pm	23	24
27 Harmony CFC Café 11:00am-12:00pm	28	29 No Community Meal	30	Earth Day Resources: 1. indigenousclimateaction.com 2. climatejusticeto.com 3. torontoenvironment.org

Programs in blue require registration. Programs in black are drop-in.

<p>Community Meal Program Date: Every Wednesday No Community Meal April 29 Time: 3:30pm-5:00pm Location: 2 Gower St. Drop-in program. Please join us for a nourishing, hot meal at Harmony CFC every Wednesday 3:30pm-5:00pm. Restaurant style. Come in, sit down, and we will serve you a meal! Coffee and hot drinks. Meet new people and connect with friends and neighbours. No take-out available. Free, no registration. For more information, please contact Sarah.</p>	<p>Earth Day at Harmony CFC Date: Monday April 20, 11:00am-1:00pm Location: 2 Gower St. Drop-in program. Free. Join us in celebrating Earth Day at Harmony CFC! We will be focusing on local food, serving a local breakfast with foods from 100km foods and a neighbourhood beekeeper! Seed giveaways, planting, environmental advocacy, art, pollinators, honey, and more! Breakfast is at 11:00am Talk from our neighbourhood beekeeper at 11:45am For more information, please contact Sarah.</p>
<p>Harmony CFC Café Date: Every Monday No café April 6 or 13 Time: 11:00am-12:00pm Location: 2 Gower St. Drop-in program. Come join us on Monday mornings at Harmony CFC for coffee, tea, and simple breakfast snacks like yogurt, fresh baked goods, and fruit. A great way to meet people, have good conversations, and spend time with Harmony CFC staff. Free, no registration. For more information, please contact Sarah.</p>	<p>Volunteer Orientation Date: Thursday April 16, 10:00am-12:00pm Location: 2 Gower St. Registration Required. Are you interested in volunteering at Harmony CFC? We have opportunities in the kitchen, at the market, and more! We'd love to have you on our team 😊 For more information and to register for the volunteer orientation, please contact Sarah</p>
<p>Contact information: Sarah: sclement@srhc.com, 416-752-0101 x4226 Marishka: mpope@srhc.com, 416-752-0101 x4227 Lydia (manager): lsun@srhc.com, 416-752-0101 x4221</p>	<p> It's almost time for local and seasonal Ontario produce! In April, the following veggies can be found local (mostly still root veggies and greenhouse grown produce...): Rhubarb • Beets • Cabbage • Parsnips • Onions • Rutabaga • Carrots • Greenhouse cucumbers, tomatoes, lettuce and peppers • Potatoes • Sprouts • Sweet potatoes • Mushrooms Check out the flyer stand in the main hall for seasonal, affordable, and yummy recipes that use these ingredients!</p>

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