



## Harmony Community Food Centre • February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Harmony CFC Café 11:00am-12:00pm <b>Mind Your Food</b> 4:15pm-6:30pm	3	4 <b>Community Meal</b> 3:30pm-5:00pm	5 <b>Community Kitchen – Exploring Cuisines</b> 11:30am-2:00pm	6
9 Harmony CFC Café 11:00am-12:00pm <b>No Mind Your Food</b>	10	11 <b>Community Meal – Black History Month Celebration with Steel Pan Club from George Webster School!</b> 3:00pm-5:00pm	12 <b>Seed Packing with The Toronto Seed Library</b> 12:00pm-2:30pm	13 <b>Mind Your Food – PA Day Trip!</b> 12:00pm-4:00pm
16 <b>Closed for Family Day</b> <b>No Harmony CFC Café</b> <b>No Mind Your Food</b>	17	18 <b>Community Meal</b> 3:30pm-5:00pm	19 <b>Community Kitchen – Intro to Cooking</b> 11:30am-2:00pm	20
23 Harmony CFC Café 11:00am-12:00pm <b>Mind Your Food</b> 4:15pm-6:30pm	24	25 <b>Community Meal</b> 3:30pm-5:00pm	26 <b>Community Kitchen - Intro to Cooking</b> 11:30am-2:00pm	27

**February is Black History Month. At Harmony CFC, we will be observing, celebrating, and learning throughout January, February, March (and beyond) about Black cultures, traditions, foods, and more. Please join us on Wednesday February 11 for a West Indian Community Meal, music from the George Webster Steel Pan Club, and a celebration of Caribbean food and culture. Stay tuned for more events in March! Please check out <https://www.bfstoronto.ca/bfsa-plan> for some amazing information about Black Food Sovereignty work and action in Toronto.**

**ATTENTION!** When there are **Orange** or **Red** weather warnings from Environment Canada, or when schools are closed due to weather, **do not come** to Harmony CFC for programs! Call us before coming: 416-752-0101!

<p><b>Community Meal Program</b></p> <p><b>Date:</b> Every Wednesday</p> <p><b>Time:</b> 3:30pm-5:00pm</p> <p><b>Location:</b> 2 Gower St.</p> <p><b>Drop-in program.</b> 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.</p> <p><b>Free, no registration. For more information, please contact Sarah.</b></p>	<p><b>Mind Your Food</b></p> <p><b>Date:</b> Mondays, 4:15pm-6:15pm (<b>No MYF on Monday Feb 9, 16</b>)</p> <p><b>Location:</b> 2 Gower St.</p> <p><b>Registration required.</b> Free, food-focused program for youth ages 13-19. We will explore food traditions, food and land, cooking and baking skills, new and familiar recipes, our bodies and our wellbeing, and how emotions are connected to what we eat! We'll also take some special trips! <b>For more information, contact Sarah.</b></p>
<p><b>George Webster Steel Pan Club</b></p> <p><b>Date:</b> Wednesday Feb 11, 3:00pm-3:30pm</p> <p><b>Location:</b> 2 Gower St.</p> <p>Please join us early on Wednesday February 11 for music before the Community Meal! A special Black History Month celebration. Music will be from 3:00pm-3:30pm. <b>No registration. Drop-in. For more information, please contact Sarah.</b></p>	<p><b>Community Kitchen</b></p> <p><b>Date:</b> Thursdays Feb 4, 19, 26, 11:30am-2:00pm,</p> <p><b>Location:</b> 2 Gower St.</p> <p><b>Registration required.</b> Learn, Cook, and Share! Join us for a free, in-person, hands-on program. Ages 18+. Priority given to new participants. <b>For more information and to register, contact Marishka (Registration for Feb 4 session closed – Sorry!).</b></p>
<p><b>Harmony CFC Café</b></p> <p><b>Please note: Café is cancelled on Monday Feb 16 for Family Day.</b></p> <p><b>Date:</b> Every Monday</p> <p><b>Time:</b> 11:00am-12:00pm</p> <p><b>Location:</b> 2 Gower St.</p> <p><b>Drop-in program.</b> 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. <b>Free, no registration. For more information, please contact Sarah.</b></p>	<p><b>Seed Packing</b></p> <p><b>Date:</b> Thursday Feb 12, 12:00pm-2:30pm</p> <p><b>Location:</b> 2 Gower St.</p> <p><b>Registration required.</b> Please join us for an afternoon of seed packing with The Toronto Seed Library! Light refreshments, coffee, tea. No experience necessary! Go home with seed for your Spring plating! <b>For more information and to register, contact Sarah.</b></p> <p><b>Contact information:</b></p> <p>Sarah: <a href="mailto:sclement@srchc.com">sclement@srchc.com</a>, 416-752-0101 x4226</p> <p>Marishka: <a href="mailto:mpopo@srchc.com">mpopo@srchc.com</a>, 416-752-0101 x4227</p> <p>Lydia (manager): <a href="mailto:lsun@srchc.com">lsun@srchc.com</a>, 416-752-0101 x4221</p>

## Resources for Black History Month:

- **Black Food Sovereignty Alliance:** “Under the umbrella of Black Food Sovereignty Alliance (BFSA), the Working Group and our partners represent Black farmers, restaurateurs, dieticians, nutritionists, importers and more to get resources for their communities, empowering them to become more food secure, and ultimately, more food sovereign.” <https://www.bfstoronto.ca/bfsa-plan>
- **Afri-Can FoodBasket:** “Afri-Can FoodBasket (AFB) is a Toronto-based non-profit organization committed to reducing hunger, enhancing cultural food access, and promoting health and wellness through food and nutrition initiatives within African, Caribbean, and Black (ACB) communities in the GTA.” Contact for food, to volunteer, or to donate. <https://africanfoodbasket.ca/>
- **Farming While Black:** “We are bringing FARMING WHILE BLACK to the rising and legacy generations of Black farmers, community gardeners, land stewards and allies to reconnect to their Afro-Indigenous regenerative agricultural roots, to not only heal, but find strength and inspiration in land; and in turn change the food system to be more just, healthy and climate resilient.” <https://www.farmingwhileblackfilm.com/>
- **City of Toronto Black Food Sovereignty Plan:** “Officially launched in 2022, the Toronto Black Food Sovereignty Plan provides an immediate and longterm, community-led response to address structural inequities and root causes of Black food insecurity. Informed by an anti-Black racism lens, the Plan is guided by a commitment to realize the Right to Food, and the principles of recognition, development and justice, under the UN International Decade for People of African Descent.” <https://www.toronto.ca/legdocs/mmis/2021/ec/bgrd/backgroundfile-170565.pdf>
- **High on the Hog: How African American Cuisine Transformed America:** “Black food is American food. Chef and writer Stephen Satterfield traces the delicious, moving throughlines from Africa to Texas in this acclaimed series.” <https://www.netflix.com/ca/title/81034518>

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



# ATTENTION!

When there is a **severe Orange/Red** weather warning from Environment Canada, or school closures due to weather, please **do not come** to Harmony CFC for programs.

If you are not sure, please call us to see if programs have been cancelled.

**(416) 752-0101**

*Thank you!*

*Stay warm ☺*

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

