

Dear Neighbours

The COVID-19 virus continues to be a threat to public health. Physical distancing is one of our best ways to protect one another. Keep it up. This is a contest we have to win!

We're still not open for in-store traffic but we're doing our best to look after our customers with curbside pick-up, Monday - Saturday 9:30 - 5:30

Just fill out the order form on our home page and we'll be happy to be your personal shoppers!

Visit [Foodstuffs.ca](https://www.foodstuffs.ca) along with our Facebook, Twitter and Instagram feeds where we'll keep you up-to-date.



You're doing great!

Ambrosia Salad

For when you just want to eat something a little goofy!

DRESSING INGREDIENTS

- 1 1/4 cups chilled full-fat coconut milk (good stuff from top of can first)
 - 2 Tbsp lemon zest
 - 3 Tbsp fresh lemon juice
 - 3 Tbsp agave nectar
 - 1 tsp pure vanilla
- Buzz, blend or whisk all together until smooth and put aside

SALAD INGREDIENTS

- Any fruit you like, in a big salad bowl. This works nicely:
- 3 cups sweet green grapes
 - 3 cups fresh pineapple, sliced and cut into small wedges
 - 1/2 - 1 cup maraschino cherries blotted and halved
 - 2/3 cup toasted (do it! - totally different flavour) pecan pieces
 - 2/3 cup big toasted coconut slices

1/2-1 whole bag of Dandy mini marshmallows (reserve - see method)

METHOD

Throw dressing over fruit and mix quite well before tossing in somewhere between half and a whole bag of mini marshmallows... say 2/3 of the bag. Be gentle mixing in the marshmallows. Enjoy!

"THIS TIME, like all times, is a very good one, if we but know what to do with it."

Ralph Waldo Emerson



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NEWS

WEEKLY ROUNDUP: ANOTHER STAY-AT-HOME ORDER DECLARED

BAMBANG SADEWO
bsadewo@metroland.com

Halton and the entire province are now under a new stay-at-home order. Locally, the new daily COVID-19 cases have been increasing in triple digits for numerous days. In a recent video update, Dr. Hamidah Meghani, Halton Medical Officer of Health, said that the third wave of the pandemic is "driven by the spread of new variants of concern, which are even more infectious than anything we experienced in waves one and two."

"This has led to a dramatic increase in both cases and the risk of hospitalization," she said, while urging people to stay home except for essential purposes. "Summer is right

around the corner and this next stretch is vital in helping us all get closer to the chance of a more normal summer and fall."

As for the weekly COVID-19 cases, the region's website shows that from April 2 to 8 there were 824 new cases across the region, up from 430 the previous week.

Last week, another Burlington resident died from the virus, marking the city's 50th death linked to the virus.

As of April 9, the number of active cases stood at 763, including 81 in Halton Hills, 308 in Milton, 234 in Oakville and 140 in Burlington. There have been 11,974 COVID-19 cases in Halton during the pandemic, with 11,010 marked as resolved and 201 deaths.



Darryl Dyck photo
Here's a weekly roundup of COVID-19 cases and news.



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