1) The proper way to get access to the managed object context is to inject it into each view controller as they are built and accessed

As i could see let appDelegate = NSApplication.sharedApplication().delegate as! AppDelegate at a lot of places

Please don't misuse the App Delegate

2) EHCoreDataStack should not be a singleton

As said Since we always talk to the same store and model they can be put into singleton but not hard and fast rule as such, but not good practice to put managed contexts in singleton, i would suggest remove the singleton thing