



Fall is the season for sharing and celebrating food – at our own Thanksgiving tables or globally on World Food Day. Here at the Nelson Food Cupboard, sharing food is always at the heart of our work and we try to do it in ways that offer health and dignity simultaneously. This fall, we stocked our food bank shelves with fruit and vegetables from our Harvest Rescue program, our own garden and those of many other generous community members. Our cooking classes and garden program also offer opportunities for us to share food with low income community members in a non-stigmatizing manner. Our cooking class participants learned to make delicious sweet and savory preserves and took some home for the winter, and our volunteer gardeners enjoyed a wrap up celebration at the end of their the harvest season. One hundred percent of program participants surveyed said they enjoyed the social experience and/or felt more connected to other community members.

Read on through this newsletter for more highlights from our programs, ways to contribute, and upcoming events.

Giving Thanks

In the spirit of Thanksgiving, we would like to share how grateful we are for the support of our community and funders from across Canada. We couldn't run any of our programs without you!

Lately, we've been lucky to benefit from local food and fundraisers hosted by Investors' Group, the Trolley Car Society, the Regional District Hazardous Waste division, and the Kootenay Co-op Store.

MAZON Canada has once again granted us \$2,500 to purchase locally produced eggs.

And Community Food Centres Canada (www.cfccanada.ca) granted us another \$50,000 to support our work toward fulfilling our broad mission and moving in the direction of our long-term vision to be a community food centre - a cheerful and welcoming place where our community can come together to access healthy food in various ways, participate in a wider array of capacity building programs, and enjoy the social experiences of doing it all in community.

Growing Food for our Community

It is with mixed feelings of pride in a job well done and sadness that communing in the garden is over for another year that our gardeners put the garden to bed for the cold season.

We're very pleased with the results of the garden program this year – over 100 people volunteered in the garden, some came only once or twice and some came faithfully every week, rain or shine; almost \$3,000 worth of vegetables were grown; and participants expressed joy in learning how to garden and being part of the community.



Participants told us:

“I made a huge mental health shift because I felt more connected to the community and developed social connections.”

“I developed a more positive attitude toward society seeing and being involved with people who see the value of our role in the environment.”

“I really enjoyed volunteering at the garden, and I did off and on throughout the season when I could fit in between childcare and odd jobs. In the spring I learned how to plant seeds properly, and after thinking about what they would grow into, I got inspired to plant a garden at home. My home garden’s going okay, but I’ll make some changes next year after learning more at the Food Cupboard garden. I’ve loved coming back to this garden; the seeds I planted grew into beets big enough to harvest. I took some home to make into fresh juice.”

“Volunteering at the garden and in the Food Cupboard reminds me I’m not alone. It almost brings tears to my eyes to realize I can make a contribution to my community.”



Good Food Tuesdays are all about Good Food

We started our cooking program, Good Food Tuesdays, last fall to respond to our community members need for improved food skills, but have discovered how strongly the program is also meeting their needs for social connection, giving them dignified access to healthy food, and inspiring them to eat better overall.

Participants tell us things like:

“This program has changed the way I eat completely. Before I didn’t know what to make for dinner, so worried about it all day and then just opened a box of Kraft Dinner, but now I’m so inspired to cook from scratch.”

“It was great to have a fun, social place to be and cook and learn. When you live on a tiny disability pension there’s no money to go out with friends for coffee or join programs you have to pay for.”

This fall, program alumni from the winter, spring and summer sessions were invited to regroup and learn to preserve the fall harvest. So many people wanted to participate that Kim Watt, our Food Skills Coordinator, offered two two-week classes for people to learn how to can sweet and savory preserves, including applesauce, pear chutney, pickled cucumbers and carrots, and canned plums.

Because participants never want the seasonal programs to end, but we want our program to continually benefit new groups of community members, Kim Watt will keep offering alumni booster programs for a week or two between the longer cooking programs.

Next up is a four week cooking basics program that will begin on November 8th. If you’d like to participate, call Kim Watt at 354-1633 for more information.



Harvest Rescue Wraps up Another Fruitful Season

Over 100 volunteers gleaned at 90 backyard gardens in Nelson and nearby farms. Volunteers also picked up weekly donations from Nathalie's Fruit Stand and farmers at the Saturday Market. Altogether \$15,420 worth of fruit and vegetables were gleaned this year. 5,450 pounds of produce were given out through the Nelson Food Cupboard, 2,445 pounds were shared through another dozen social services in Nelson. We welcomed students in the Adult Education program at Selkirk College and adults from the day program at Bigby place to two picks.



The Holiday Season is Just Around the Corner...

SAVE THE DATE: Sunday, December 18th, we are hosting 'Like the Dickens', a dramatic reading of Charles Dickens' *A Christmas Carol*. This year Laurie Jarvis, Geoff Burns and other talented Nelsonites will entertain you with this perennial classic. Stay tuned to our website or facebook page for more details.

HOLIDAY HAMPERS: We can't believe we're already thick into the planning for the holiday giving season!

As we've done for more than a decade, we'll be giving low income community members Holiday Hampers packed full of foods to make special holiday meals, as well as snacks and pantry staples for the holiday week between Christmas and New Years' when most social services are closed.

If you'd like to get together with your family, friends or colleagues to make a hamper for a family or individual in our community, please contact Kim Charlesworth, Holiday Hamper Coordinator, at (250) 354-1633 or kimnfc@shaw.ca.

If you'd like to sign up for a hamper, come into the Food Cupboard on Monday, November 28th or Wednesday, November 30th between 9am and 1pm. Applications are given out on a first come first serve basis.

Become a Perennial Partner

You can make a difference in our community all year round by supporting our programs through monthly financial donations. Please call us to set up a plan that works for you.



"I joined the Board of the Nelson Food Cupboard and then became a monthly donor because I was truly impressed with how well this little organization functions, and with the vision, caring, effectiveness, and integrity shown by staff, volunteers, and donors alike.

I am proud to be associated with the Nelson Food Cupboard because it is so highly respected in the community, and because it brings out in people a wonderful level of compassion, generosity and sense of shared responsibility for the well-being of all community members, especially the most vulnerable."

Jennie Barron

Stay connected

We'd like to send you our seasonal newsletters via email. Please let us know your email address at: foodcupboard@shawbiz.ca.

Like us on [Facebook](#) and receive regular updates on our programs and activities.

Nelson Food Cupboard Hours of Operation:

We are open to the public Mondays & Wednesdays 9am - 1pm or by appointment, however staff are on site working most week days, so please call for information or assistance.