



Food News...

Summer 2015

The Food Cupboard Garden

“In my work as a family doctor in Nelson, I come across the impact of poverty and lack of food security in my practice on a daily basis both in well-established patients in the community and, even more significantly in our transient population deeply trapped in the poverty ill-health cycle. In my role as the Diabetes specialist for our region I see the unbelievable negative health impacts of the lack of access to good quality food in our community, and the challenges to patients with mental health concerns when reliable access to good quality food is a barrier are tragically reinforced. I view programs like the Nelson Food Cupboard that support food security for marginalized patients in this community as essential to equality and justice, both fundamental beliefs of Canadian society.” Dr. Lee MacKay

Under the guidance of our Garden Coordinator, Kim Charlesworth, supported employees, volunteers and high school students have been busy over the last couple months setting up our new garden site and planting vegetables, herbs, berries and rhubarb. The first few batches of spring greens have been harvested and shared through our food bank.

We'll be having an open house at the garden in August as part of the Edible Garden Tour – stay tuned on <https://www.facebook.com/foodcupboard> for the date.



Planned Giving

You can support the Nelson Food Cupboard Society year round with monthly donations online at www.canadahelps.org. We serve more than 1,200 customers every month through our food bank and engage people living on low incomes in capacity building activities at the Food Cupboard, the garden and through Harvest Rescue.

Seniors Outreach

Many seniors in our community have limited physical mobility but want to remain in their own homes as long as possible. One of their challenges is getting groceries. Add in the fact that some live in poverty, and the challenge is that much greater – they cannot afford taxis and food banks are open limited hours. To help some of these people, we put together grocery boxes every two weeks which are delivered by the Seniors' Coordinating Society. The feedback we've been getting from the seniors has been very positive, including

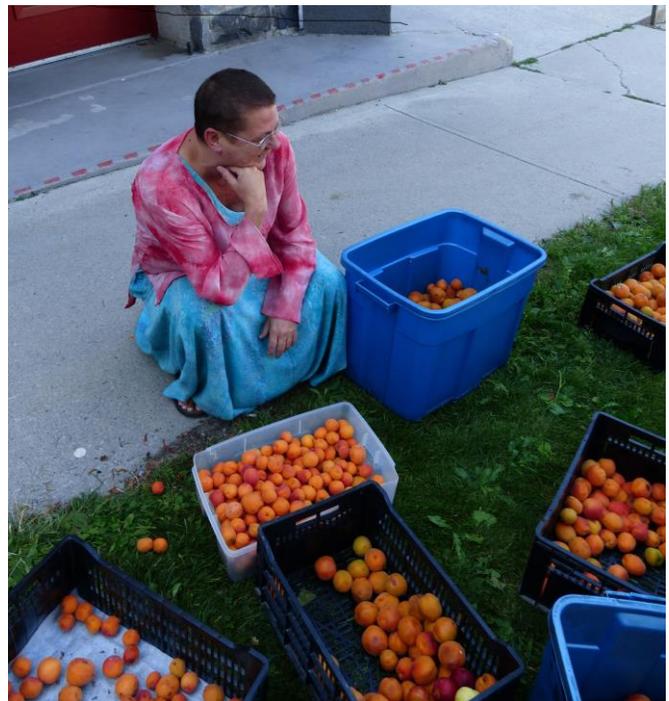
"The food boxes give me choices to build a meal plan on, and allow me to look forward to tomorrow without so much worry."

'All the fresh veggies allows me to make a large pot of healthy soup that lasts a long time.'

Harvest Rescue Back in Action

Now in its ninth year, Harvest Rescue is once again coordinating volunteers to pick fruit, berries, vegetables and nuts in gardens in Nelson to distribute to low income community members through our food bank and other social services in Nelson.

Call Emily at (250)551-8343 or email her at harvestrescue@gmail.com if you have excess garden produce to donate or if you would like to volunteer. The harvest is split into three equal parts: one for the donor, one for the volunteer and one for a food bank or social service.



Stay connected

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

Nelson Food Cupboard

Open Hours: Monday & Wednesday 9am - 1pm or by appointment.

Linking community & food.

602 Silica Street, Nelson BC, V1L 4N1 | 250.354.1633 | foodcupboard.org