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## March 2011

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*The Nelson Food Cupboard (NFC) is a barrier-free emergency food service that is open to the public 3 days a week. We believe that having access to healthy food is a human right & work with the support of the community to provide this essential service.*

Hours of operation are Mondays & Wednesdays 9am-12pm, Thursdays 12pm-2pm  
Appointments available by request

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**March is National Nutrition Month:** brought to us by Dietitians of Canada, this year's theme is **Celebrate food... from field to table!**

With the Nelson Food Cupboard's local food-sourcing policy and strong commitment to regional food security, the campaign's theme really resonates.

The Kootenay area is an incredibly abundant food shed, and we are lucky to be able to purchase fresh organic food that hasn't traveled far to arrive on our shelves. Throughout the growing season, local food producers and gardeners donate surplus produce through our **Grow a Row** program; **Harvest Rescue** volunteer crews successfully glean thousands of pounds of fruit; Vendors at the Wednesday Farmer's Market on Baker St. pile our wagon high with leftover produce at the end of their day, and many local businesses and restaurants support our organization with ongoing food donations. These are all examples of the tremendous potential of our local food system (and local generosity).

With this nation-wide focus on nutrition, we are also pleased to announce the launch of our annual **Whole Grains for Health** campaign. As grains offer a range of nutritional benefits, all till donations collected from the **KOOTENAY COOP GROCERY STORE** and **SAVE ON FOODS** this spring will be used to purchase grains such as spelt, millet, brown rice and quinoa. These products will benefit all of our customers, but will be especially important to those with specific dietary restrictions. As you purchase your groceries at either of these stores, consider supporting this important initiative by donating \$2 or more directly at the till.



## Hungry Bowls 2011

Our 6<sup>th</sup> Annual Hungry Bowls Spring Luncheon will take place on **Friday, April 29<sup>th</sup>** at the Hume Hotel (12-2pm). Made possible by numerous local restaurants, the Selkirk Kootenay School of the Arts students, local Artists, sponsors and volunteers, this popular event is sure to sell out quickly. Call or email to pre-register. Tickets are \$45 and cash/cheques will be accepted at the door. More details to be announced.

***New this year***, we will be showcasing the incredible selection of pottery at the Kootenay Bakery for the month of April. Enjoy!

**Did you know?** The Nelson Food Cupboard accepts perishable food items such as milk, meat and frozen goods, as well as food prepared in a commercial kitchen, under Food Safe certified supervision?

### **Volunteer Opportunities:**

The NFC is always accepting “on-call” volunteers, who may be available for small odd jobs or special events. For more information, please email [foodcupboard@shawbiz.ca](mailto:foodcupboard@shawbiz.ca)

**THANKS** to everyone who offers help in the form of volunteerism, food donations, in-kind services or financial contributions. We couldn't do it without you.



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