



Food News

n e l s o n



Food Cupboard
society

SPRING 2013

Food Skills Project

Recipe:
Potato Soup

4 to 6 potatoes
1 tsp salt
1 tbsp butter
1 onion
4 cups water
1 tbsp flour

Boil potatoes in water with onion and salt until soft. In another pot melt butter until bubbly, stir in flour. Keep stirring until brown. Add water from soup slowly to thicken. Add to potatoes. Mash or puree in blender if desired.

From *What's In the Cupboard*



We are excited to announce that we have received funding from the Columbia Basin Trust's Social Grants Program. From May through October 2013 we will offer a series of food skills workshops targeted to our customers and other food-insecure adults. These workshops will empower participants to grow, prepare and preserve healthy food. Stay tuned for details!

Did you know?

Twice every week our volunteers collect excess prepared food from the kitchen of the Hume Hotel. We usually receive a selection of vegetables, soups and entrees. These items are then re-packaged and distributed to our customers. Over the past year we have received more than \$6,300 worth of donations from the Hume!

Thank you!

Did you know?

You can support the Nelson Food Cupboard online with www.canadahelps.org. This website makes online giving easy. Select the "donate monthly" option to make an ongoing contribution. Our customers need healthy food every month of the year so this is a great way to support our work.



Some of our 2012 Holiday Hamper volunteer crew

Thanks to all our volunteers and supporters for your help with our 2012 Holiday Hamper Campaign! With your help we distributed 170 hampers and helped close to 500 individuals. The hampers contained fresh produce, home baking, pantry staples and poultry.

"My children and I were so touched by the generous gifts we received from the Nelson Food Cupboard and its supporters. My youngest son helped carry the hamper into the house and as we started unpacking all the treats he exclaimed "Oh Mom, this is amazing!! We have to write a thank you letter!" He was so happy and grateful. ...From the passes to NDCC to the turkey and toilet paper, everything received was wonderful (and needed)!"

-Holiday Hamper recipient

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