



Food News

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Food Cupboard
society

SPRING 2014

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.



New AGM Date

We are moving our AGM from the Fall to the Spring – Join us on April 29th 7pm in the Fairview Rm at the United Church to hear about the incredible support we received from the community in 2013, and our exciting plans for expanding Harvest Rescue. Snacks served, and all attendees receive ½ off the entrance to our benefit screening the following week:

A Benefit Evening for the Food Cupboard & S.E.E.D.S

The Nelson Food Cupboard and S.E.E.D.S. are partnering to bring the movie **INGREDIENTS** to Nelson. Join us at the Civic Theatre on May 5, 6:30pm for this indepth look at how the thriving local food movement in North America is on the rise as our world becomes a more flavorless, disconnected and dangerous place to eat. AGM attendees receive ½ price admission.

Hunger Awareness Week – May 5 – 10th

During Hunger Awareness Week we will be sharing a table at the Kootenay Coop with our colleagues from the Salvation Army, Our Daily Bread and St. Saviour's Anglican Church Food Pantry on May 8th. Come check out our various displays and learn how you can help.

We will be rounding out the week with a table at the Garden Festival on May 10th. We will be launching our **Buy A Row/Grow A Row** campaign to further support local gardeners and farmers at the same time that we raise nutritious, fresh, local food for Nelson Food Cupboard customers.

Recipe: Frittata

A bit of butter
3 medium cooked potatoes,
sliced or diced
4 or 5 eggs
Salt and pepper to taste
1 Tablespoon cold water
Filling of your choice

Grease a pie plate or square baking dish with butter. Line the bottom with cooked potatoes. Add whatever extra filling you like.

Beat the eggs, seasonings & water together and pour over the potatoes. Make sure it is evenly distributed. Bake, uncovered, at 375 for about 45 minutes. The middle of the frittata should not be soft.

Some favorite fillings:

Cheddar cheese & Green onion
Chopped olives, peppers & feta cheese
Diced ham, cheddar cheese and fried onion.

Courtesy of: Jenny Erickson,
Nelson Food Cupboard



We are excited to announce that we will be expanding our well known Harvest Rescue program this summer. In addition to organizing volunteers to glean fruit from trees that would otherwise not be picked (and become a bear attractant), this year we will be starting earlier in the year to assist schools, and seniors with growing food in underutilized gardens.

Do you enjoy gardening? Would you like to volunteer on a casual basis? Let us know:

foodcupboard@shawbiz.ca

Stay connected

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

foodcupboard@shawbiz.ca.

Like us on [facebook](#) and receive regular updates on our news and activities.



The Annual Easter Egg Hunt is happening at Lakeside Park on April 19th 10-12. Join Live in the Koots and the Nelson Food Cupboard for fun with the family, chocolate (and bunnies) and help support our efforts to feed those in need.