



Food News...

Winter 2014

Like the Dickens December 22nd, 7pm

Please join us for a reading of the perennial favorite

A Christmas Carol



Nelson United Church

Chew On This...

Our October event helped raise awareness throughout the community on the inadequacies of current Provincial allowances for social assistance, disability and minimum wage. It also raised awareness of the realities of relying on food banks for food and helped start a conversation in our community around reducing poverty.

If you haven't already you can still do the survey at <http://dothemath.thestop.org/survey.php>

At our **Wrap Up and Community Celebration** October 23 we heard our participant's stories, and wow, they were powerful. Each speaker had gained a real, emotional understanding of what it was like to be unable to just walk into a store or coffee shop and buy food. We were hungry, and found cooking with food hamper ingredients both challenging and lacking in flavor and nutrition. It also meant we couldn't keep up with our regular exercise and recreational activities. Even focusing at work was a challenge sometimes.

We would like to give a big thank you to all our sponsors: Nelson and District Credit Union, Kootenay Co-op, Juice FM, Nelson Star, Save On Foods and Columbia Basin Trust.

Did you know?

You can support the Nelson Food Cupboard with monthly donations online at www.canadahelps.org



Our **Holiday Hampers** will be distributed on **December 18th**

Please consider putting together a hamper for a person or family in need.

Help us fill the Gaps

Call 250 354 1633 for more information

Survey 2014 Statistics

In August & September of this year we surveyed our customers on a number of topics. Of those surveyed:

- 96% say the food they receive from the NFC contributes positively to the health of their diets.
- 53% rely on Provincial disability or social assistance as their main source of income.
- 97% say our 5 fresh fruits & vegetable policy is very important to them
- 75% surveyed have lived in Nelson or area 5+ years.
- 61% surveyed have lived here for 10+ years.

Harvest Rescue had a GREAT year.

This year our expanded Harvest Rescue program gardened in 7 different gardens throughout the area, and helped two local farms. Our volunteer gardeners harvested approximately 500 lbs of produce to donate to the Food Cupboard. We are particularly proud of the partnership that developed between our volunteers and the staff and residents at McKim Cottage, an Interior Health facility. In addition, our regular tree fruit gleaning program brought in 3458 lbs of fruit for distribution to those in need.



City of Nelson: 2014 Food Security Asset Mapping and Assessment

We are very excited to be presenting the final report and results of the Food Security project we have been working on since June. Please join us 7pm December 22 at City Hall for the presentation. This important work was supported by the Gov't of BC, Osprey Foundation, Kootenay Co-op and Selkirk College.

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.

Nelson Food Cupboard

602 Silica Street, Nelson, BC
Open Hours: Monday & Wednesday 9-1pm
250 354 1633
www.foodcupboard.org