



Spring 2011

The Nelson Food Cupboard 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



This year's event was a great success!

Thanks to everyone who supported the Hungry Bowls Fundraiser:

All Seasons Café, Alligator Pie Catering, Ariah's Edible Creations, Au Soleil Levant Artisan French Bakery, Baba's Indian Cuisine, BiBO, Busaba Thai Café, Epiphany Cakes & Pastries, Fig Tree Bakery, The Fisherman's Market, The Full Circle Café, Georama Growers, Grounded Organic Coffee House, Hall Printing, The Hume Hotel, Jagannatha Express, The Kootenay Bakery Café Cooperative, The Kootenay Country Store Cooperative, Kootenay School of the Arts at Selkirk College, The Kootenay Quickshot, Little Miss Gelato, Max & Irma's, Oso Negro, The Preserved Seed, Save On Foods, Sequoia Design, The Uphill Bakery, The Vienna Café, Pamela Nagley-Stevenson, Coby Vandergaast, Kristin Young, Anita Floether, Erin Skelton, Sara Lawless, Ian & Stephanie Johnston, Eryn Prospero, Kathi Hoffman, Jan Formby, Sara Jessica Victor, Shannon Merritt, Karel Peeters, Nicole Smith, Katie Crittendon, Bethany Mackay, Megan Veaudry, Tanya Mulyk, Teyana Neufeld, Nora Lilligren, Kim Charlesworth, and all of our wonderful volunteers.

Grow a Row, Feed a Friend – With this year’s late growing season, it’s not too late to consider growing extra produce to donate. Many of our customers struggle to maintain safe, stable housing, and may not have gardening space available to them. Our organization has a fresh fruit and vegetable policy and aims to provide at least 5 fresh options a day. Any amount of produce is gratefully accepted, and helps us to meet this goal. Donations can always be brought to the NFC during regular hours of operation. Alternately, the Harvest Rescue Coordinator can be contacted from July-October (250-551-VEGE) to arrange a pick-up or harvesting volunteer for your garden or fruit surplus.

Did you know that in addition to produce, we also happily accept farm eggs of all sizes and colours? They are a great source of protein and a real treat to many.

Hunger Awareness Day is taking place on Tuesday, May 31st. Please visit hungerawarenessday.ca to learn more about hunger in Canada and how you can help to create change. This campaign brings attention to the thousands of Canadians facing food insecurity and the solvable nature of this issue.

The Nelson Food Cupboard will be having an **Open House** on Tuesday May 31st from 12-2pm. Please join us, tour the Food Cupboard, and join a discussion on local food security and issues related to poverty in our community.

Most Wanted: Healthy school snacks for kids, bulk whole grains, dried beans & lentils, canned chicken, salmon & tuna, proteins (meat, cheese, peanut butter etc.), cooking oils, low sugar cereals, powdered milk, culinary herbs & spices, dried fruit, nuts & seeds.

THANK YOU to everyone who generously donates time, money & food to the Nelson Food Cupboard. Our work is made possible because of you.



Membership to the Nelson Food Cupboard Society is \$1 per calendar year. The Nelson Food Cupboard provides charitable tax receipts for donations of \$20 or more.

We are able to accept perishable and non-perishable food items, prepared dishes or canned goods (if made in a commercial kitchen under Food Safe certified supervision), clean yogurt containers (for repackaging), egg cartons and plastic grocery bags. If you have questions about donating, or concerns about liability, please give us a call or refer to the BC Food Donor Encouragement Act.