



Summer, 2011

*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

This season's **Harvest Rescue** is now underway, and we're happy to introduce our new Harvest Rescue Coordinator, Loray Alexander. Throughout the growing season, the Nelson Food Cupboard accepts surplus produce during any of our regular operating hours. Harvest Rescue is a program that dispatches volunteer crews to registered fruit & nut trees, as well as berry patches. Typically, $\frac{1}{3}$ of the harvest will go to the land-owner, $\frac{1}{3}$ to the volunteer crew, and $\frac{1}{3}$ to the Nelson Food Cupboard. This initiative can be very successful in reducing problem bear encounters and food waste. For more information or to register your harvest, contact Loray at 250.551.8343. Early registration is encouraged to ensure crew availability and picking before fruit becomes overly ripe. Please note that we cannot accept wind-fallen, worm-infested or damaged fruit.

The Nelson Food Cupboard is having a **Membership Drive**. Membership is an important part of any non-profit organization, and a great way to stay informed about the work that the NFC does in our community.

Please visit our website at www.foodcupboard.org or stop by our office in the basement of the United Church for more information. Annual membership is by donation - a minimum of \$1. Donations of \$20 or more are eligible for a charity receipt.

Our annual **Rancho Vignola** fundraiser will be kicking off once again this September. Mid-month, our order forms will become available - with a terrific selection of high quality dried fruits and nuts. Please keep this in mind as you plan fall and winter baking, holiday gifts and snacks. All proceeds from this fundraiser go directly to the Nelson Food Cupboard, and allow us to stock our holiday hampers with Rancho Vignola products.

Local Food Purchasing: We are pleased to once again be purchasing local produce from Glade Valley Garden in addition to our regular order of local farm fresh eggs and nutritious seasonal treats from other producers in our area. Our Harvest Rescue crew is taking the NFC wagon down to the Baker St. market every Wednesday, and we are grateful for the generous support of the farmers and food producers who pile it high with donated items at the end of each market day. These are just a few of the ways that we put our local food purchasing policy into action.

A big **Thank You** to Save On Foods and the Kootenay Co-op Grocery Store, who have consistently shown us a great deal of support throughout the years. These stores donate food items on a weekly basis, and their partnership really contributes to our service.

Thank you also to the Hume Hotel - who are participating in a unique pilot project and have donated a large quantity of food to the Nelson Food Cupboard throughout the last few months. Details to be announced!

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 the countless individuals, businesses and organizations who generously donate time, money & food to the Nelson Food Cupboard! Our work is made possible because of you.

