

foodNEWS



The Nelson Food Cupboard is a barrier-free emergency food bank. We believe that having access to healthy food is a human right and we work with the support of the community to provide this essential service.

Hours of operation: 9–1pm Mondays & Wednesdays | Appointments are available by request
602 Silica Street Nelson BC V1L 4N1 250-354-1633 foodcupboard.org foodcupboard@shawbiz.ca

SUMMER 2012

Apple Pie & AGM

Recipe: Scotch Apple Pudding

2 cups sliced apples
½ cup brown sugar
½ cup granulated sugar
½ cup rolled oats
¼ tsp. cinnamon
½ cup flour
1 egg
2 tsp. baking powder
½ cup milk
½ tsp. vanilla
¼ tsp. salt

Arrange apples in bottom of buttered baking dish. Sprinkle with sugar and cinnamon. Mix remaining ingredients and pour over apples. Bake at 350 degrees F for 1 hour or until apples are tender.

From *What's In the Cupboard*



Come for the apple pie and stay for the AGM!

This year we are hosting an apple pie social to coincide with our Annual General Meeting. Join us on **Tuesday, October 23** in the basement of the Nelson United Church. We will be serving fresh apple pie made with Harvest Rescue apples starting at 7:00pm. Pie will be available by donation to the Nelson Food Cupboard. The AGM begins at 7:30pm. Come see our slideshow, hear our news and connect with other members!

Harvest Rescue

Our Harvest Rescue program continues to collect and distribute unwanted produce. So far this year we have picked cherries, plums and transparent apples. We have also organized regular produce donations from the two weekly Farmers' Markets and from Nathalie's Fruit Stand. The produce has been distributed to our customers and to the clients of various local social service agencies including the Women's Centre, ANKORS, and Our Daily Bread.

Rancho Vignola Nut Sales

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.



Once again this year we will be selling Rancho Vignola nuts and dried fruits as a Nelson Food Cupboard fundraiser. This is a terrific way to support the Food Cupboard and get high-quality nuts and fruits at the same time. Prices are similar to those in grocery stores, but the profit will go to the Food Cupboard to buy equivalent products for our customers. Rancho Vignola is a family business based in the North Okanagan that sells quality organic and natural dried fruits, nuts, seeds and confections. The order form will be on our website in the first week of September. Orders must be in by Wednesday, September 26, and will be ready for customers to pick up in mid-late November.

Morning Glory Farm & Garden



Volunteers hard at work at Morning Glory Farm.

Morning Glory Farm is a volunteer project to grow food for the Nelson Food Cupboard. Sebastian Ellis and her team of volunteers continue to work hard preparing land and harvesting produce. We are planning a late summer volunteer work party. Stay tuned for details!

Join our newsletter list!

This newsletter is going to all of the Nelson Food Cupboard's members and donors. Do you want to receive seasonal newsletters via email? Please let us know: foodcupboard@shawbiz.ca.

We have recently received funding from Osprey Community Foundation and the Columbia Basin Trust Community Initiatives Program (RDCK Area F & City of Nelson). Our thanks to both of these funders for their generous support!