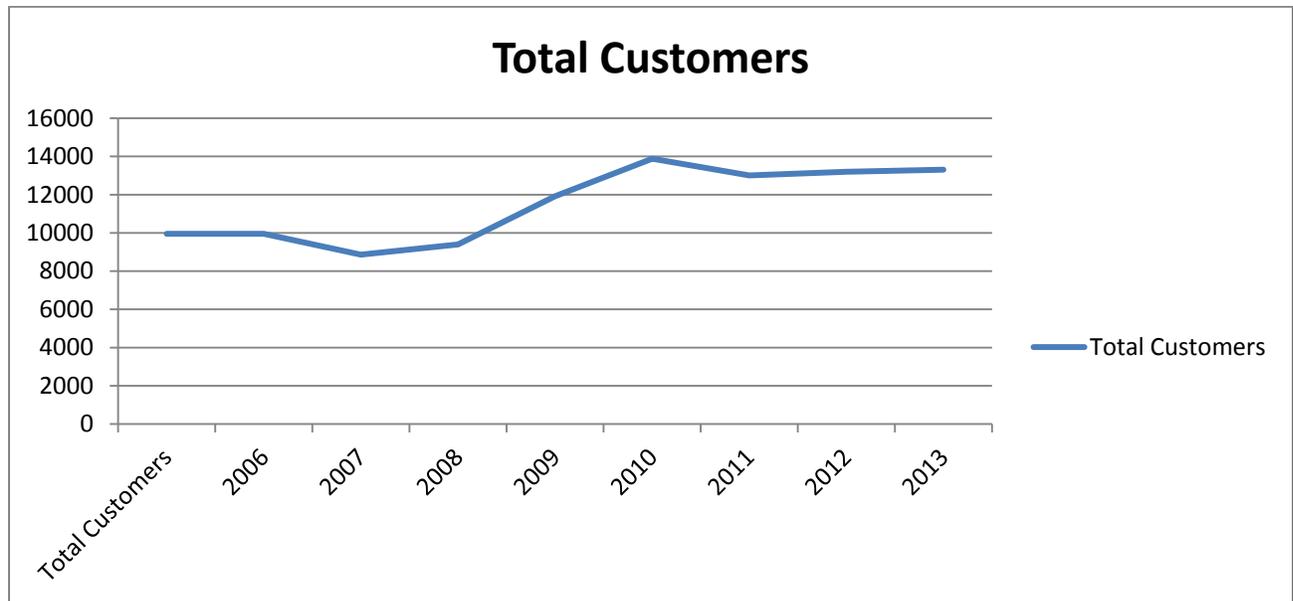


Overview

After more than a decade of operation the Nelson Food Cupboard continues to provide barrier-free access to healthy food. After the recession of 2008 our usage numbers spiked sharply and have remained high for the past several years.



In 2013 we received 13310 separate customer visits. Despite mounting food costs we continue to offer a variety of healthy foods including whole grains, eggs, tofu and fresh produce. As always, this work is made possible by the generous and creative support of our community. We received funding from the BC Gaming Commission in the amount of \$65,000. In addition to this, we have received smaller grants in 2013 from Columbia Basin Trust Social Grants for the Food Skills Workshop Series, and MAZON Canada.

FOOD IN - FOOD OUT

	2013	2012
Food Donations	\$92,498	\$84,237
Hume Donations	\$13,420	\$8710
Food Purchase	\$38,337	\$26,268

HIGHLIGHTS of 2013:

Hunger Awareness Week: In many ways this week (May 6-11, 2013) was a celebration of community collaboration. The main purpose of this event was to raise awareness about the work of the Food Cupboard. We submitted press releases and public service announcements to local media outlets. On Monday, May 6 we were interviewed by EZ Rock Radio. We distributed a Hunger Awareness Week info sheet to all schools in the district. We engaged with the public at three community info tables: at Oso Negro on May 6, at the Kootenay Co-op on May 10 and at Nelson Garden Festival on May 11. Stellar Seeds donated \$200 worth of vegetable seeds and these were distributed at the Garden Festival as a way to promote our Grow a Row program. These tables were manned by Board members and other volunteers as well as staff.

Expanded Space: The United Church undertook renovations to their Sunday School area. We worked with the church to acquire an expanded office and food storage space. With the help of volunteers we dismantled the old space, built new walls, built shelving and painted the new space.

Food Skills Workshop Program: We received funding from the Columbia Basin Trust Social Grants program to run a Food Skills Program. The program was also generously supported by the Kootenay Coop. The purpose of the program was to offer our customers a series of workshops



related to growing, cooking and preserving healthy food. Workshops started in June and included “Gardening in small spaces”, “Gluten free cooking”, “Canning jam and preserves”, “Composting” and many more. Participants have been very enthusiastic about this workshop series.

World Food Day: We welcomed three classes (totaling about 60 students) on tours of the Food Cupboard. Students learned about emergency food services and brought substantial donations. We hosted a Foodskills Workshop on winter



storage, dehydrating and making sauerkraut. Shaw TV came and filmed a follow up to their earlier interest in a Harvest Rescue pick by Wildflower students.

In the evening we hosted a Food Security Fair where 11 community organizations had tables and engaged with the public and each other on hunger in our community and the efforts being made to address the issues. We had inspiring TED talks available for those interested, and ran tours of the Food Cupboard.

Volunteer Appreciation picnic: We held a volunteer appreciation picnic in late August. Many of our volunteers came out and it was a wonderful chance to recognize their contributions. Volunteers are the backbone of the Food Cupboard. They bake cakes, sweep floors, organize fundraisers, repackage food, work at the registration desk, count coins, help with construction projects and much more.

A Food Banks Conference: was held in Kimberley in September, funded by the Columbia Basin Trust. It was the first opportunity to network with other Food Banks in the Columbia Basin. We learned a lot on how other Food Banks operate, came away with best practices, and a network of colleagues to share ideas with.

We just wanted to say thank you to the nelson food cupboard for an amazing xmas hamper, it was delicious, thanks to you we had a really good xmas dinner and we thought of you on the day.

Big thanks too to the people who drove us home on the day of collecting the hamper, and to everyone else who was involved who we may not know of.

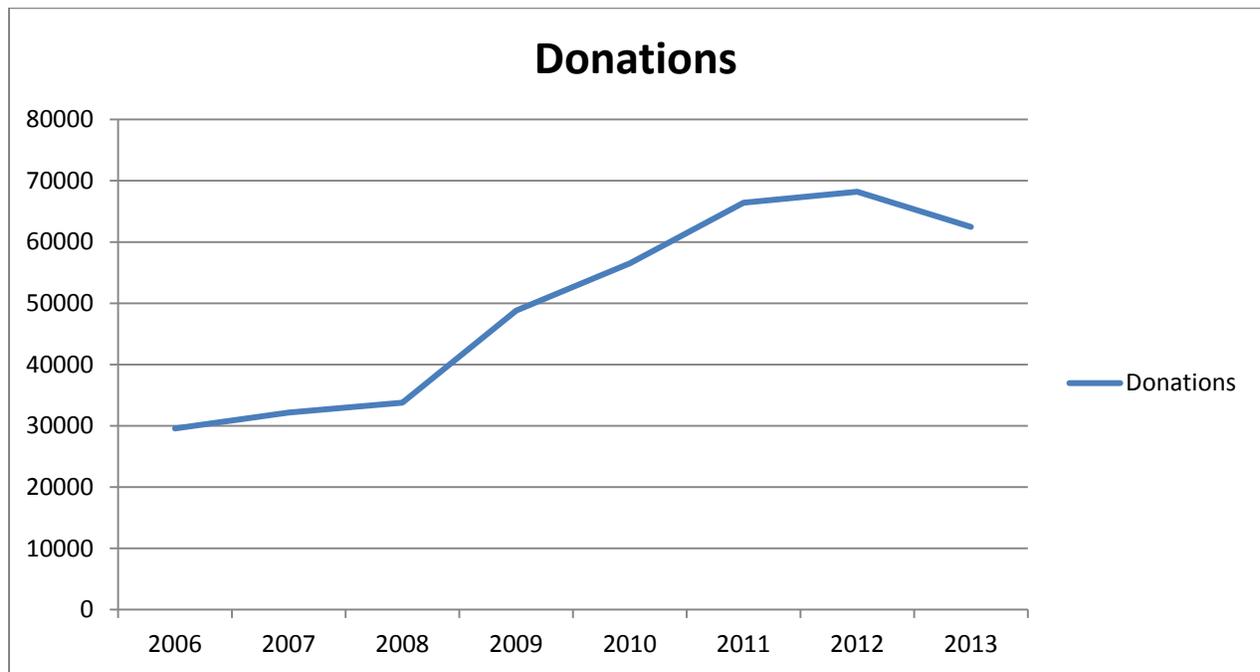
Happy new year to all!

Fundraising

I. Grants

Funding Agency	Contribution	Use of Funds
BC Gaming Commission	Jan for 2013 \$65,000 Dec for 2014 68,000	Staff wages and overhead
MAZON Canada	\$2000	Weekly purchase of fresh local eggs
Columbia Basin Trust Social Grants Program	\$4000	Food Skills Workshop Series
RDCK Area E	\$500	General operations
Total	139,500	

II. Community Donations



III. Monetary Special Events

Event	Funds Raised (after costs)	Details
Rancho Vignola Nut Sale	\$652	These funds were used to purchase nuts & dried fruit for our holiday hampers.
Like the Dickens	\$1500	Once again this event was organized by the NFCS board.
Total	\$2152	

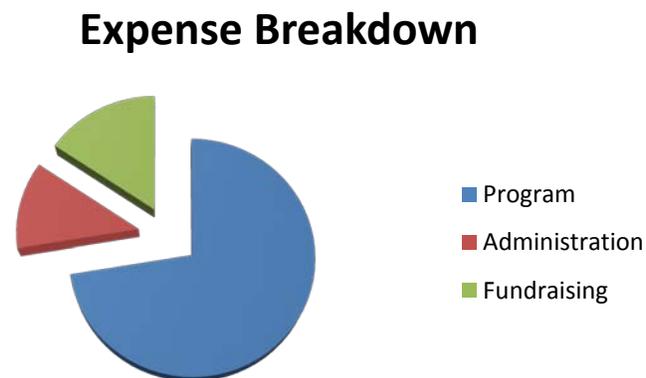
IV. Breakdown of Food Donations

Name	2013	2012	Comments
Save On Foods	\$9786	\$13,473	This amount reflects mostly the value of bread donations. We are receiving very little reclaimed food.
Kootenay Co-op	\$3789	\$5,664	Does not include donations for the Food Skills Program.
Silver King Tofu	\$1,500	\$1,500	Weekly tofu donations
Oso Negro	\$865	\$1,055	Monthly coffee donations
Random Businesses & Individuals	\$18564	\$27,557	
Food Drives	\$9110		Started tracking this separately from Random donations in 2013.
Hume Hotel	\$13,424	\$8,710	Prepared foods from their restaurants' kitchen. We pick up on Monday and Wednesday
Harvest Rescue	\$14,470	\$9,653	Includes gleaning from the Wednesday farmers' markets and Nelson's fruit stands.
Fresh Produce from Nelson & area farmers & gardeners	\$5500	\$1,745	Includes Donations from Morning Glory Farm and Garden (Sebastian Ellis)
SEEDS	\$490		Started tracking donations in 2013
Holiday Hampers	\$15,000	\$14,880	
Total	\$92896	\$84237	

Expense Breakdown

The vast majority of our revenue goes directly towards program costs. Program costs are varied and include food purchases and other essential costs for our food bank program, plus costs associated with our Harvest Rescue program and Food Skills workshops. The following is a breakdown of how Food Cupboard funds are spent:

Program: 71%
Administration: 12%
Fundraising: 17%



Organizational Development

I. Staff

From January through August Anna Kirkpatrick worked as Coordinator. Kim Charlesworth took over as the new Coordinator in September. Marya Skrypicjazko continued as the part-time Financial Coordinator. Jenny Erickson continued on as Front Line Coordinator and Supplies Manager. In July Sophie DePauw was hired as our 2013 Harvest Rescue Coordinator.

II. Board of Directors

New to the Board in 2013 was Francyne Laliberte. She joined Tim Powell (Chair), Phillip Jackson (Treasurer), Yasmin Maliel (Secretary), Marilyn Lawrence and Nikki Pelletier. The board organized fundraisers, worked on policy development, served on personnel, fundraising and advocacy committees and assisted with the day-to-day operations of the Food Cupboard. An excellent professional development workshop was held in the Spring on Hiring Practices.

III. Volunteers

Each week about 25 volunteers assist the Food Cupboard with a variety of tasks. Volunteers welcome customers at our front reception, repackage bulk food, collect food donations, do grocery shopping, and help with clean-up. Approximately 75 additional volunteers help with special events such as our Hunger Awareness Week information tables, renovating our new space, Holiday Hampers and the Harvest Rescue Program. Many thanks to all our wonderful volunteers:

Lorill, Dave, Phillip, Malcolm, Jai, Michelle, Kelvin, Bernie, Peta, Catherine, Wayne, Bill, Kate, Daniel, Drew, Loray, Valerie, Tara, Carrie, Susan, Jim, Chantelle, Nikki, Christy, Michelle, Sebastian, Tim, Dana, Jeff, Stacey, Peter, Patricia, Maureen, Melissa, Andria, Christine, Don, Laverne, Marvin,

IV. Community Supporters

Our thanks to these local businesses for their ongoing support:

Kootenay Co-op

Kootenay Bakery Co-op

Silverking Tofu

Oso Negro

Glade Farm

Epiphany Cakes

Morning Glory Farm & Garden

Save On Foods

Hume Hotel

Mountain Sky

Express Lane Deliveries



Special Programs

I. Harvest Rescue

2013 was again another successful year for Harvest Rescue after experiencing a low harvest in 2012.

Month	# picks organized	# lbs. gleaned from tree donors	# lbs. donated from market & fruit stands
July	1	50 lbs.	11 lbs.
August	16	2485 lbs.	1820 lbs.
Sept	29	2410 lbs.	695 lbs.
October	15	3045 lbs.	30 lbs.
TOTAL:	61	7990 lbs. / \$11,985	2556 lbs. / \$3834



II. Food Skills – see Highlights

III. Holiday Hampers

On December 19 and 20 we distributed 175 holiday hampers that helped 500 people in the Nelson area. The hampers contained home baking, fresh produce, pantry staples, poultry (or meat alternatives) and much more. We assembled 130 of these hampers and the remaining 45 hampers were assembled by community donors.



Community Awareness & Advocacy

I. Public Events

The Food Cupboard had a presence at a variety of public events including the Nelson Garden Festival, and Community Connect Day. Participated in Community Food Matters, Interagency meetings, SPAN

II. Presentations

We made classroom presentations to LVR Grade 9 classes. We welcomed several school classes and SkillsLink groups on tours of the Food Cupboard. We presented to clients of the Kootenay Kids Society Young Parents and to members of Nelson Rotary Club. We also presented to Nelson City Council on the Nelson Food Cupboard as well as Food Security generally in our geographic area.

III. Media

The Food Cupboard was featured on Kootenay Co-op Radio, the Bridge Radio and EZ Rock Radio. We had articles featured in the Express Online and the Nelson Star. We continued with a

monthly column in the Express Online including a simple recipe, a Food Cupboard statistic and our contact information. Shaw cable did a broadcast which combined filming from a Harvest Rescue pick by a Wildflower School class and a Food Skills Workshop on World Food Day.

On June 19th, I was privileged to attend the first workshop in the Nelson Food Cupboard's Food Skills project, facilitated by Anna Kirkpatrick. I'm writing today to thank you for your role in supporting it.

The workshop was presented very professionally, and was easy to understand. It was three hours long, and there was not a single dull moment. The presenter took us through the basics of what we would need to grow our own food, with information that was both theoretical and practical, and there was even some hands-on gardening. The participants ranged from veteran gardeners—and even farmers—to clueless novices, like myself. The presenter made certain to answer all of our questions and address all our concerns. We all left feeling motivated and equipped to get into the garden, and just a little more in charge of our food and the choices surrounding it.

At the end of the workshop, we were each presented with a gift card for the Kootenay Co-op Country Store. This reinforced the sense of empowerment conveyed by the workshop – that we could be in charge of our food choices. I met the other participants at the Co-op when the workshop was over, and we all agreed that it was awesome.

People who come to the Nelson Food Cupboard are generally in distress. Even without the gift cards, this workshop did more towards alleviating this distress than receiving whatever food items the good-hearted citizens of Nelson are able—or unable—to donate on any given day. Recipients of food bank assistance are also often living on the margins. This first workshop was conducted in a manner that restores human dignity and fosters communal cooperation and involvement. At the end of the workshop, the participants were invited to carry the knowledge forward – either through volunteer work or employment opportunities.

Thank you so much for your help in making this happen. It would be wonderful to see this project grow to include other social assistance institutions, recreation centres and schools. What a difference that would make for food security, community activism and dignity for everyone involved!

Sincerely,

Julie Mahn-Zalmanovitch