



Food News...

Fall 2014

Did you know?

You can support the Nelson Food Cupboard with monthly donations online at www.canadahelps.org. Our customers need healthy food every month of the year so this is a great way to support our work.



Chew On This...

We are hosting a unique and exciting event in October.

Step 1 is Do The Math

www.foodcupboard.org/chew-on-this Do this on-line survey to see what you would need to make ends meet if your situation changed and you needed to rely on social assistance, or were only making minimum wage.

Step 2 is the Community Leader Challenge

Invited community members are challenged to eat for one week on only what is available from the local food banks and Our Daily Bread. The Kick Off luncheon will be at Our Daily Bread on World Food Day – October 16

Step 3 is our Wrap Up and Community Awareness Celebration with a harvest dinner at the Nelson United Church October 23, 6pm. Hear how the challenge participants made out, and find out what you can do to help change the conditions that lead to poverty in Nelson. Entrance by donation.

Rancho Vignola Fruit and Nut Sale is here!

Rancho what? Rancho Vignola is a family run business in Armstrong that sells high quality dried fruits, nuts and seeds. We partner with Rancho Vignola each September to raise money to purchase their products for our Holiday Hampers. We do this by selling their products to community members. Orders are due by September 25 and available for pick up in November. Get all the nuts, fruit and seeds (many are organic) you will need for Christmas baking, gifts and just plain snacking.

This initiative is a great way to support the Nelson Food Cupboard. Visit our website or call the office to get an order form. www.foodcupboard.org/rancho-vignola-fundraiser 250 354 1633

Join us in linking community & food!

Building the Food System in Nelson



Recipe: Lentil Stew

- 1 cup finely chopped onion
- 1/2 cup finely chopped carrot
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped zucchini
- 4 minced garlic cloves
- 6 cups vegetable broth
- 2 cups dry lentils
- 2 cups diced tomatoes
- 1 tsp ea dried basil & thyme
- 1/2 tsp ground coriander
- salt and pepper, to taste
- garnish with fresh herbs

In a large pot saute onion, carrot, celery, zucchini, & garlic until soft, about 7 min.

Add remaining ingredients, bring to a boil then reduce heat and simmer about 40 minutes – until lentils are soft. Can be served immediately, or let sit for a couple of hours for the flavors to meld.

We are working with the City of Nelson to create an inventory of community assets that support food security and to identify gaps in the system. We held our first community consultation on September 4 and had 29 great minds contributing information on what assets exist. We will be meeting again on September 29th to finish the conversation on identifying gaps and priorities. A report will be available to the community in late November.

Kootenay

co-op

Friendly. Healthy. Community Owned

Nelson Food Cupboard

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

Stellar Sponsor: A big thank you goes out to the Kootenay Co-op and it's members. We have received till donations totaling over \$1000 from Co-op members this year! In addition, the Co-op has sponsored the lunches served at our Community Consultations, and will be sponsoring the dinner at our Chew On This... Community Awareness Celebration! Thank you for helping us in Linking Community and Food!

Stay Connected: We'd like to send you our seasonal newsletters via email. Please let us know your address at:
foodupboard@shawbiz.ca

Linking community & food.

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