



Food News...

Spring 2015

The Food Cupboard Garden

We are embarking on a large-scale urban gardening project with our customers, and we're excited!

In recent years we have involved customers in gardening initiatives with much success – they learned new skills, made new friends, grew lots of food for the Food Cupboard, and claimed the experience positively affected their physical and mental health. When Ruth Fraser, the farmer who has been growing many of our vegetables for the past seven years, told us she no longer could, we decided we wanted to try to grow our vegetables ourselves.

Brooke and Sandi Leatherman offered the use of their property just four blocks from the Food Cupboard, the Columbia Basin Trust is funding much of the project, and several Nelson businesses are contributing too. Soon DDC Excavating will be re-contouring the site for our use, and then we'll begin constructing garden beds, a fence, a compost and more. Our customers will be very involved in the project and so can the general public.

If you are able to donate building materials, time or money to this project, please contact Kim Charlesworth, the Garden Coordinator at 354-1633. **In particular we currently need a gently used garden shed and picnic tables.**



“Being at the Food Cupboard today reminded me of why I donate and volunteer - because it is such a place of acceptance, of kindness, of support for others' well-being, a place where one can feel proud to be part of a generous and caring community that believes in good food for all.” Marilyn Lawrence

Please join us for our Annual General Meeting - March 31st, 7pm

Customer Story

Laverne has been coming to the Food Cupboard for about ten years since she lost her full-time job. Since then, she has only found part-time work. She says if it weren't for the Food Cupboard, she would be forced to choose between paying the electric bills and eating. At the Food Cupboard she can pick up healthy bread and fresh produce she otherwise would not afford.

Laverne is one of our keen weekly volunteers. Every Monday you'll find her counting the bread donation, repackaging the eggs, or filling in at the reception desk. And on Wednesdays she picks up the grocery boxes she delivers to home-bound seniors. She volunteers because she loves the atmosphere here.

"Everybody is trying really hard to make sure everybody has food, and it makes me feel good to be a part of that."

Learn about the highlights of our work in 2014 and our new garden project, then stay around to socialize over tea and pie. This a great and free way to support our organization. Grant funders like to know the community pays attention to our work.

It's at 7pm in the Nelson United Church's Fairview room (top floor, follow the signs). 602 Silica Street.

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 contribute.



Stay connected

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

Like us on [Facebook](#) and receive regular updates on our news and activities. Garden developments will be highlighted weekly.

Nelson Food Cupboard

Open Hours: Monday & Wednesday 9am -1pm or by appointment.