



Standing with others for (Food) Justice

We at the Nelson Community Food Centre have been moved by the continued killings and treatment of racialized people in North America and around the globe. The Nelson Community Food Centre staff stands in solidarity with protesters and the Black Lives Matter movement and commits to doing better as individuals and as an organization in recognizing, addressing and dismantling systemic racism against Black, Indigenous and racialized people. [Click here for our statement and commitment.](#)

Finding Ways to Connect.

Dear <<First Name>>,

Regardless of the many difficult goings-on in our world these days, time continues to fly by here at the Nelson Community Food Centre. Our efforts are focused mostly on our Good Food Bank, which we continue to run Wednesday afternoons, 1-5 pm. Our Garden is growing strong and we are experimenting with new ways to connect through good food in our Food Skills program—more on that in the next issue.

We miss our volunteers, and not just because of all the work they do for us! With the slow "restart" of things here at the Community Food Centre, we've been keen to make a plan for the incremental reintroduction of volunteers. Lucky for us, we have volunteers with experience in healthcare, disaster management and other fields applicable to our current situation. So...we've asked them to help us create a plan. Jan Flett, Alison Carroll, Mary Nishio and Kady Hunter (who is also a board director) are working on this with us. Sherri Kyle, our volunteer coordinator, is co-chairing with Kady and we look forward to seeing some direction from the group in the coming weeks.



All the bags ready to go for our Good Food Bank last week. Amy, our intrepid coordinator, giving the bags a final once-over. Note our switch to paper.

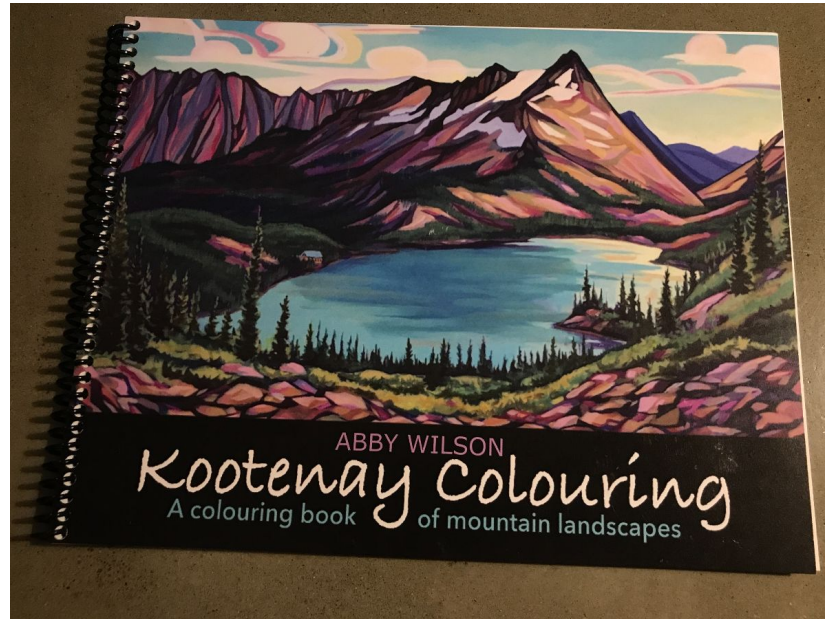


3 cloves of garlic
2 carrots
3 ribs of celery
1 red pepper
1 green pepper
cilantro

We've been shooting videos to keep in touch and connect with program participants and volunteers. Wondering how to enchant black beans like the ones we give out through the Good Food Bank? Michaela shows us how to make a delicious and healthy soup. Give it a watch and be sure to [subscribe to our YouTube channel](#).

Successful and fun fundraiser

Judging from the number of copies sold, some of you may already be familiar with this colouring book [Abby Wilson](#) put together as a fundraiser for us. Abby is a painter, among others things, and this great book features many of the lovely mountain vistas in our little slice of paradise. I don't like to mention number of dollars raised—because this kind of initiative is priceless. Let's just say the number on the cheque had four digits, and the first one was a five. Wow! Thanks very much to Abby for this remarkable effort and for being so great to work with. Unfortunately, the books sold out but, if you'd like some free colouring sheets, [visit Abby's site](#). As I mentioned last month, we are very appreciative of *all* donations coming to us over the last three or so months. Community support has been exceptional and it makes a huge difference in what we do.



Thanks for reading. As always, feel free to contact us if you are curious about how things are going at the Community Food Centre. Call me at 250 551 0305 or [email me](#). All the best to you and thanks for your interest.

A handwritten signature in blue ink, appearing to read 'Andrew'.

Andrew Creighton (on behalf of the team at the Community Food Centre)

PS: If you or anyone you know needs food, call 250 354-1633 and book an appointment to come in and see us on a Wednesday. Everyone is welcome.

Thanks if you are already a donor. If you

aren't yet but would like to be, click here.



CanadaHelps.org makes giving online safe and easy. Visit our website for other ways to [give](#) and [get involved](#).



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