



Restaurants for Change. And a whole lot more.

We'll tell you about some events in our recent past, but first - let's talk about the near future! **It's Restaurants for Change time again, so mark your calendars for the evening of Wednesday, October 16.** This year, with more than twice the number of restaurants participating, you'll have more great meals to choose from— and they'll all be in support of the Nelson Community Food Centre. It's also World Food Day next Wednesday so you'll have two reasons to celebrate.

Restaurants for Change **eat well. do good.**

Join in the fun at:

- [Vault Sports Lounge](#)
- [Louie's Steakhouse](#)
- [Library Lounge](#)
- [Yum Son](#)
- [Outer Clove](#)

All of these excellent restaurants have pledged to donate 100% of their food sales to us at the Food Centre. WOW! Call the establishment of your choice soon to make a reservation—they do fill up! (click on the links above). [Click here](#) for a little more info and see you next week.

In other program news:

We've been quiet for a while but it's not because of any lack of activity here at the Food Centre. It has been a very busy summer with more community dinners than usual—we are shooting to host one every four-to-six weeks because that's what our program participants said they wanted.



If you've walked, biked or driven past our HQ at 602 Silica, you've likely seen our new raised-bed-garden. There are 14 beds in all, representing a whole lotta growing potential. With our somewhat late start, we won't see much in the way of crops this season. Just wait for next summer though—it'll be big. Thanks very much to [Community Food Centres Canada](#) (and others) for their support of this. Our volunteers, program participants, and staff are really excited. We hope you are too!



As well as running a remarkably busy Harvest Rescue program, that's now winding down, we're launching a raft of new cooking classes—for youth, adults and families—starting in

the coming weeks. Check out our [calendar](#) for the full scoop, or, to see info on specific programs, click on the corresponding link: [Kids Cooking Club](#) + [Fall Sessions](#) (lunches and dinners). Oh... and one more thing, we are having a [Community Dinner](#) next week, the night after [Restaurants for Change](#).

Thanks for reading and I promise, our next eNewsletter will come quicker. See you next Wednesday night at Restaurants for Change.



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



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