



We have a few updates we're excited to share! Our partner organization, Community Food Centres of Canada, has a new name: **Right to Food**. This rebrand reflects a powerful, long-held belief that food is a tool for change, and that creating spaces where people come together around food can transform lives and communities. Over the years, they've grown into a national leader in the movement for good food for all. Learn more [HERE](#).

What does this mean for NCFC? NCFC will continue advancing its vision of a thriving community where everyone can come together around good food, and its mission to create spaces where people facing adversity can share, connect, and advocate for change. This new chapter strengthens our shared commitment to dignity, inclusion, and the collective work required to ensure good food for all is not a privilege, but a right.

### **UPCOMING FOOD SKILLS SERIES**

NCFC is joining forces with Columbia Basin Alliance for Literacy (CBAL) and a local registered dietitian for a 4 week Nutrition and Food Skills program for Seniors.

We will be focusing on nutrition, meal planning for one, shopping on a budget, kitchen safety and creating community. A space where you can share your knowledge, ask questions about nutrition and learn something new in a fun environment!

**To Register: Call Joan at 250-505-2361**

**Or Email Bee at [bee@nelsoncfc.ca](mailto:bee@nelsoncfc.ca)**

# NUTRITION AND COOKING SKILLS FOR SENIORS



A 4 week series from February 12<sup>th</sup> to March 5<sup>th</sup>  
Thursdays from 1:00 pm to 3:00 pm  
at NCFC

**TRANSPORTATION PROVIDED UPON REQUEST**



**PROGRAM UPDATE:** Our Good Food Bank is moving to the **1st & 3rd Wednesdays of the month** to hopefully clear up confusion with the every-other week schedule. Same time (1 pm - 4 pm), same place (NCFC). Visit our [website](#) for more information.



We are seeking dedicated volunteer Board members to drive our strategic plan forward and support a healthier, more inclusive, food-secure community.

## [APPLY HERE](#)



Thank you to the Nelson Road Kings for their support! They presented us with food and a cheque for \$1275 last week.



Join NCFC for the Coldest Night of the Year, which is a winterrific family-friendly 2 or 5 km fundraising walk on Saturday, Feb 28th in support of local charities serving people experiencing hurt, hunger, and homelessness. Scan the QR code to join the NCFC team! Learn more [HERE](#).

**SUPPORT OUR MISSION**

602 Silica St, Nelson, BC, V1L 4N1

Office Hours: M-Th 9am-4pm

250-354-1633 [info@nelsoncfc.ca](mailto:info@nelsoncfc.ca)

NCFC will be closed on Family Day, February 16th

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