



Dear smartname,

Spring Community Dinner: A Beautiful Start to the Year

Our first of four annual Community Dinners, “Seven Tastes, One World,” was an incredible success—welcoming nearly 300 attendees, the highest turnout we’ve seen to date. The room was filled with connection, conversation, and a vibrant sense of community.

This year’s umami-themed menu featured dishes thoughtfully inspired by the people, food, history, culture, and resilience of Palestine, Ireland, the Philippines, Ukraine, Taiwan, Tamil Nadu, and more. The evening was shaped through recipe collaboration with volunteers and participants, incorporating family recipes from around the world as a culinary reflection of unity and peace during a deeply challenging time globally.

The food was exceptionally well received, and feedback from participants, volunteers, and staff was overwhelmingly positive. On a personal note, it was one of the most meaningful and rewarding days I’ve experienced in recent memory.

From kitchen to front of house, the evening ran like a well-oiled machine—thanks to the care, coordination, and dedication of our incredible volunteers, staff, musicians, and community partners, including Intercultural Kootenays and KTK Masala Shop.

Thank you to everyone who helped make this event such a special and memorable evening. -Chef & Kitchen Coordinator Ainsleah

Photos courtesy of Carlo Alcos





Join us for hands-on fun in the kitchen! Learn how to make simple, healthy, tasty, and affordable meals. Cook with others, connect, eat, and share your knowledge in a welcoming and inclusive space.

- 6 sessions
- Thursdays, May 21-June 25
- 1 pm - 3:30 pm
- Nelson Community Food Centre (602 Silica St.)

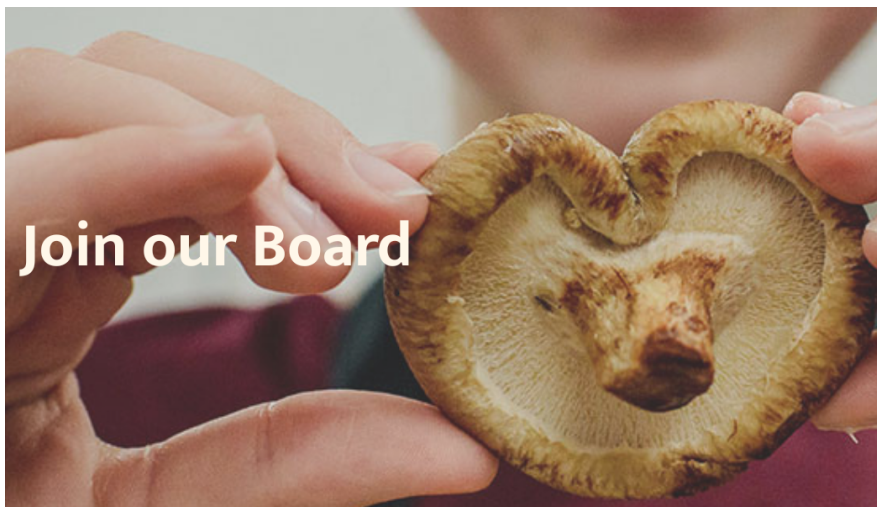
Registered Holistic Nutritionist, Cindy Spratt, will join us for two nutrition-focused cooking and learning sessions: June 4 - Meeting Nutritional Needs Through Real Foods, and June 18 - Digestive Health

Sessions are free, but registration is needed. Come for one or all sessions. Contact Joan at 250-505-2361 or jexley@cbaal.org, or Keiko at keiko@nelsoncfc.ca

Transportation available, if needed.

Last week, Rosemary, Gord, and Monica attended the Right to Food Summit in Toronto on behalf of NCFC. Being part of this gathering reinforced that we are connected to a broader network of organizations working every day to increase access to healthy food, foster connection and belonging, and advocate for a future where the right to food is realized for everyone. It was especially meaningful to come together at a time when food insecurity continues to reach historic levels. The Summit created space to reflect on progress, share practical learnings, and celebrate the impact of this collective effort. We returned feeling re-energized, with new ideas

and a renewed sense of purpose in advancing food access and equity in our community.



We are still seeking volunteer Board members to advance our strategic plan and support a healthier, more inclusive, food-secure community. Apply [HERE](#)

SUPPORT OUR MISSION

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Office Hours: M-Th 9 am-4 pm

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