



Dear smartname,

All of a sudden, the weather has shifted, and here we are in September! August was a busy month at NCFC, with new partnerships taking shape, exciting projects underway, and plenty of opportunities to connect with our community.

Our staff recently visited Bigby Place to share information about NCFC and volunteer opportunities with approximately 30 people. The visit was a great opportunity to build awareness and connect with potential volunteers, while also learning more about accessibility and barriers people may face when participating in community programs. The feedback will help us continue making NCFC more welcoming and accessible.

We also welcomed some wonderful guests to our recent Good Food Banks. A big thank you to Katherine van der Veen, Nelson's Settlement Worker with the Columbia Basin Alliance for Literacy (CBAL), and Therese Nadeau, Job Developer and Communications Specialist with the Kootenay Career Development Society (KCDS), for joining us and sharing information about the resources and support they offer in our community.

Our Real Food for Teens cooking class was a hit! Thank you to Cindy Spratt for joining and answering teen nutrition questions while cooking a fun and delicious meal.

The gardens are in full swing, and we're busy harvesting the fruits of all that hard work! Tomatoes, zucchini, beans, and other fresh produce are making their way into our programs and community meals, thanks to the hard work of our garden volunteers. We're also excited to continue working with Selkirk College to expand our gardens, thanks to generous support from the Osprey Community Foundation. This partnership will help us grow even more fresh food

while creating opportunities for learning, collaboration, and hands-on gardening.

Speaking of harvesting:

GOT FRUIT?

It's also fruit season, and we're so grateful to everyone interested in donating their extra fruit to Nelson Community Food Centre! If you're interested in donating, here are a few things to keep in mind:

Do:

- Call ahead to schedule a drop-off time. We have limited storage space and aren't always able to receive larger donations. Calling ahead helps us coordinate and confirm we have room.
- Make sure fruit is in good condition and will last at least a week.

Please don't:

- Leave donations outside. We're closed Friday–Sunday, and fruit left outside can attract animals and go to waste.
- Drop off overripe fruit. We need enough time to sort, process, and distribute donations.

Interested in donating fruit? Call 250-352-1633 to arrange a drop-off

[Read our full statement on Residential Harvest Rescue](#)



Nelson Community Food Centre Presents:



A Conversation Cafe



with guest Amy Taylor
from
The Advocacy Centre



Join us for **coffee, tea, snacks**, and learn how The Advocacy Centre can offer information, support, representation, and referrals about topics such as:

- Income Assistance and Disability Benefits
- Community Based Victim Services
- Tenant Rights
- Family Law
- Legal Aid/Legal Resources

Everyone Welcome!

Come with your questions, experiences, or just your curiosity.

Coffee will be provided by Oso Negro, snacks will be locally baked goods and veggies from our garden!



Wednesday Sept 23, 2026
1–3 pm



Nelson Community Food Centre
602 Silica St, Nelson



COMMUNITY FOOD CENTRE
A Right To Food Partner



The Advocacy Centre

Conversation Café: Advocacy

NCFC is hosting a Conversation Café on Wednesday, September 23rd, from 1–3 pm, the first in our new Café series! This time, we're bringing the topic of advocacy to the table. We're pleased to welcome Amy Taylor from Nelson's Advocacy Centre to help us get things started. Free and open to everyone, with no pressure to join the conversation. Bring your curiosity, appetite, and lovely self, and pull up a seat at the table!

Questions or want to RSVP? RSVP is optional, but appreciated.
Contact Rosemary



In observance of Truth and Reconciliation Day, NCFC will be hosting a film screening of the movie YINTAH from 2- 5 pm in place of our regular hours. We will serve popcorn and puffed wild rice.

Spanning more than a decade, YINTAH follows Howilhkát Freda Huson and Sleydo' Molly Wickham as their nation reoccupies and protects their ancestral lands from the Canadian government and several of the largest fossil fuel companies on earth. [LEARN MORE](#)

Please note that NCFC will only be open from 2- 5 pm on Sept. 30th.



**Navigating the trade crisis:
Protecting workers means
protecting households from
food insecurity**

From our partners at Right To Food:

Canada's escalating trade crisis comes at a time when the country is already facing historically high rates of food insecurity. At least 1 in 4 people are living in households that can't put food on the table, and those households are also more likely to struggle to afford housing and other basics.

[READ MORE](#)



Carrot Cake

Ingredients:

- 2 cups grated carrots
- 1 ½ cups packed brown sugar
- ½ cup granulated sugar
- 1 cup vegetable oil
- 4 large eggs
- ¾ cup unsweetened applesauce
- 1 tsp vanilla extract
- 2 ½ cups flour
- 2 ½ tsp salt
- 2 tsp baking powder
- 1 tsp baking soda
- 1 ½ tsp ground cinnamon
- ¼ tsp nutmeg

Instructions:

- Heat oven to 350°F (175°C).
- In a large bowl, whisk brown sugar, granulated sugar, oil, eggs, applesauce, and vanilla till combined
- In another bowl, whisk together flour, baking powder, baking soda, salt, cinnamon, and nutmeg.
- Combine wet and dry ingredients, then fold in the carrots
- Bake for 30-35 minutes in two cake pans or until a knife comes out cleanly.
- Let cool for 1 hour and top off with cream cheese icing



Join us for the 8th Annual



Restaurants for Change

eat well. do good.

Wednesday, October 21st

for more information call
250-352-1633 or email info@nelsoncfc.ca

NELSON
COMMUNITY FOOD CENTRE
A Right To Food Partner

Join our Circle of Giving

Copyright © 2026 NCFC. All rights reserved.

602 Silica St, Nelson, BC, V1L 4N1

Office Hours: M-Th 9 am-4 pm

250-354-1633 | info@nelsoncfc.ca

Want to change how you receive these emails?
You can [unsubscribe](#) or manage preferences.

