



..... *Serving up our*

FOUR PROGRAMS

2017 REPORT FROM THE BOARD

The Nelson Food Cupboard is made up of a strong team of directors, staff and volunteers committed to providing the best services and resources for the people we support. A visit to the Good Food Bank on a busy Monday morning or Wednesday afternoon speaks to the energy, effort, and expertise at work ensuring a warm reception and access to a choice of nutritious foods. This same approach is apparent in the Garden, Harvest Rescue and Food Skills Programs.

Now, halfway through realizing our 2015 - 2020 strategic plan, we have many things to celebrate:

- » We continue to work on increasing the ways that we acquire, grow and produce food
- » We continue striving to make our services more accessible to the people who need them
- » Through our varied programs and volunteer opportunities, people are building skills and making community connections
- » We are making informed and responsible decisions to improve our physical space

Our directors, including me, have worked towards strengthening our governance skills, refining our procedures and revising our bylaws. We took part in many Food Cupboard activities and programs, as well as fundraising events such as Like the Dickens.

We feel excited about the changes we've supported in 2017, and look forward to even more in 2018.



Sincerely,

Marilyn Lawrence

BOARD CO-CHAIR

Board Members: Carol Pleasants, Tara Keirn, Marilyn Lawrence, Susan Lamb, Tim Powell, Jennie Barron. Missing: Deryn Collier

BUMPER CROPS

As we continue to evolve into a welcoming place where people come to get food, and learn how to grow, cook and preserve it, we are striving to ensure each of our four programs meets our organizational goals. We are bringing along our community on this journey, that is ultimately directed by extensive input from our program participants, and other stakeholders, over several years of consultation.

With our new hours, “demonstration cooking” and café style seating, we have seen the Good Food Bank become a place where people sit, chat and mingle. For us, this signals that they feel good about being here. Our rolling out of the Festive Food Days’ “staggered” approach to sharing holiday specialty items (like butter, holiday baking, nuts and poultry) was appreciated by community members, more of whom got to partake than in years past. We closed out our year with a delicious, and well-attended, community Solstice dinner.

Our Food Skills Program also provided the kind of welcoming, learning, food-centered activities we are shooting for. Programs like Family Friendly Dinners, Community Kitchen and Canning Classes (to name a few) saw people of all ages and interests

getting together around food in a healthy and fun social environment.

The Garden Program continues to be a major source of food for our Good Food Bank (as well as some Food Skills classes). Volunteers planted, weeded and harvested around 2,800 lbs of produce, offsetting our food expenses and providing local, that-day-fresh veggies. Specific programming, like Garden Snacks and Stir Fry Treasure Hunt were popular ways for people to learn in the garden, sample the produce and enjoy the outdoors.

With 2017’s incredibly bountiful fruit year, Harvest Rescue’s many volunteers picked more than 10,000 lbs of fruit that was shared with our Good Food Bank participants, Food Skills classes and other community service groups around town.



2,800 lbs

of produce harvested from the Food Cupboard garden

value of over \$6,000! ←

“It was great to get our hands dirty. Digging potatoes was so much fun.”

GARDEN VOLUNTEER

3,365

volunteer hours between all programs

STEP BY STEP

As our programs continue to grow, we are endeavouring to spread the word that the Food Cupboard is comprised of four equally important programs, all with the same goals. The Good Food Bank, Food Skills, Harvest Rescue and Garden Programs are each aimed at helping low-income people come together in welcoming environments to grow, cook, share and advocate for good food.

We encourage our community members to participate in all our programs and also welcome their volunteer contributions. People tell us things like volunteering is the highlight of their week, they feel a strong sense of community at the Food Cupboard, and that they're learning really practical skills in our kitchen and garden.

Our evolution is being supported by Community Food Centres Canada (CFCC), a national organization that has launched eight Community Food Centres (and counting...) across Canada. As well as providing funding and infrastructure support to us as we grow, CFCC folks visited Nelson in

2017 and are always available for advice. Our two organizations will be working even more closely together in the future. Stay tuned for some exciting news in 2018.

We continued our efforts to improve our space in 2017 and we'll keep that rolling. We're happy with what we've done with our programming at the Nelson United Church to create welcoming comfortable environments. The next step is creating even more hospitable spaces, featuring things like natural light, more practical office space and improved signage—all with an eye to improving the overall program participant experience.

"I've cooked for years and consider myself pretty competent in the kitchen, but I learned at least 5 new things today!"

FOOD SKILLS PARTICIPANT

13,866

visits to the Food Cupboard's food bank in 2017

.....
"Thanks for food that feels good."

GOOD FOOD BANK PARTICIPANT

10,780 lbs

OF FRUIT
GLEANED THROUGH
HARVEST RESCUE

*value of
\$11,707!* ↖



FINANCIAL SNAPSHOT

Fiscal Year: Nov. 1, 2016 – Oct. 31, 2017



- Programs – 67%
- Fundraising – 22%
- Administration – 11%



- Private grants – 47%
- Donations* – 34%
- Government grants – 19%

* In-kind donations (mostly food) were valued at \$92,473 and are not reflected in this graphic.

Thanks very much!

Food and financial donations of all sizes, and more than 3,000 hours of volunteer labour, enabled us to do what we do. Due to limited space, only major donors and funders are featured here—but thanks very much to everyone for their help!



“I’m so glad to be part of this community meal... good food really brings people together.”

FOOD SKILLS PARTICIPANT



602 Silica St.
Nelson BC
V1L 4N1
foodcupboard.org



Food Cupboard Staff: Marya, Kim W., Heather, Andrew, Amos, Kim C.

