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# Nanaimo Community Kitchens Society

[www.nanaimocommunitykitchens.org](http://www.nanaimocommunitykitchens.org)



## Our Mission

*Nanaimo Community Kitchens' participants build skills, knowledge, friendships, and self-esteem while preparing low-cost healthy meals.*

*Nanaimo Community Kitchens Society is generously supported by:*

- \*United Way Central and Northern Vancouver Island
- \*St. Paul's Anglican Church
- \*Casino Nanaimo
- \*City of Nanaimo
- \*Nanaimo Churches & Service Groups
- \*Island Savings Comm. Endowment—First West Foundation
- \*RBC Dominion Securities
- \*Individual donors
- \*NCKS acknowledges the financial support of the Province of BC.
- \*Island Health
- \*Mid-Island Co-Op

## Announcing....

**AGM Wed. May 30th, 2018 – 5:00 p.m.**

All are welcome to our

### ANNUAL GENERAL MEETING

At Foodshare, 271 Pine Street, Nanaimo

Food and Refreshments will be served

R.S.V.P your intentions to attend to the following:

271 Pine St.  
Nanaimo, B.C.

(250) 753-7470

[anita.nck@shaw.ca](mailto:anita.nck@shaw.ca)

## Why We're Here...

A young woman with challenges has attended one of our programs for a year. In that time she has made many healthy changes. She always loved vegetables, but likes to try all foods. She has lost 45 pounds in the past 8 months. She loves dessert, but limits it to once/week. She now attends a gym and has built muscle. She drinks more water and no longer adds sugar to tea/coffee. She likes to bake, but reduces the sugar in recipes and adds mashed fruit instead. She has more energy, where she used to be tired all the time. She has made small changes that are sustainable and have made a huge impact in her life.



## Healthy Eating and Lifestyle for Newcomers to Canada

This one-year program wrapped up in early April. Five rounds of the program helped adults from Syria, China, South Korea, and Columbia.

- “We learned new Canadian recipes and healthy eating.”
- “We like the instructor and being active in the program—not just sitting but involved and doing the cooking”.
- “I enjoyed this program that brainstormed ideas, taught knowledge and brought happiness. Thank you for all your hard work in preparation and patience in teaching. More importantly, it gave us a snapshot of food science. I never thought cooking could be so much fun!”



### Cooking Out of The Box

- Uses fresh produce from monthly Good Food Box to prepare a shared meal.
- Meets once/month at 3 locations: Foodshare Center, 271 Pine St; Affordable Housing, 153 Wallace St; and Tillicum Lelum 602 Haliburton St. with their BBB Program.



### Cooking With Seniors

- Cooking at Seniors Connect,
- 150-B Wallace St.
- Refresh your knowledge of food safety and healthy eating.
- Meet others and help make a shared lunch.





## Bellies to Babies and Beyond



- Is a 10-week program for pregnant women and parents of young children.
- The group meets Monday's 10am—12:30pm at Princess Royal Family Center.
- Generously supported by

Island Savings Community Endowment  
First West Foundation  
City of Nanaimo

## Community Cooking Groups

*Groups meet once a month to choose recipes and cook together.*

- *Cooking with Friends at Hope Lutheran*
- *Seniors 80-20 Group*
- *Supportive Apartment Living*
- *Happy Chefs*



# Staff / Board of Directors

## Staff

Anita Smith,

Executive Director and Program Facilitator



## Save the Date....

### Oktoberfest Fundraiser Oct. 11, 2018 - 5:00pm

NCK will once again celebrate Oktoberfest by inviting program participants & the community to our annual fundraiser at THE QUEENS, on Victoria Cres.

We appreciate your support through attendance at this fun event, as well as donations to our silent auction. It is a good time to connect with friends & support our programs that build health in our community.

Jeri Manley, Chris Crabtree, Joanne Swain, and Kathy Torhjelm, four of our Directors, attended the Nanaimo Volunteer Appreciation Luncheon at the Beban Park Social Centre. In keeping with the *Once Upon a Fairytale* theme, they honoured Old Mother Hubbard.

## Board of Directors

- President: Jeri Manley
- Vice President: Mary McDaid
- Treasurer: Kathy Torhjelm
- Corresponding Sec.: Linda Harold
- Recording Sec.: Joanne Swain
- Directors: Chris Crabtree  
Jean Blackburn

