



Shelbourne Community Kitchen Member Update: October 18, 2023

It's a busy and exciting time at Shelbourne Community Kitchen. We have plenty of exciting programs, updates, and events planned for this fall. In this member email, you will find important information about:

- **Bring Home the Kitchen Capital Campaign Launch**
- **Jazz Bar Benefit Concert: October 29, 3pm at Lutheran Church of the Cross**
- **Pantry to Plate: Root Vegetable Pakoras**
- **Giving Thanks for Thanksgiving Food Drives**
- **Hours of Operation and Upcoming Closures**
- **Food Skills Programs:**
 - **Recipes & Recap: Flavours of Marrakech**
 - **Upcoming: Dinner on a Dime, Chicken Adobo, Spice it Up!**
- **Save the Date Benefit Concerts**
 - **Afternoon with Stephanie Greaves: November 26th, 3pm at St. George's Anglican Church**
 - **Winter Wonderland with Edie DePonte: December 10th, 7pm at Lutheran Church of the Cross**

Our End of Month Closure is from October 25 - 31st, inclusive. This means that there are just a few more days left to access the Pantry Program in October.

Stay tuned for a second member email this month with holiday program details and updates about the capital campaign and renovation in the new year.

In community spirit,

-The Kitchen Team

Pictured above: our mighty garden team poses for a group photo at Omnivore Acres farm.

**BRING HOME
THE KITCHEN**
CAPITAL CAMPAIGN

Help us build our commercial kitchen so that we can do so much more for the community we serve.

Hairnets removed for photo.

Capital Campaign Launch: October, 2023

A Message from the Chair of our Board of Directors

Dear members,

For over 8 years, the Shelbourne Community Kitchen has been a welcoming neighbourhood food center, where people have accessed healthy food, learned to cook and garden, shared their skills, and made lasting friendships. We have come a long way from the little white house on Shelbourne Street, and thanks to our amazing volunteers and network of generous community partners, we are helping more people than ever before. Through our Pantry, Gardening, and Food Skills Programs, our organization currently serves 1,500 adults and 400+ children who experience food insecurity in our community.

As many of you know, our new location does not have a functional kitchen! In 2021, we renovated and moved into our new home, but we could not afford all of our required renovations. Phase 1 brought the facility up to code and Saanich bylaws, which enabled us to run basic operations and online cooking programs. In January, 2024, Phase 2 renovations will include a much-needed commercial kitchen, important accessibility upgrades and improved program and office space. It will also create new income opportunities for long-term financial sustainability.

It's time to Bring Home the Kitchen and bring the Cook back to Cook, Grow, Share and Connect!

Our '[Bring Home the Kitchen](#)' campaign officially launched this month and to help ensure we meet our goal, a long-time generous anonymous donor has pledged to match the first \$50,000 of donations!

We also have a very special benefit concert event coming up on October 29th: [Jazz Bar](#)!

It's so encouraging to see the momentum and excitement grow!

Ways To Support our Campaign:

- Spread the news through your network! [Share our Campaign Brochure](#)
- [Buy a ticket to Jazz Bar](#) (your admission turns into \$100 of support)
- Follow us on [Facebook](#) or [Instagram](#) and share our campaign updates.
- [Donate to the Campaign](#) -every \$1 makes a difference and is deeply appreciated.

Our new space was always meant to be a place where members could cook together in person, learn new skills that make the most of a limited budget, and share community meals that help to reduce social isolation. This important project will make a world of difference for our organization and everyone who accesses services at The Kitchen.

As the campaign progresses and we get closer to the renovations phase (planned for January 2024), our team will make sure that our members receive plenty of information and updates -so stay tuned! Included in the planning process, is how to provide pantry support to members during construction of the commercial kitchen.

In community spirit,



Clarice Dillman, Board Chair
Shelbourne Community Kitchen

Our Wonderful Group of Supporters



Jazz Bar! Benefit Concert Event Sunday, October 29th, 3pm-5pm Lutheran Church of the Cross

On October 29th, join us for an afternoon of live music, boozy drinks, and gourmet food at Jazz Bar: one of three benefit concerts for Shelbourne Community Kitchen.

Featuring the melodic vocals of Kelby MacNayr along with the talents of Tony Genge on the piano, Joey Smith on guitar, and Bob Watts on drums – we are bringing together four of the West Coast's top jazz musicians, and transforming the Upper Hall of Lutheran Church of the Cross into a cozy, jazz bar cafe.

This exciting benefit concert will raise funds for the "Bring Home the Kitchen" Capital Campaign and all proceeds (up to \$50,000) will be matched by a generous anonymous donor!

Immerse yourself in the West Coast jazz scene and enjoy delicious food and refreshments with friends, while doubling the impact of your donation to this worthwhile community project. The 'Bring Home the Kitchen' campaign is raising funds for the construction of a much-needed commercial kitchen and accessibility upgrades at our organization's new home.

Tickets are \$50/person. What is included in the ticket price?

- 1 boozy beverage (non-alcoholic options available)
- 1 gourmet dessert OR savory appetizer
- A fabulous afternoon of live jazz with family and friends!

- \$100 donated to Shelbourne Community Kitchen! Your \$50 ticket purchase is matched by our anonymous donor, and transforms into \$100 of support of the "Bring Home the Kitchen" Campaign

Jazz Bar is so much more than a concert - it's a fabulous afternoon out that you don't want to miss! Tax receipts will be provided for all donations of \$20 or more, ticket sales and purchases of goods excluded.

Purchase Tickets



PIZZERIA
PRIMA STRADA



The Pantry Program



Pantry to Plate: Root Vegetable Pakoras

We love the fact that October always brings an avalanche of produce to The Kitchen. What better way to use up extra root vegetables than to make pakoras! Sold as snacks on the streets of India and as popular appetizers in Indian restaurants all over the world, pakoras are crispy, bite-size vegetable fritters that are served with a dipping sauce. While pakoras are typically deep-fried, our recipe is baked instead and seriously tasty. We also use chana flour i.e. chickpea flour, which is packed with protein and is gluten-free! Pakoras can be made with any root vegetables you have on hand and make a delicious appetizer or light lunch.

We have a bonus recipe for all those apples too! Try our [Apple Ginger Chutney](#)

Pantry to Plate is a monthly feature that shares delicious, healthy recipes that can be made exclusively with items that are available through our Pantry Program.

[View Pantry to Plate Recipe](#)



Giving Thanks for the BC Thanksgiving Food Drive

Please join us in sending our heart-felt thanks to the following community partners that organized Thanksgiving food drives in support of our Pantry Program!

- BC Thanksgiving Food Drive -Jesus Christ Church of Latter-day Saints
- Gordon Head Recreation Centre
- Lutheran Church Of The Cross Victoria
- Shelbourne Street Church of Christ
- St. George's Anglican Church
- St. Luke's Anglican Church
- St. Philip Anglican Church

Together, these wonderful organizations gathered and donated a whopping **6,171 lbs of non perishable food** to help keep our shelves filled this season!

Thank you for your tremendous hard work and generosity!



Hours of Operation and Upcoming Closures

The Shelbourne Community Kitchen's hours of operation are as follows:

- Monday: Closed
- **Tuesday: 10am-1pm**
- **Wednesday: 10am-1pm**
- **Thursday: 3:30pm-6:30pm**
- **Friday: 10am-1pm**
- Saturday/Sunday: Closed

We close for the last week of every month to tackle large projects.

Upcoming End of Month Closure Dates: October 25-31, inclusive.

There are just a few more days left to access the Pantry Program in October.

The last day to request delivery in October is Tuesday, October 24th. Delivery will go out the following day as usual, on Wednesday October 25 12pm-3pm.

Food Skills Programs

Recipes & Recap



Flavours of Marrakech

On August 18th, professional chef and kitchen participant, Khalid, led a wonderful, in-person food demonstration called 'Flavours of Marrakech'. During this class, Khalid showed the group how to prepare Marrakech-style Moroccan Couscous. This famous dish is a staple in Moroccan cuisine, and every city has a different style! With 16 members in attendance, and Khalid's wife and young son joining in on the fun, Khalid led the attendees through each step of the recipe, sharing cooking tips and stories from Morocco along the way. We learned to infuse the couscous with incredible flavor as it cooked by using a steamer above a pot of fresh herbs and vegetables. These vegetables would eventually garnish the dish! Every attendee received a meal kit complete with a recipe and all the ingredients to make Moroccan couscous at home. Thank you Khalid for sharing your time and delicious recipes with us!

[View Recipe](#)

Upcoming Classes & Meal Kits

Program spaces are limited. So that all interested participants have an opportunity to participate in our Food Skills Programs, there is a **limit of two (2) programs registrations per participant** in November.

Dinner on a Dime

A Special Budget Focussed Meal Kit

3 Recipes x 4 Portions each
= 12 Meals for \$25



Dinner on a Dime Meal Kit Distribution November 1st & 2nd

Making healthy meals on a limited food budget is challenging, especially when the cost of food continues to climb. Our team is back with another edition of Dinner on a Dime! This special budget focused meal kit focusses on a \$25 grocery list that makes 3 recipes and provides a total of 12 nourishing meals.

Important Details and Considerations:

- Limit of one meal kit per household.
- There will be no live video component for this meal kit.
- Meal Kit Pick-up Time: Wednesday, November 1st (10am-1pm) & Thursday, November 2nd (3:30pm-6:30pm).
- Delivery available for people with chronic illness and/or mobility barriers.
- Accommodations for dietary restrictions provided where possible.

The deadline to register is October 25, however programs fill up quickly! If the registration form is closed, this means that we have reached our maximum registrations. You can contact Kim at info@shelbourncommunitykitchen.ca to be added to the waitlist.

Register



Chicken Adobo
Meal Kit Distribution
November 7th & 8th

Chicken Adobo is an authentic Filipino dish and is one of the most recognized Filipino foods around the world. Coming from the Spanish word Adobar meaning “sauce” or “marinade”, Adobo is prepared by stewing meat, fish, or vegetables in vinegar and soy sauce along with aromatic herbs and spices such as garlic, black peppercorns, and bay leaves. Though the Philippines has had many colonizers throughout its history each leaving their mark on the foods of the country, the technique of cooking and preserving with vinegar has been used in the Philippines since pre colonial times making this dish uniquely Filipino, no wonder many folks call this the unofficial dish of the Philippines. The Chicken Adobo will be paired with steamed white rice, and bok choy with garlic sauce. There is no class component with this meal kit distribution. Registrants will receive a meal kit with all the required ingredients and printed recipes.

Important Considerations:

1. **Limit of one meal kit per household.**
2. There will be no live video component for this meal kit.
3. This meal kit can be made vegetarian, gluten free, and halal to meet dietary restrictions.
4. A limited number of meal kits will be reserved for delivery and dedicated solely for members who live with chronic illness/mobility barriers, who cannot safely attend in-person.

The deadline to register is October 28, however programs fill up quickly! If the registration form is closed, this means that we have reached our maximum registrations. You can contact Kim at info@shelbourncommunitykitchen.ca to be added to the waitlist.

Register



Spice it Up! with Shapna
Soups, Stews & Homemade Broth
In-Person Food Demonstration
Wednesday, November 22nd
2:00pm-3:30pm

As the weather turns cold and rainy, we shift to nourishing soups and stews that keep us warm and cozy. During this class, Shapna, will explore the foundations of making homemade broth, delicious soups, and filling stews. Attendees will learn to build flavour through the use of aromatics, and how to combine simple and affordable ingredients for maximum nutrition. Attendees will enjoy samples of the recipes during class and will receive a meal kit, complete with ingredients and recipes, to take home at the end of class.

Important Considerations:

- Limit of one meal kit per household.
- Meal kits can be made vegetarian, gluten free, and halal to meet dietary restrictions.
- A limited number of meal kits will be reserved for delivery and dedicated solely for members who live with chronic illness/mobility barriers, who cannot safely attend in-person.

The deadline to register is November 8th, however programs fill up quickly! If the registration form is closed, this means that we have reached our maximum registrations. You can contact Kim at info@shelbourncommunitykitchen.ca to be added to the waitlist.

Register to Attend

Save the Date!

NOVEMBER 26
SUNDAY 3-5PM

AN AFTERNOON *with*
**STEPHANIE
GREAVES**

Live in concert with

ATTILA FIAS PIANO
RYAN TANDY ACOUSTIC BASS
BOB WATTS DRUMS
THE BOB WATTS TRIO

Admission \$25
Refreshments included
(baked goods & coffee/tea)
Purchase tickets online
www.shelbourncommunitykitchen.ca
or at the door

ST. GEORGE'S ANGLICAN CHURCH
1900 St. George's Ln.

Proceeds raised in support
of THE KITCHEN'S VITAL PROGRAMS
AND SERVICES.
All donations needed!

BENEFIT
CONCERT
SERIES

Shelbourn
Community
Kitchen

DECEMBER 10
SUNDAY 7PM



WINTER WONDERLAND

with **EDIE
DAPONTE**

Live in concert with

ATTILA FIAS PIANO THE
JOEY SMITH GUITAR **BOB**
RYAN TANDY ACOUSTIC BASS **WATTS**
BOB WATTS DRUMS **TRIO**

Admission \$25
Refreshments included
(baked goods & coffee/tea)
Purchase tickets online
www.shelbournecommunitykitchen.ca
or at the door

LUTHERAN CHURCH OF THE CROSS CONCERT BOWL,
3827 Cedar Hill Rd Parking at St. Luke's Cedar Hill.

Proceeds raised in support
of THE KITCHEN'S VITAL PROGRAMS
AND SERVICES.
All donations tax-deductible

BENEFIT
CONCERT
SERIES



COOK GROW SHARE CONNECT

Shelbourne Community Kitchen Society

101-3787 Cedar Hill Rd. Victoria, B.C. V8P 3Z4

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Visit us online: www.shelbournecommunitykitchen.ca

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