



## Shelbourne Community Kitchen Member Update: March 22, 2024

Time flies when you're in construction! Welcome to our first member email of 2024. We have a lot of exciting news and program details to cover, so let's dive in!

**Important Note:** The Kitchen, including the Pantry Program in the LCC upper hall, will be completely closed from March 25th to April 2nd, due to construction and the statutory holiday. The Kitchen Pantry Program in the upper hall, will re-open for renovations hours on Wednesday, April 3rd 12pm-5pm.

**In this email, you will find important information about:**

- Our Impact 2023
- Construction Update & Timeline
- Hours of Operation & Upcoming Closure
- Now Recruiting Board Members
- Pantry Program Update
- Pantry to Plate
- Food Skills Program

- Recipe Recap: Bajan Cou Cou, Szechuan Dumplings, and Kenyan Rice Pilau
- Coming up Next: Morning Glory Muffin Kits and Dinner on a Dime
- Get Growing, Victoria! Garden Event: May 22nd -Save the Date!
- Community Resource Feature
- Social Justice Hero
- OEB Breakfast Co. Fundraiser

Our team is working incredibly hard to provide the essential food support programs that our members rely on while managing the realities of a significant facility renovation. Thank you for your patience and support!

In community spirit,

*-the Kitchen Team*

*Pictured above: volunteer, Kristie, taking grocery orders in the Upper Hall during operations.*



**Did you know that our organization distributed 70,314 lbs of healthy food to over 1,500 adults and 500+ children last year?** Our hard working volunteers packed 2,889 custom grocery orders and made 687 home deliveries. The mighty Garden Programs grew 9,315 lbs of fresh produce for the Pantry, and through our partnership with the City of Victoria, we distributed over 2,312 plant seedlings to support food growing at home. Even without a functional kitchen, we hosted 17 programs, distributed 359 meal kits and made 2889 healthy meals possible through our Food Skills Programs.

*“Shelbourne Community Kitchen delivers magic in so many different ways, you provide a safe haven and most of all, I've felt the positivity and love that comes from within.” -PR 2023*

This is just a taste of the stories and impact that we will share at our upcoming Annual General Meeting (June 11th -save the date!). **To all of our amazing volunteers who shared their time, skills and big hearts with us in 2023, thank you!** We cannot wait to see more of our team once the renovations are complete! We also want to thank all of our participants who help to make The Kitchen such a special place to be. Together, we are fostering community resilience through healthy food!

**[View 2023 Infographic](#)**



## **Construction Update & Timeline**

- In January, we packed our facility, prepared for adapted Pantry Program services in the upper hall, and renovations began.
- Throughout February, our team from Banyan Group Construction completed demolition, and framed the new walls and entranceways. As well, the Phase 2 team lined up the final equipment, smallwares and appliances orders for delivery later in the spring.
- As we worked to onboard the sub-trades, we received the revised quote for HVAC and fire suppression, which was nearly triple the cost we had budgeted for. The Phase 2 Team spent much of February and March establishing an alternative design that would meet regulations, be suitable to the building owners (Lutheran Church of the Cross) and work for The Kitchen's renovation's budget. Without a mechanical plan that our organization could afford, none of the other trades could move forward.
- After much work and innovation, an alternative mechanical design was confirmed.
- On March 15th, we gratefully received approval we gratefully received approval for the new mechanical design from Lutheran Church of the Cross Church Council.

- Our architecture firm is in the process of submitting the revised layout plans to Saanich Planning for final approval. Once Saanich approval has been received, the remaining phases of the project can begin. At this time, the target completion date has been delayed by approximately two months i.e. mid-June.

Our team will continue to provide programs and services throughout renovations and will send regular updates to our membership throughout the project. We look forward to cooking together this summer!

*Photo: Banyan Construction superintendent, Michel, working on the washroom upgrades to meet accessibility and universal design standards.*



## Hours of Operation & Upcoming Closures

The Kitchen is open two days a week during renovations. We are located in the Upper Hall at Lutheran Church of the Cross.

During renovations, The Kitchen's hours of operation are:

- Wednesdays 12pm-5pm
- Fridays 10am-3pm

**The Kitchen will be completely closed from March 25th to April 2nd, including the Pantry program, due to construction and the statutory holiday.** We apologize for the inconvenience and look forward to re-opening the Pantry Program in the upper hall for renovations hours on Wednesday, April 3rd 12pm-5pm.

**Helpful Tip:** Before you travel to the Kitchen, call the office and listen to our voicemail to confirm our hours of operation (250) 590-0980. We are working hard to maintain consistent hours, but there may be times when The Kitchen will have to completely close to support renovations.

# Seeking New Directors



## Now Recruiting Board Members: Join our Leadership Team and Make an Impact!

**We are reaching out to community-minded individuals to join the Board of Directors.** The Board governs The Kitchen's Pantry, Food Skills, Garden and Resource Programs. Dignity, respect and inclusion guide the Board's decisions and foster community connection.

If you are looking for a rewarding and progressive volunteer opportunity where your work can make a big difference, The Kitchen may be for you. We are looking for the following expertise: human resources, accounting, marketing, grant writing, and non-profit organizations.

Please send expressions of interest to Chair of Nominating Committee, Don Storch, [hr@shelbournecommunitykitchen.ca](mailto:hr@shelbournecommunitykitchen.ca) by April 30, 2024.

**SAVE THE DATE!** The Shelbourne Community Kitchen's Annual General Meeting has been confirmed for Tuesday, June 11th. Look for more details in our next member email.



## Pantry Program Updates

**Yes! The Pantry Program continues to operate during renovations.** The Grocery Program continues to provide monthly, self-select food distribution during renovations. The Voucher Program continues unchanged.

**Thank you to all of our participants who completed the Shelbourne Community Kitchen's Pantry Program Survey!** Our team is currently working to gather more input from our participants who don't speak English, so that their voices are represented. From there, we will compile the results and develop strategies to improve our programs and services - based on the feedback we received from you!

As a reminder, everyone who participated in the survey was entered to win one of 100 kitchen equipment prizes. Winners will be randomly selected and contacted for pick-up, beginning in April.



### **Pantry to Plate: Mujadara**

Our Program Coordinator, Tyler Akis, is back with yet another delicious Pantry to Plate recipe! This month's feature is Mujadara. This comforting vegetarian dish is popular throughout the Middle East and is so simple and satisfying to make. It is typically made with a combination of green or brown lentils, rice, and caramelized onions, and seasoned with cumin, coriander or mint. Try serving it with yogurt, a salad, or any fresh veggies you have on hand!

Like all of our Pantry to Plate features, this recipe can be made exclusively with items that are available through the Pantry Program.

[View Recipe](#)

## **Food Skills Programs**



## Recipe Recap: February & March

In February, we celebrated Black History Month through the recipes and stories shared with us by [Melanin Magic](#); Cedar Hill Middle School's BIPOC youth group. Students sent in their family recipes and we absolutely loved the stories and reflections that came with them. We posted on social media and shared printed copies throughout the month. You can view [Aaliyah's Bajan Cou Cou recipe](#) from Barbados, and [Imani's Kenyan Rice Pilau recipe](#) here!

To celebrate the Lunar New Year, we also shared [Jing Luo's Szechuan Dumpling recipe](#). Jing Luo taught The Shelbourne Community Kitchen's very first dumpling making class when his mom came to visit from China back in 2017 and we use his recipe all the time!

For March, we have been celebrating Ramadan by offering dried dates through the Pantry Program (thank you to our volunteer Rehab for the suggestion!) and by featuring a delicious recipe for [Mujadara](#) as our Pantry to Plate Feature!

While we work towards having a space where we can cook together again, sharing recipes and stories help to connect us through food. Print outs of all of the recipes above are available on our information board during operations in the upper hall.

## Coming up next month...



### April Recipe Kit: Morning Glory Muffins!

Throughout the month of April, participants will have the option to receive a Morning Glory Muffin recipe kit along with their monthly groceries. This healthy and satisfying Morning Glory Muffin kit can accommodate vegan, gluten-free accommodations, and even microwave only cooks! The kits will include the recipe, muffin papers and/or a tinfoil muffin pan as needed, along with all the fresh and non-perishable ingredients to get baking.

**This kit will be available throughout all of April. Limit 1 per household. No advanced registration required.**

A promotional banner for 'Dinner on a Dime' featuring a purple background with a green border. It includes icons of dollar signs and cooking pots. The text reads: 'Dinner on a Dime Budget Focused Meal Kit! 3 Recipes x 4 Portions = 12 Meals for \$25'.

**Dinner on a Dime**  
Budget Focused Meal Kit!  
3 Recipes x 4 Portions = 12 Meals for \$25

## Register for a "Dinner on a Dime" Meal Kit!

Pick-up Times (during hours only):

Wednesday, April 10 12pm-5pm

& Friday, April 12 10am-3pm

**Making healthy meals on a limited food budget can be tricky, especially these days when cost of food continues to climb.** Our team is back with another edition of Dinner on a Dime! Practicum students from Camosun College have developed a special budget focused meal kit that transforms a \$25 grocery budget into 12 delicious meals (3 recipes at 4 portions each). This kit is provided free. The dollar value is shared to show what can be made with that amount of groceries.

### Important Details and Considerations:

- This meal kit is limited to one per household.
- There will be no live video component for this meal kit. The recipe pack will be shared in our next member email.
- Meal Kit Pick-up Times are Wednesday, April 10 12pm-5pm and Friday, April 12 10am-3pm, during hours only.
- Delivery available for people with chronic illness and/or mobility barriers.
- Accommodations for dietary restrictions provided where possible.

**Registration is required to receive this meal kit. The deadline to register is March 27th.\***

\*If the registration form is closed, this means that we have reached our maximum registrations.

To be added to the wait list, please contact Tyler at [pantry@shelbourncommunitykitchen.ca](mailto:pantry@shelbourncommunitykitchen.ca).

**Register for Dinner on a Dime**



## ***Get Growing, Victoria!*** **Spring Garden Event**

**Wednesday, May 22nd Save the Date!**

For the fourth year in a row, The Kitchen is partnering with the City of Victoria's [Get Growing, Victoria!](#) project to distribute thousands of free plants to support gardening and food growing at home. Our event date has been confirmed for Wednesday, May 22nd, location to be confirmed. Save the date!

**The event details and seedling request form will be shared in our next member email.** Stay tuned for details.

## **Community Resources**





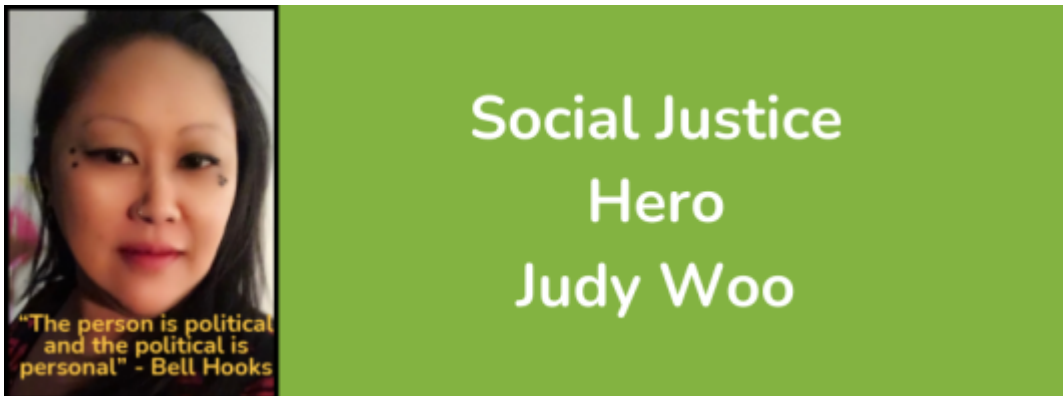
### **Community Resource Feature:**

#### **Resources for Newcomers and Immigrants living in Victoria**

**This month's Community Resource Feature highlights three organizations in Victoria that offer programs and supports for immigrants and refugees.** This feature highlights the work of the Inter-Cultural Association, Seahawk Immigration, and the Victoria Immigrant and Refugee Center. The resource offers easy-to-access information including contact details, service overviews, and notable features. Whether you are seeking assistance, or looking for resources for a friend or family member, this feature may have some helpful information for you.

**Our practicum student from Camsoun College, Celina, prepared this month's community resource feature. Thank you, Celina!**

[View Resource Feature](#)



### **Social Justice Hero:**

#### **Judy Woo, Artist and Activist**

**This month's Social Justice Hero is Judy Woo.** Our practicum student from Camsoun College, Cora, prepared this month's Social Justice Hero feature and interviewed Judy. Thank you, Cora!

Judy embodies the essence of an artist-activist deeply entrenched in her community's fabric. With a fiery passion for social justice, she fearlessly confronts the intersections of her identity, weaving her Chinese heritage, disability, and experiences of homelessness into her art and activism. Judy's voice reverberates through the art community, where she champions discussions on inclusion and accessibility, challenging traditional narratives with her unfiltered truths and vulnerability. Beyond gallery confines, Judy's impact radiates as she empowers youth through street art workshops, igniting flames of self-expression and resilience in a generation hungry for creative outlets. With unwavering dedication, Judy's

next steps are clear: to continue her journey of teaching, community building, and advocating for equity, one brushstroke at a time.

**View Social Justice Feature**



## **OEB Breakfast Co. Fundraiser: \$10 for You, \$5 for a Great Cause**

**A new breakfast restaurant is coming to Victoria this month, and they have partnered with Shelbourne Community Kitchen for their Grand Opening. We are giving away \$10 off cards for OEB Breakfast Co on 856 Yates St. For every card OEB receives, they will make a \$5 donation to support our work. With almost 2,000 available, that's a potential \$10,000 donation in support of our programs!** Cards are available for pick up at Lutheran Church of the Cross, St. Luke's Church, Vancity Mount Tolmie, RBC McKenzie Branch, St. George's and of course, the Shelbourne Community Kitchen. Cards are valid within 6 weeks of their grand opening, which is this coming Sunday, March 24th! For more information about OEB Victoria, click the button below.

**View Menu**



## **COOK GROW SHARE CONNECT**

**Shelbourne Community Kitchen Society**

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

(250) 590-0980 [info@shelbournecommunitykitchen.ca](mailto:info@shelbournecommunitykitchen.ca)

[www.shelbournecommunitykitchen.ca](http://www.shelbournecommunitykitchen.ca)

Registered Charity: 814898037RR0001

**Donate Today**



You are receiving this email because you are a registered member of the Shelbourne Community Kitchen, and gave consent to receive updates! To stop receiving emails and/or be removed from our membership, [click here](#). Email sent to [\[mail\]](#)