



Shelbourne Community Kitchen Member Update: April 26, 2024

Hello members,

We have plenty of exciting updates and information about upcoming programs and events to share, so let's dive in! In this member email, you will find important information about:

- **Construction Update**
- **We're hiring! Canada Summer Jobs**
- **Pantry Program**
 - Hours of Operation & Where to Find us
 - Pantry to Plate: Spring Barley Salad
- **Food Skills Programs**
 - Recipe & Recap: Dinner on a Dime
 - Mother's Day Brunch Meal Kit
 - New Program! Elder's Kitchen -Farmers Market Nutrition Coupon
- **Garden Program**
 - Get Growing, Victoria! Spring Garden Event: May 22nd
- **Volunteer Opportunities**
- **This weekend!** St.Luke's Annual Spring Fair: April 27th

In community spirit,

-The Kitchen Team

Pictured above: gorgeous painted stones and garden art, gifted to The Kitchen by folks who access services. Spring is here!

Construction Update & Message from the Board of Directors



Happy Spring! Time for an update on how construction of our long awaited commercial kitchen, accessibility upgrades and additional walk in cooler and freezer are coming along. Like most construction projects in our community, there have been some unforeseen delays. We had to go back to the drawing board for our required HVAC and fire suppression systems due to increased costs. These plans were resubmitted to Saanich planning for approval. All the core renovations have been completed. Left to do are the installation of the island cabinets and counters in the Commercial Kitchen, along with the stainless steel counters and sink, fire suppression hood, and non-slip flooring. In the dishroom, a new larger dishwasher and stainless steel 3 part sink will be installed. HVAC and air conditioning units will be placed throughout the facility. In the Food Supply Area, there will be an additional walk-in cooler and freezer along with improved lighting and a hand wash sink. Both bathrooms will have improved accessibility. The Pantry Area and Office space has been reconfigured, and a workshop space that will double as expanded seating for community meals has been added.

So when will all these renovations be completed? The target date is mid September 2024. We will continue to provide the Pantry Program in the Lutheran Church of the Cross upper hall for the same 2 days a week until that time. Our deep gratitude to LCC for allowing The Kitchen to use this space until the fall. Their ongoing support has been crucial in maintaining our services.

What else is coming? Just because our facility is under construction, doesn't mean we can't still cook, garden, and share skills together. Where there is a will, there's a way! With added staff support from Canada Summer Jobs, our team is planning a number of exciting events, cooking programs, and activities for the summer!

We realize that the new target date for the renovations is not the news you may have been hoping for. We will continue to push the construction project forward, while getting creative and offering plenty of programs for our participants this summer.

Mark your calendar for the Shelbourne Community Kitchen AGM which will be held on Tuesday June 11, 2024. It will be in person again this year with a delicious member dinner served before the Annual General Meeting. You will have the opportunity to meet new and ongoing Board members and say goodbye to a few who are retiring from the board. All of us at The Kitchen look forward to seeing each other in person, celebrating the work that has been done and sharing what is yet to come.

In community spirit,

Clarice Dillman, Board Chair

We're Hiring! Canada Summer Jobs

Apply by May 3rd
CANADA SUMMER JOBS

SHELBOURNE
Community
KITCHEN

We're Hiring!

Food Skills Program Assistant x 2

Garden Program Assistant x 1

Are you a Canadian Citizen or permanent resident between the ages of 18-30*? Are looking for fun and rewarding employment this summer? We invite you to apply for one of our two exciting Canada Summer Job opportunities. All positions start upon date of hire and run until August 30th. The wage is \$19/hr at 30 hours/week. The deadline to apply is May 3rd! Join our team this summer!

Garden Program Assistant (1 position available)

-Would you like to work outside this summer and help grow food for our community? The Garden Program Assistant will work alongside our garden teams, providing hands-on support during work parties, and administrative support for various events, workshops and garden tours. [View position description.](#)

Food Skills Program Assistant (2 positions available)

-Do you enjoy cooking and have a passion for sharing skills and building community through food? The Food Skills Program Assistants will work together as a team to provide administrative and hands-on support for meal kit distributions, online and in-person cooking programs and a number of exciting events. [View position description.](#)

*These employment opportunities are provided through the Canada Summer Jobs program. Please read position descriptions for a full list of requirements and qualifications.

To apply: please send your resume and two references to admin@shelbournecommunitykitchen.ca, by May 3, 2024. Only shortlisted candidates will be contacted.

View Employment Opportunities

The Pantry Program



Hours of Operation & Where to Find us During Renovations

Our facility is currently under renovations. We continue to offer services from another part of the building, in the upper hall of Lutheran Church of the Cross. Same address 3787 Cedar Hill Rd.

Please enter through the large wooden doors and follow the sandwich board signs. See wayfinding map above.

During renovations, our hours of operation are as follows:

- **Wednesdays 12pm-5pm**
- **Friday 10am-3pm**
- We are closed all other days of the week.
- There is no end-of-month closures.



Pantry to Plate: Spring Barley Salad

Our Program Coordinator, Tyler Akis, is back with yet another delicious Pantry to Plate recipe! This month's recipe is for a delicious Spring Barley Salad. This hearty salad is loaded with fresh vegetables, nutrient rich barley, and chickpeas makes for a deliciously simple nutritionally complete meal. With spring in the air and so many beautiful vegetables becoming available, you can mix and match your vegetables to make this salad your own! Like all of our Pantry to Plate features, this recipe can be made exclusively with items that are available through the Pantry Program. Bon appetit!

[View Recipe](#)

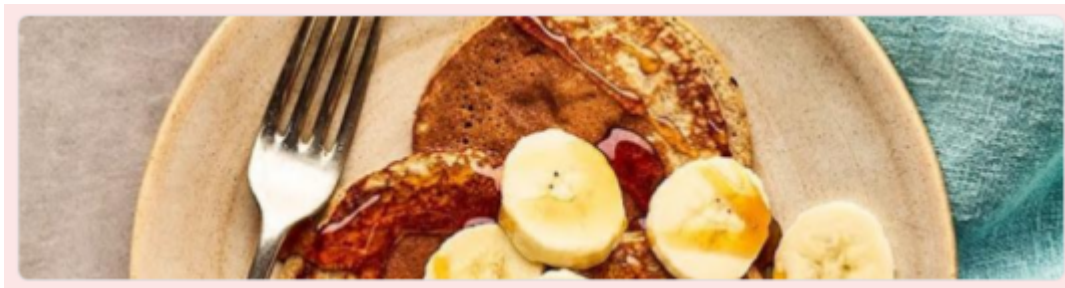
Food Skills Programs



Recap: April Dinner on a Dime

On April 10th and 12th, our latest Dinner on a Dime Meal Kit highlighted what you can make with a \$25 grocery budget: three delicious recipes, with four portions each for a total of 12 meals. Talk about eating healthy on a limited budget! This program was thoughtfully prepared by our wonderful practicum students Cora and Celina from the Community, Family, and Child Studies program at Camosun College. Thank you, Cora and Celina! **Through their Dinner on Dime project we helped to make 360 homemade meals happen in April!**

[View Dinner on a Dime Recipe Pack](#)



Mother's Day Brunch Meal Kit

With Mother's Day just around the corner, the Shelbourne Community Kitchen has prepared a Mother's Day Brunch Meal Kit for participants! This meal kit will showcase healthy banana pancakes, fruit salad, yogurt, and your choice of bacon or turkey sausage. Let's spread some love this Mother's Day! Registrants will receive a meal kit with all the ingredients required and printed recipes to create this wonderful brunch spread at home.

Meal Kit Distribution Day: Friday May 10th, 2024 from 10am - 3pm

Important Details and Considerations:

- Meal Kit Pick Up: May 10th, 2024 from 10am - 3pm
Register to request a meal kit by completing the form below.
- Due to limited supply, meal kits are limited to one per household.
A limited number of meal kits will be available for delivery only for people with chronic illness and/or mobility barriers who cannot safely travel to The Kitchen.
- Scheduling conflicts do not qualify for delivery service. Please send a friend.

*Limited spaces available. The registration form will automatically close when we have reached our maximum for online registrations.

To be added to the wait list, please contact Tyler at pantry@shelbournecommunitykitchen.ca

Register for Mother's Day Meal Kit



New! Elder's Kitchen

Expansion of Farmers Market Nutrition Coupon Program
Once per month, June-October

We have a new program beginning in June! Elder's Kitchen is a monthly lunch club for Shelbourne Community Kitchen participants who are 55+ years old. This program involves 5 in-person lunches, where registrants take turns helping to plan and prepare the meal for the group. BC Farmers Market Nutrition Coupons will be distributed to registrants at the end of the meal. Each lunch will highlight a different theme, while creating plenty of space for registrants to share farmer's market experiences, along with tips and resources for the program. Coupons can be used at any participating farmers market. Bus tickets can be provided to support transportation costs, and home delivery will be considered for elders living with chronic illness and/or mobility barriers who cannot safely attend the lunches.

Please read these important program details:

- As this program is an expansion of The Kitchen's BC Farmers Market Nutrition Coupon program, priority will be given to participants who have not received coupons from The Kitchen in the past.
- If you have received coupons from the kitchen in the past, you can request to be added to the program waitlist. You will be contacted should a space become available.

- Registrants must be 55 years of age or older, and be a member of the Shelbourne Community Kitchen.
- Registration is limited to one person per household.

Dates and program location to be confirmed soon.

To register for Elder's Kitchen, please follow the link below

[Register for Elder's Kitchen](#)

Garden Program



How could we pass up on the opportunity to share a few photos of the beautiful harvests that are coming from Omnivore Acres? With plenty of kale, radishes, spring turnips, lettuce, and fresh herbs, the season is off to an incredible start! Thanks to our hard working, and dedicated Garden Volunteers. You rock!



Get Growing, Victoria! Spring Garden Event

Wednesday, May 22, 12:30pm-2:30pm

St. Luke's Anglican Church (3821 Cedar Hill Cross Rd.)

Plant start request form now open!

Spring has sprung and it's time to Get Growing! For the fourth year in a row, the Shelbourne Community Kitchen is partnering with the Get Growing, Victoria! initiative to offer free vegetable seedlings, garden supplies, and garden education resources to our participants to promote food growing at home. Our Spring 2024 Get Growing Event is confirmed for Wednesday, May 22nd, from 12:30pm-2:30pm in the parking lot at St. Luke's Anglican Church (3821 Cedar Hill Cross Rd).

What to expect during the event:

- Free vegetable plant starts! Advanced order pick ups, and a table of plants available only for people without an advanced order
- Seed swap table!
- Light snacks and refreshments inspired by the plants being shared through the event
- Gardening resources including extra copies of our Get Growing Guide

If you would like to receive vegetable plant starts, please fill out the plant request form below.

There will be unclaimed plants available for participants who have not completed a plant request form, however supplies may be limited and available on a first come first served basis.

Can't make it to our Get Growing event? Check out [a listing of other events throughout the city](#) that are open to the general public.

Complete Plant Request Form

Volunteer Opportunities



Are you looking for volunteer opportunities at The Kitchen? With adapted operations being held in the upper hall, new projects on the go, and our ever-popular Get Growing, Victoria! Garden Event coming up soon, there are plenty of ways to help out this spring. Here is a list of our current opportunities.

Pantry Program

- Grocery Packing 1 day/week
 - Help to pack grocery orders for the Pantry Program! This is a fun and fast-paced position, where you are working on your feet as part of a team.
 - Available shifts: Wednesdays 11:00AM - 3:00PM (2 positions available), Wednesdays 1:30PM - 5:30PM (2 positions available), Fridays 9:00AM - 1:00PM (1 position available) and 11:30AM - 3:30PM (2 positions available)
- Phone Operator 1 day/week
 - Do you enjoy talking with people and being that friendly voice on the line? Help to manage the phone during hours and support participants as they place Grocery and Voucher Program requests. This position uses a laptop to track access on a simple excel sheet.
 - Available Shifts: Wednesdays 11:00AM - 3:00PM (2 positions available) and 1:30AM - 5:30PM (1 position available) and Fridays 9:00AM - 1:00PM (1 position available)

Get Growing, Victoria! Spring Garden Event

- Our 4th annual Get Growing, Victoria Spring Garden Event is coming! This years event has just been confirmed for Wednesday, May 22nd in the parking lot at St. Luke's Cedar Hill. We are now recruiting volunteers to help with everything from seedling transport and deliveries, to event set up and guest support.
- If you have day-time availability on either Tuesday, May 21st or Wednesday, May 22nd, and would like to help out with this wonderful garden event, please contact us for more information.

If you are a member but not yet registered as a volunteer, some additional paperwork will be required before you can start. This includes a volunteer liability waiver and a criminal record check with vulnerable sector check (conducted at no cost).

For more information or to sign up for any of the above volunteer opportunities, please contact Tyler at pantry@shelbournecommunitykitchen.ca



Vintage clothes, antiques, plants and garden art, a food truck and homemade baking? Goodness! The St. Luke's Annual Spring Fair this Saturday, April 27th from 10-3 sure has a lot to offer! **Did we mention that former board member and long-time volunteer, David Gittens, will have his 'Come and Get It!' food truck on site, and that a portion of proceeds will be dedicated to supporting the Shelbourne Community Kitchen's programs?**

It's going to be such a wonderful event! Drop by the St. Luke's Spring Fair this Saturday at 3821 Cedar Hill X Rd!



COOK GROW SHARE CONNECT

Shelbourne Community Kitchen Society

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

(250) 590-0980 info@shelbournecommunitykitchen.ca

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 [\[mail\]](#)

