



Shelbourne Community Kitchen Member Email: June 14, 2024

Welcome to June and Pride Month! Born out of the fight for equal rights for LGBTQ2+ people, Pride is a global month of action and celebration. The celebrations of all kinds and events to raise awareness are held in June. The Kitchen celebrates our diverse community, by being committed to building an inclusive environment and by honouring, respecting and valuing the uniqueness of each individual. Sometimes it's the little things that make a big impact, like sharing pronouns on our team name tags, or when our pride window decal finally arrives in the mail.

Important Notice: The Pantry Program will be closed for the week of July 22-28 as the Upper Hall will not be available. There will be no Pantry Program services available during this time. Please coordinate your visit for before or after the closure.

In this email, you will find important information about:

- **2024 AGM Thank You**
- **Welcome Summer Staff Team**
- **Pantry Program**
 - Upcoming Closure Notice: [July 22-28](#)
- **Garden Programs**
 - Container Garden Workshop: [June 26th](#)
 - Fall/Winter Get Growing, Victoria! Event: [July 26th](#)
 - Seedling registration form now open
 - Our 2024 Get Growing Guide
 - Info-Sheet: Gardening in Heat Waves
 - Apply to be one of our 2024 Guest Garden Teachers!
 - Thank you to Victoria Parks and Recreation Foundation, Sovereign Order of St. John of Jerusalem!
- **Food Skills Programs**
 - Free Food Safe Level 1 Certification: [June 20th!](#)
 - Meal Kits: Father's Day BBQ and Summer Minestrone: [June 21st](#)
 - Recipes & Recap: Mother's Day Brunch Meal Kit and GF Pumpkin Brownies
 - Thank you to United Way South Vancouver Island!

In community spirit,

-The Kitchen Team

Pictured above: Cat Yeomans (left row middle) and the Thrifty Foods Tuscan Village management team volunteer their time once a week to help process donations and keep our Food Sorting Area tidy.



Our 2024 Annual General Meeting

Our heartfelt thanks to all who joined The Kitchen Board and staff at our 2024 AGM and member dinner. It meant so much to us all to be together in person, and to have had such a good turn out of volunteers, supporters, and participants. The Annual General Meeting highlighted the Shelbourne Community Kitchen's many achievements, challenges, and innovations from 2023, and celebrated the tremendous contributions of our many dedicated volunteers.

Please join us in sharing our deep gratitude and a heart-felt goodbye to retiring Board Members, Lisa Richardon, Jason McMillan, and Board Chair Clarice Dillman. Lisa will remain as a member of the Grant Writing team. Clarice will remain as Past-Chair, supporting the transition for our new board members and board chair.

Please join us in welcoming Jennefer Byrne, Rae Franklin, and Bruce Winter to the Board of Directors.

The connection between the members and supporters of the Shelbourne Community Kitchen goes back to the beginning and continues to inspire and guide our work.

For the full recap of our wonderful 2024 Annual General Meeting, please visit our website by clicking the link below.

[View Full 2024 AGM Recap](#)



Welcome Summer Staff Team!

Please join us in welcoming our summer staff team who are all doing an incredible job supporting our programs this season: Claire and Keegan, Food Skills Program Assistants (front left and right), Lucy, Garden Program Assistant (back left), and UVic Social Work practicum student, Jack (back right). Seasonal staff support have been funded through Canada Summer Jobs.

Pantry Program

Upcoming Closure: July 22-28



The Pantry Program will be closed during the week of July 22-28th as the Upper Hall at LCC will be occupied by another group. There will be no Pantry Program access this week.

Please coordinate your July Pantry Access accordingly - either before or after the week of July 22nd.

Garden Programs



Container Gardening Workshop June 26th 11am - 12pm

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

As the weather starts to warm up, it's a perfect time to start planting! **If you are looking for an introduction to container gardening, join us for a step-by-step lesson to learn** about how to use recycled containers and bags to plant your own small and manageable garden, perfect for limited space.

Containers, seeds and bags of dirt will be provided for attendees, alongside educational resources that support food growing at home.

The workshop will take place on Wednesday, June 26th, from 11:00am-12:00pm at the Cedar Hill garden at St. Luke's Anglican Church (3821 Cedar Hill Cross Rd). Please be aware that there is a bit of a steep hill to get up to the church.

What to expect during the event:

- A simple lesson on how to use the containers for specific seed planting with the option to follow along or take supplies home to try afterwards.
- Light snacks and refreshments will be shared during the event.
- Gardening resources including paper copies of tips and tricks to take home.
- You will need to transport supplies (a bag of dirt and a small garden container) home, so make sure you have a plan to make that possible, we will be offering bus tickets upon request.

Accessibility considerations:

If the trek to Cedar Hill Gardens is not possible for you due to chronic illness and/or mobility barriers, please let us know. We can arrange to offer delivery bundles so you can still learn about the wonders of creating your own small garden at home! If you would like to join us in person or receive a delivery, fill out the form below by June 15th, 8:00pm

Note that there is limited space, so register as soon as you can!

Register to Attend



Get Growing, Victoria! Fall/Winter Plant Event
July 24th 12:30pm-2:30pm
Seedling Request Form Available!

The Shelbourne Community Kitchen has again partnered with the City of Victoria's "Get Growing" initiative to distribute easy to grow vegetable plant starts, education materials, and supplies to members of the community. We will have many plant starts available for members of The Kitchen.

This event will take place on July 24th between 12:30pm and 2:30pm at St. Luke's church parking lot (3821 Cedar Hill Cross Rd).

What to expect at the event:

- **Free vegetable plant starts!**
- **Light snacks and refreshments themed around the seedling varieties.**
- **Seed swap table**
- **Winter gardening resources and education materials for harvest success!**

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

Plant quantities have been set to promote fair and equitable access.

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

Seedling Request Form



Our 2024 Get Growing Guide

Did you attend our May Get Growing, Victoria event? Are you looking for tips, plant care information, and recipes to make the most of your summer crops? Check out our 4th edition of the Shelbourne Community Kitchen's Get Growing Guide!

[View Get Growing Guide 2024](#)

Do You Love to Garden and Grow Food?

Are you an experienced gardener, farmer, or food grower? **Do you have special tips and skills for growing food at home that you would be willing to share as part of a workshop or educational video?**

All of us have something to learn and something that we can teach others! Much like our participant-led Food Skills Programs, we are looking to center people who access our services as experts in our programs. **Guest teachers will have planning support** from our Garden Program Assistant, Lucy, who will be with you along the way. **Teachers will also receive an honorarium in gratitude for their time, as well as transportation support (bus tickets).** **Fill out the form below by June 30th, 5:00pm to apply** to be one of our 2024 garden workshop teachers.

[Apply to be a Guest Garden Teacher](#)

Info-Sheet: Gardening in Heat Waves

The beautiful sun is starting to shine! While that means wonderful things for our gardens, it can also mean the danger of losing crops and plants. Our Gardening in Heat Waves info-sheet includes affordable tips and techniques to help get your garden through the heat!



What about getting you through the heat? You may qualify for a free portable air conditioning unit through BC Hydro. [Learn more](#)

[View Gardening in Heat Waves Info-Sheet](#)

Thank You Parks & Recreation Foundation of Victoria and the Sovereign Order of St. John of Jerusalem

We want to thank the Sovereign Order of St. John of Jerusalem, Knights Hospitaller (pictured right), and the Parks and Recreation Foundation of Victoria (pictured left) for generously funding our 2024 Garden Programs.



Food Skills Programs



Food Safe Level 1 Certification Opportunity

Food Safe Level 1 Certification Course
Thursday, June 20th 8:30am-4:00pm
BroadView United (3703 St Aidans St.)

Free Certification for volunteers and participants from Shelbourne Community Kitchen!

The Shelbourne Community Kitchen is teaming up with our friends at Broad View United to offer Food Safe Level 1 certification. The Kitchen has 12 spaces available for select volunteers and participants entering the food services field to get certified for free! Maintaining food safe standards is key to our operations. Having as many volunteers in core positions certified as possible helps to ensure that our organization handles food with care. This is also a wonderful opportunity for participants who are looking to be certified to help gain employment in the food service industry.

We are asking attendees to bring a bagged lunch for the break. There will be coffee, tea, and simple snacks provided.

To register for this course, please complete the form below.

[Register for Food Safe Course](#)



Summer Minestrone Meal Kit

We are so happy to see all the beautiful organic produce coming through our doors from Omnivore Acres Farm. To celebrate the garden season coming into full swing we are celebrating by inviting you to participate in our Minestrone Soup Meal Kit. This recipe features tons of early summer vegetables, fresh herbs, hearty beans, pasta, and parmesan cheese rind for a secret kick of flavour! All dietary restrictions will be taken into consideration.

Registrants will receive a meal kit with a printed recipe and all the ingredients required to create this wonderful meal at home. Happy Cooking!

Meal Kit Distribution Day: Friday June 21th, 2024 from 10am - 3pm

Important Details and Considerations:

- Meal Kit Pick Up: June 21st, 2024 from 10am - 3pm
- Register to reserve a meal kit by completing the form below
- 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 attend the in-person session. Scheduling conflicts do not qualify for delivery service.

*Limited spaces available. This form will automatically close when we have reached our maximum registrations. If you would like to be added to the wait list, please contact Tyler at pantry@shelbournecommunitykitchen.ca

[Register for Minestrone Meal Kit](#)



Father's Day BBQ Meal Kit

Father's Day is coming up quick and the Shelbourne Community Kitchen would like to celebrate by inviting you to register for our Father's Day BBQ Meal Kit. This meal kit will feature healthy Super Food Chicken Burgers, Hassle back potatoes, and a Mixed Green Salad. No BBQ required! Let's spread some love this Father's Day! Registrants will receive a meal kit with a printed recipe and all the ingredients required to create this wonderful meal at home. Happy Cooking!

Meal Kit Distribution Days: Friday, June 21st 10am-3pm (better late than never!)

Important Details and Considerations:

- Meal Kit Pick Up: Friday, June 21st 10am-3pm
- Register to reserve a meal kit by completing the form below
- **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 attend the in-person session. Scheduling conflicts do not qualify for delivery service.

*Limited spaces available. This form will automatically close when we have reached our maximum registrations. If you would like to be added to the wait list, please contact Tyler at pantry@shelbournecommunitykitchen.ca

Register for Father's Day BBQ Meal Kit



Recap: Mother's Day Brunch Meal Kit

To celebrate Mother's Day last month, our team assembled special Brunch Meal Kits that were willed with ingredients for a fresh fruit salad, banana pancakes, and a choice of bacon, turkey sausage, or veggie patties.

A total of 30 kits were distributed, helping to make Mother's Day extra special for 42 adults and 32 children who access our services.

View our banana pancake recipe below!

[View Recipe](#)



Delicious Baking Recipes from the Goodie Garden

Those who visited the Pantry Program this past month may have noticed tasty homemade treats at the refreshments table. Our summer Food Skills Program Assistants have been hard at work, baking a variety of treats to share with our members. This new feature, aptly called "The Goodie Garden", is designed to inspire members to try baking with items typically found in the pantry and share recipes to make these delicious treats at home!

In the past weeks, The Goodie Garden has featured an amazing gluten-free brownie that uses oats and canned pumpkin. If you missed out on trying it or didn't get a copy of this recipe, we have included it below!

[View Recipe](#)

Thank You United Way South Vancouver Island

We want to share our gratitude to United Way South Vancouver Island for providing essential funding to support for our Food Skills Programs this year. For 86 years, UWSVI has served the local community and remains dedicated to supporting people in areas where they need it most. [Learn more.](#)



United Way
Southern
Vancouver Island



COOK GROW SHARE CONNECT

Shelbourne Community Kitchen Society

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

(250) 590-0980 | info@shelbournecommunitykitchen.ca

www.shelbournecommunitykitchen.ca

Charity #: 814898037RR0001

Donate Today

You are receiving this email because you are a registered member of Shelbourne Community Kitchen and have provided email consent. To cancel your membership or be removed from this email list, click here. Email sent to [\[mail\]](#)

