

Kaslo Food Security Newsletter July 22, 2010

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1. Edible Garden Tour -THIS WEEKEND!

The edible garden tour, hosted by Communities in Bloom, is happening this Sunday- July 25th. Maps are available around town now. Pick one up and embark on a self-guided tour of a wonderful assortment of homes with bountiful, food producing gardens.

2. Sneak Peek tour of the Kaslo Food Hub

Many of you have had a peek and have been weekly visitors, but every week there is more that has happened to bring this wonderful space to life. We will be having an official grand opening September 22, 2010 in conjunction with the North Kootenay Lake Community Services Society AGM. We will have food, music, and stories from our bioneers in homesteading! However, that is a whole 2 months away so THIS Sunday, while everyone is touring around looking at gardens, we will open our doors from 1-3pm for the public to come and see what is happening at the food hub. Sunday, July 25th 1-3pm, Kaslo Food Hub open house! Come on by and have a peek!

3. How do we sustain The Kaslo Food Hub? Opportunities available!

The Kaslo Food Hub is a buzz and from the amount of users, we are thrilled to assume community support for our revolutionary project to instill health and an abundant local food shed. With many late nights and an infinite to do list, we need to now look towards the community to build sustainability into the Kaslo Food Hub. We have several volunteer positions open that will help in the first steps to a long term future of The Kaslo Food Hub. Volunteers would need to commit to the specific position for the time period indicated, will be trained by Food Hub staff and will require a criminal record check done through Community Services. If you believe, use, support and anticipate a long term future for this project, please consider one of the following positions that help sustain the Kaslo Food Hub.

Here are the positions:

1. Cleaner: once a week, sweeping and mopping the floors
2. Hub Host Wednesday's 10-1pm :
 - Assist and ensure those using the coolers for pick up of the variety of programs are in the right area and to smooth out the congestion
 - Process and package bulk items for Food for Families program
3. Food for Families Friend, Thursdays 12-1pm:
 - Any fruit, veggies or other items not picked by this time will be processed and frozen for future use by Food for Families users
 - The volunteer who does this will process the left over foods as well as take home or find homes for any foods left in the cooler
4. Food for Families Friend, Saturdays 8:30- 9am:
 - Wonderful Nathalie has been bringing us bins of free fruit for Food for Families, this position is for someone to come and rinse out all of the bins she brings the fruit in and then await her arrival, usually by 9am, for her to p/u the bins.

4. Veggie Exchange

A reminder that the food hub gratefully accepts donations of garden fresh veggies, as well as cash, but for this program, we re-distribute excess veggies from your garden to those who may need some extra. Best to bring your goods in on Tuesday AM when we open at 10am. Items brought on Thursday may not make it beyond the chickens as we turn the cooler off for the weekends.

5. July Ebrief

For further information, articles and on goings regarding food security, see the attached ebrief we have been publishing for The Community Food Action Initiative of Interior Health for the past 2 years.

6. Free Fruit

Nathalie brings seconds, damaged but delicious fruit to the food hub for Food for Families every week. It is not guaranteed organic, you must wash and clean fruit before consuming. We open Wednesday at 10am-1pm and Thursday 10-1pm. I suggest coming Thursday as Wednesday with CSA pick up and the Bulk Buying Club it's really busy. In exchange, Nathalie would love some relief at the Saturday Market and we graciously accept donations to cover the cost of the cooler.

7. JazzFest Pancake Breakfast- Fundraiser for Food for Families

We are hosting the Jazz Fest Pancake Breakfast on August 1st. Doors open at 8am- 11 or until the food runs out! The breakky will be at the legion and if you would like to help out, send us an email and we will sign you up! All proceeds to Food for Families. Spread it around, bring your family and friends! Food for Families is increasingly being used and we have a very limited budget, so we hope you can come out, have a great breakfast and support a great cause!

Food for Families is a non-barrier food cupboard. Anyone who finds themselves in need, with no questions asked can come to the food hub and pick up healthy, wholesome food.

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