



CELEBRATING 20 YEARS IN THE COMMUNITY!

Nanaimo Community Kitchens is thrilled to be celebrating 20 years of bringing people together to create a healthy community. We are planning a great evening of good food, live and silent auctions, casino entertainment, prizes and live music to help us celebrate this special occasion. We hope you will mark Saturday, October 1st on your calendar and join us at our **Roaring '20s Gala**.

The Gala will take place at Bowen Park with doors opening at 6:00 p.m. and dinner at 7:00 p.m. Tickets will be available soon with "Early Bird" tickets at \$45 each and tickets sold after September 10 at \$50 each.

Contributions of auction items or sponsorship donations are other ways you could support us with this important fund-

raising event. Your contributions and donations make it possible for us to help families and individuals on restricted



incomes gain lifelong skills in food preparation. Your support helps:

- people to help themselves
- reduce their dependence on other agencies

- participants find fun, friendship and the tools to stretch their food dollars
- restore dignity and build participants' self-esteem

This in turn makes our community healthier and more resilient as a whole.

You can also donate through:

CanadaHelps.org

If you would like to help or need more details regarding the **Roaring '20s Gala**,

please call us at (250)753-7470 or check our website at:

www.nanaimocommunitykitchens.org.

We thank the Coastal Community Credit Union for their donation to our **Roaring '20s Gala**.

Notice of Annual General Meeting

Nanaimo Community Kitchens Society **AGM 2011**

Princess Royal Family Centre

260 Irwin Street

Wednesday, April 20, 2011 at 5:30 p.m.

Pizza and veggies will be served

RSVP Anita at: anita.nck@shaw.ca

2011 Programs

Community Cooking Groups:

Groups of people meet regularly. The location and time are decided by the group.

- Casserole Ministry meets at St. Phillips By The Sea Anglican Church in Lantzville.
- Seniors Group meets at Hope Lutheran Church on Departure Bay Road, 1st Monday of the month.
- Supportive Apartment Living Group meets one Thursday evening each month.
- Vegetarian Group meets as the group decides.
- Snuneymuxw's "Squpels Mustimuxw Qwulutum" meets Friday mornings at Princess Royal Family Centre, 260 Irwin Street.
- More groups will be formed if there is a need.

Bellies to Babies and Beyond: Princess Royal Family Centre, 260 Irwin Street.

- Ten-week cooking program for pregnant women and parents of young children.
- Learn about nutrition, community supports and prepare healthy inexpensive meals.
- Monday mornings from 9:30 a.m.-12:00 p.m.

Cooking Out of the Box:

- Use fresh fruit and vegetables to prepare a meal.
- Once a month at three locations:
 - ★ Foodshare Centre, 271 Pine Street
 - ★ Nanaimo Women's Centre, 285 Selby Street
 - ★ Tillicum Lelum, 602 Haliburton Street

Cooking on a Budget: Christ Community Church, 2221 Bowen Road

- For clients of Loaves and Fishes Community Food Bank.
- Group meets on Monday three times each month.
- Prepare simple meals with inexpensive foods.

MISSION STATEMENT

Nanaimo Community Kitchens' participants build skills, knowledge, friendships and self-esteem while preparing low-cost healthy meals.

Our programs are funded by:

Kiwanis Sunrisers
Coastal Community Credit Union
United Way Central and Northern Vancouver Island
VIHA
The City of Nanaimo
Mid Island Co-Op
Nanaimo Churches and Service Clubs
Individual Donors
Nanaimo Community Kitchens acknowledges the financial assistance of the Province of BC



Cooking at Bellies to Babies and Beyond
-Supported by Kiwanis Sunrisers

Tel.: (250)753-7470

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