

Our Vision
**HEALTHY
FOOD-SECURE
COMMUNITIES**



Community Collaboration Compassion
ANNUAL REPORT 2022

Our Mission

Create opportunities with people facing food insecurity to connect, grow, share and cook for improved health and well-being.

We are a unique, inclusive neighbourhood food centre with programs centred on **dignity**, **choice**, and **respect**.

At The Kitchen people have opportunities to:

- Prepare and share healthy meals together
- Access nutritious food
- Work and learn together to grow food
- Connect with community resources
- Become resources for one another

Practicum student
Medalit and Pantry
Volunteer Linda
preparing menu for
Dinner On A Dime



Inside Our Report

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We acknowledge with respect and gratitude that we live and work on the traditional Coast Salish Territories, specifically of the Lekwungen and W_SÁNEC peoples. We strive to honour the First Peoples of this land by ensuring that our work is respectful and inclusive. In good spirit, we hope to continue to build strong relationships and community resilience together, as Indigenous and non-Indigenous peoples.

A Message From Our Board Chair & Program Director



Kim Cummins
Program Director

Clarice Dillman
Board Chair

Preparing for the Annual General Meeting offered the opportunity to reflect upon the many outstanding achievements of the Shelbourne Community Kitchen in 2022. These achievements have upheld our Core Values, and supported our mission to create opportunities with people facing food insecurity to cook, grow, share and connect for improved health and well-being.

Looking back over the year, there are many milestones worth remembering, and we would like to name just a few:

We must begin by acknowledging Tyler Akis, who joined our team as Pantry Program Coordinator and has been doing an outstanding job running The Kitchen's keystone program. The Communication/Fundraising Team worked together to strengthen the critical financial resources needed to support our programs, and launch our wonderful new website. In order to celebrate the extraordinary individuals who have made miracles happen for The Kitchen, we created a 'Gratitude Wall' so that their efforts are always remembered. We expanded our growing space at Omnivore Acres Farm. In the fall, our board participated in a Strategic Planning Workshop, which spurred a visionary 5-year plan that will act as a way-finding resource for years to come. Speaking of years to come, we are so excited that the planning for Phase 2 of our commercial kitchen is in motion. Due to our successful Holiday Season fundraising concerts and our Double Your Impact Campaign along with our amazing donors, grantors and supporters, we ended 2022 in good financial health.

Collaboration underpins all of our teamwork: with our board members, staff and volunteers; with Jesse Garlick and the staff at Studio 531, Craig Thomas of Banyan Construction, and Justa Kendall of Urbana Kitchens; with our oh so generous donors, grantors and supporters; with the congregations of Lutheran Church of the Cross, St. Luke's Anglican Church and Broadview United; with Camosun and Gordon Head Community Associations; with Jim and Catherine Gowans of Omnivore Acres; with Bob Watts of the Bob Watts Trio; with Scale Collaborative, Victoria Foundation, United Way SVI, and Vancity; with Food Share Network, and with all our members and the greater Saanich community.

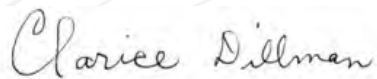
Most importantly, The Kitchen continues to collaborate with our members in all that we do. Their voices and experiences directly inform our program delivery, and we are especially proud that this year we piloted more participant-led programs than ever before. We also gathered insight through surveys in both our garden and food skills programs in order to ensure that we are in fact listening to the needs of our community, that barriers to participation are lowered, and that we continue to create opportunities for self-determination in food security practices. These collaborative efforts are the reason The Kitchen is thriving!

When reflecting on our network of donors, volunteers and members, it is clear that we are both part of and deeply supported by the Shelbourne Valley and Saanich communities. What we do here would not be possible without these communities, and they deserve tremendous thanks. They supported us through the ever changing demands of the pandemic into our Phase 1 renovations, and now we can look forward to our Phase 2 renovation together. A long awaited commercial kitchen, improved accessibility and office space, a dining room/workshop area and reconfigured pantry will mean improved care and services for all of our community members. We are so excited to break ground—again!

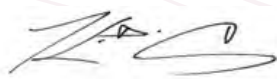
Compassion is the heart and soul of The Kitchen. It extends beyond our doors, beyond our members, to all of the people and organisations that the Kitchen has touched. We are all members—participants and volunteers alike. Everyone deserves dignity and respect. We celebrate diversity and facilitate inclusion. This is our ongoing commitment and we will continue to strive to improve our programs and practices so that they are equitable for all.

We have lived our Mission and Core Values in 2022!

In community spirit,



Clarice Dillman
Board Chair



Kim Cummins
Program Director





In 2022 our team of staff, board directors, and committees continued to implement actions to achieve our strategic goals and objectives. Our committees include: Executive, Finance, Health & Safety, Human Resources, Communications & Fundraising, and Grant Writing.

Strengthened Capacity to Meet Changing Participant Needs

- Responded to surveys, evaluations, and direct interactions by refining delivery of programs.
- Identified and developed strategies to reduce barriers to inclusion, accessibility, and member engagement.
- Adjusted funding for food programs and food vouchers to align budget with needs.

Enhanced Awareness of Our Work

- Launched our new website featuring an accessibility plug-in and thirteen language translation.
- Communicated and kept our members informed through monthly Newsletters.
- Promoted our work as an organization addressing the determinants of health through our grant applications.

Improved Facilities

- Moved phase 2 forward; purchased commercial kitchen equipment; universal design plan is underway; building permit is in the approval process by Saanich Planning Council.
- Implemented strategies to prevent Covid infection and reduce injury risk at our kitchen facilities, Omnivore Acres Farm, and our Cedar Hill gardens.
- Consulted with Urbana Kitchens to design commercial kitchen island counters and counter tops.
- Signed MOU with Omnivore Acre Farms for an additional 1500 sq. ft. of garden area. Heartfelt thanks to Jim & Catherine Gowans.

Strengthened Organization

- Expanded our partnerships within the greater community.
- Revised our Strategic Plan with a five year road map with action plans for our staff, board, and committees to implement.
- Carried out most successful fundraising season including securing fifteen grants.

Strategic Directives

Our Vision Going Forward

In the Fall of 2022 The Kitchen developed its Strategic Plan (2023-2027), affirming our organization's commitment to social justice, diversity, and inclusion, and to support poverty reduction efforts. Goals outlined in the Strategic Plan include, **make our facilities work for us; sustainably grow our organization; and continue to deliver programs that respond to changing community needs and priorities.**

Key Priorities and Goals

- **Complete Phase 2 of the Commercial Kitchen** to provide accessibility, to increase dining/workshop area, to improve design of pantry and office space, and improve cooling system.
- **Launch a capital campaign** to cover renovation costs not covered by secured grants.
- Continue to **expand capacity to provide healthy food to the urgent and increased need for food access.** This includes expanding our walk-in fridge capacity and increasing culturally appropriate foods we have available in our pantry.
- **Provide more in-house cooking demonstrations.**
- **Expand staff positions** in order to meet workload and to support addition of commercial kitchen.
- **Develop and use a good food policy** to inform our donations and purchasing strategies.
- **Network with local food companies** to improve food costs.
- **Research and develop business and staffing plan** for facility rentals and other social entrepreneurship initiatives.



Practicum student, Yukari, assembles meal kits for her Soba Noodle Salad virtual cooking program. She surprised everyone with a handmade paper crane, for good luck.

Taking Stock

2022

PROGRAM

DIRECTOR'S REPORT

KIM CUMMINS



SHELBOURNE
Community
KITCHEN

Our Community

What does it mean to be a member?

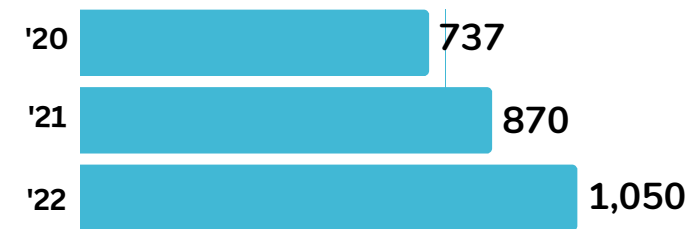
The Kitchen's membership model is the foundation upon which we strive to build an inclusive, collaborative, and resilient community. Whether an individual accesses services or volunteers their time, everyone becomes a member. All members agree to the same **Member Code of Conduct** which outlines **our collective commitment to celebrating diversity, promoting inclusion, and treating each other with care and respect**. All members have voting rights at the AGM and regularly inform our programs and operations through discussion, surveys, and evaluations. The membership model demonstrates our commitment to social justice, and strives to **reduce the stigma** that often comes with accessing support services. Becoming a member means more than gaining access to support, or becoming a volunteer. Members become part of a **community where everyone is treated equally, and their voice, skills, and experience can make a difference**.



Our Program Standards

- **Good Food:** fresh & nutritious ingredients
- **Low Barrier:** no means testing or ID
- **Accommodations:** cultural food & dietary restrictions
- **Accessibility:** drop-in, phone orders & home delivery
- **Translation Services:** translated documents & on-call support in 6 core languages (Mandarin, Arabic, Spanish, Cantonese, Tagalog, French)

43% participant increase from 2020-2022

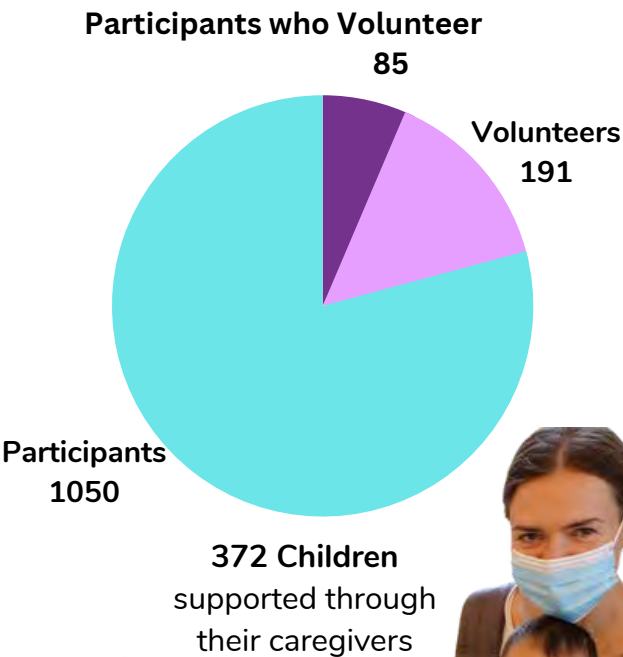


*Membership numbers do not include the number of children served.

"I just want to acknowledge the kindness, caring and loveliness in your monthly messages and your consideration of the needs and accessibility requirements of all people in the community, including those with flexible or unpredictable needs. It's so appreciated and refreshing!" -MM, Participant

Membership Breakdown 2022

Total: 1,326*



Cook

Food Skills Programs not only increase access to nutritious, wholesome food, they also create opportunities to learn, and share our skills with others in a supportive environment. Preparing and sharing healthy meals together is central to our work. It is how we strive to bridge the social isolation that often comes with living on low income. Cooking together is how we nurture healthy relationships with our food, with our selves, with the environment, and with the community that surrounds us.

19

Food Skills Programs
2 Participant-led

2,047

Meal Servings
Prepared Together


379

Recipe Kits Shared

Dinner on a Dime
Practicum student
Medalit



Without a functional kitchen to cook in and Island Health regulations that limited food preparation in our new location, **2022 was all about getting creative with programming, gathering intel, and planning for the future.** Our membership had grown significantly since 2020, so we began with a **Food Skills Program Survey** that received 92 responses (10%) and gleaned a wealth of invaluable insight about participant skill levels, priorities, and interests. The information gleaned directly informed program planning.

 **45%**
of respondents said they were interested in
teaching a cooking class.

We piloted participant-led virtual cooking programs and these classes were some of the most memorable programs of the year. In 'Japanese Comfort Food' class, Aayanori taught us how to make an incredible Nikujaga (meat and root vegetable stew), while his partner, Miwa, translated the instructions and shared stories of Japanese food and culture. In 'Family Favourites from Syria', Rehab taught her mother's recipe for kofta, just like she had taught her children who now make it for their families.

Family Favourites
from Syria
Rehab



Volunteer, Linda Morde-Friessen and practicum student, Medalit Rios, did an excellent job adapting our budget-centered **Dinner on a Dime** program into a meal kit that made 3 recipes and provided 16 nutritious meals for just \$25. Other notable **meals kits drew inspiration from our garden produce**: Summer Couscous Salad, Fridge Pickles, Roast Chicken Dinner, and Yukari's Soba Noodle Salad. In the last two years, the number of families accessing our services has grown substantially. Camosun College practicum students Roxanne LayCraft and Sarah Towler developed **family-focussed programs**, like Spring Break Enchiladas, and a Family Halloween Night. Collectively, our **participants made 2,047 healthy meals through our Food Skills Programs**.



found the meal kits with recipes the most helpful program model, with in-person programs second at 84%.

Looking Forward

Constructing our commercial kitchen and preparing for expanded, in-person food skills programs is by far, one of the most exciting projects of 2023. We plan to build on the success of our participant-led programs, to re-establish core programs like Supper Clubs and our famous preservation classes, and to introduce community meals and food demonstrations into core operations. They say that the kitchen is the heart of every home. We cannot wait to have an accessible space where we can nourish our community, bridge social isolation at the dinner table, and **celebrate the power of good food**.

"It is really exciting to expand my culinary horizons!"

-CM, Participant

Japanese Comfort Food
Virtual Cooking Program
Miwa & Aayanori



"Knowledge sharing between community members not only increases food skills but creates a great connection to others and brings meaning during a time in history that can feel isolating for many people." -BE, Participant



of respondents felt 'fairly to very confident in the kitchen'

Spring Break Enchiladas
for Families
Dalila & Roxanne



Grow

Growing your own food is a delicious and rewarding act of resilience. Our Garden Programs provide tremendous amounts of fresh produce for the Pantry and Food Skills Programs, while offering hands-on learning opportunities and resources that support food growing at home. These programs help us meet our organizations fresh food needs, support local food systems, and create opportunities to reconnect with the land, while supporting our members in doing the same.



Loaded with food plant starts for home
Get Growing, Victoria Garden Event (May 2022).

8,310 lbs

Grown in our Gardens

2,078

Food Plants Distributed
with Get Growing, Victoria!

600 lbs

Fruit picked by
our team

Bruce Saunders
Omnivore Acres
Garden Lead
AKA King Kale!

The Amazing
Katie Bodin
Cedar Hill
Garden Lead

The strength of the Garden Programs comes from our dedicated volunteer teams, and our solid partnerships with Omnivore Acres Farm and St. Luke's Cedar Hill, who share their land as growing sites. With the Cedar Hill Garden (St. Luke's) entering its first full growing season, and Omnivore Acres in their second year with expanded growing space, the Garden Programs were a force to be reckoned with in 2022! The season started with a **Garden Program Survey** to help inform crop planning, identify priority workshop themes and volunteer interests. We received 84 responses and a wealth of information for program development.



of respondents have experience gardening

of respondents are interested in touring our
growing sites and other community gardens

Thanks to the tremendous leadership of volunteer Garden Leads, Bruce Saunders and Katie Bodin, and their dedicated volunteer teams, we set a new harvest record for the second year in a row: a whopping 8,310lbs of produce! Detailed harvest records were cross-referenced with fair market value in B.C. We learned that if we had purchased the variety and quality of produce our Garden Programs generated in 2022, it would have cost \$43,000! By investing in our Garden Programs, we have greater control over the quality of the food we provide.

"You always give awesome veggies"

-2022 Garden Program Survey Respondent

All season long, our Pantry Program fridges and meal kits were packed with giant heads of romaine, gorgeous peppers, hundreds of pounds of tomatoes, cucumbers, zucchini, fresh herbs, legumes, and winter squash. After a three year hiatus, we were so excited to organize a **fruit picking team with LifeCycles Fruit Tree Project** again! Volunteer Harvest Lead, Erin Leinweber, coordinated weekly picks throughout the city and **gleaned 600 lbs** of fruit for the Pantry Program! In the fall, we **pressed 200 litres of fresh apple cider** together that raised \$740 at our benefit concerts. For the third year in a row, we partnered with the **City of Victoria's Get Growing, Victoria! initiative** and hosted two wonderful garden events. We **distributed 2,078 food plant starts**, containers and gently used garden tools, as well as a wealth of garden education resources and recipes for the harvest, in an effort to promote food growing at home. In 2022, **these events helped to establish 29 new participant gardens, and provided another 67 growing spaces with valuable supplies for the season.** In September, we celebrated everyone's hard work with an end of season Celebration Dinner and awards: homemade pies!

Looking Forward:

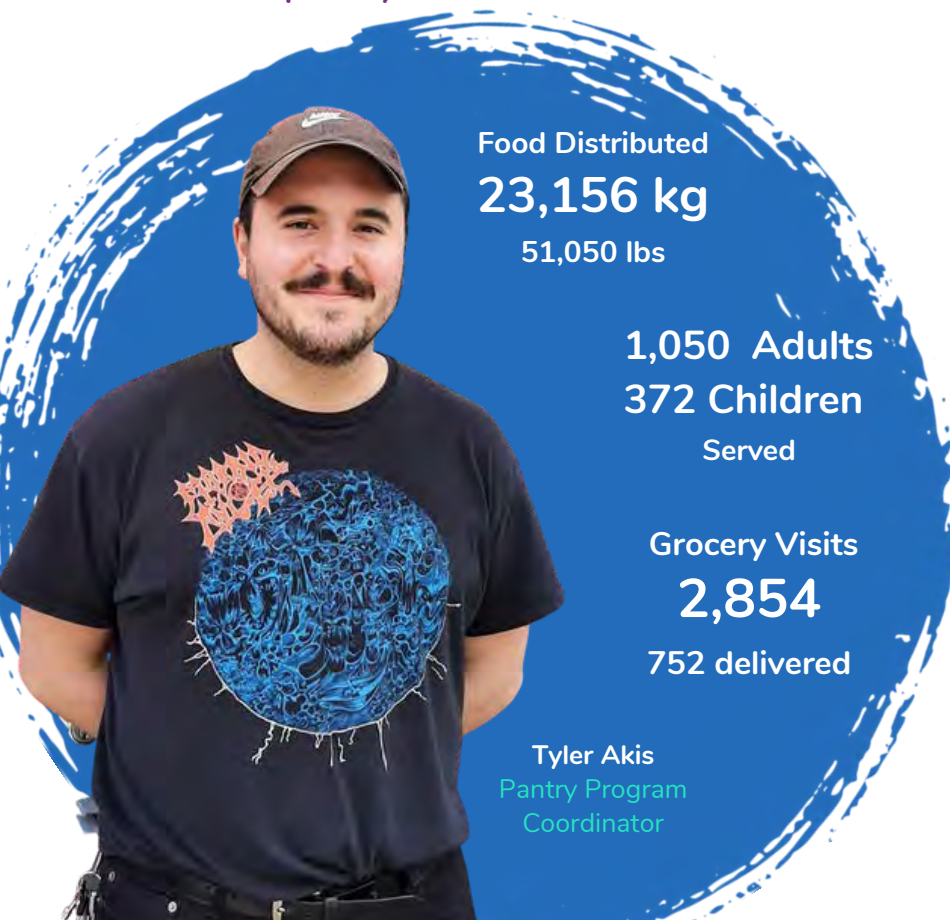
We plan to host garden tours to showcase these amazing growing sites, and build connections with our membership and support network. We will work to increase support for our garden teams through hiring a Canada Summer Jobs student. Based on survey findings, we plan to reduce barriers to participant volunteerism in the garden by gathering funding to provide greater support (transit and accessibility), and to pilot participant-led garden workshops.



Cedar Hill Garden
ready for harvest

Share

Founded with dignity, choice and respect as its guiding principles, the Pantry Program offers healthy food distribution to hundreds of adults and children each month. Two services are offered: the Grocery Program and the Voucher Program (grocery gift cards). Through the Grocery Program, participants choose from a selection of fresh seasonal produce, proteins, healthy staple foods, cleaning supplies and toiletries. This self-select model accommodates cultural food preferences, allergies and family sizes. Our home delivery service brings healthy food directly to our most isolated participants living with chronic illness or mobility barriers. The Voucher Program offers grocery gift cards each month for up to a year.



Food Distributed
23,156 kg
51,050 lbs

1,050 Adults
372 Children
Served

Grocery Visits
2,854
752 delivered

Tyler Akis
Pantry Program
Coordinator

Pantry to Plate



Easy Pasta Primavera



Delicata Squash stuffed
with Curried Red Lentils

"I just wanted to say thank you for all the food you gave us yesterday! It takes a lot of pressure off having extra food."

-JY, Participant

2022 was our first full year of Pantry Program operations in our new home. At the beginning of the year, **Tyler Akis joined the staff team as Pantry Program Coordinator. He brought an abundance of passion, energy, and culinary creativity to the role.** Amidst rising food costs and inflation, Pantry Program access increased at a steady pace over the course of the year. Not only was the Pantry Program serving more people than ever before, but our own operation costs were increasing due to inflation. While the fundraising team worked their magic, our new Pantry Program Coordinator did the same. Drawing upon his decade of experience in the grocery industry, Tyler **developed new wholesale purchasing accounts to save costs, and brokered new food donor relationships, including a \$520 sponsorship from Urban Grocer for our first ever Back to School Stock Up family event.** In the spring and summer, we held **2 protein giveaways** with over 200lbs of donated chicken received from the Mann Family. Over the summer, Tyler designed an exciting new monthly feature, called Pantry to Plate.

Each month Tyler shared a nutritious and accessible recipe that could be made exclusively using items that were available through the Pantry Program. It was a tool designed to inspire meal planning, support participants as they tried new foods, and helped to increase awareness in the community about the quality of services we provide. The Pantry to Plate recipes developed a dedicated following, within The Kitchen's membership and throughout the broader community. In late August, the **BC Farmer's Market Association awarded us \$12,960 in dedicated support for 68 seniors through their Farmers Market Nutrition Coupon Program.** The program was designed to create mutual support for BC farmers while increasing access to nutritious food among vulnerable communities. As we shifted into the fall season, the number of new people reaching out to register for food support continued to climb. We worked to expand the reach of our food drive campaigns, and were so encouraged by the positive response. In September, we received the largest food drive donation our organization had ever received; a whopping **4,704lbs from the BC Thanksgiving Food Drive!** The 'coolest' food drive record was also set in 2022 when Facebook Group "What the Hell Just Happened" and Budget Brake & Muffler drove up in a stretched limo filled with **1,311 lbs of donated food.** By the end of the year, we had registered an additional 280 adults for the Pantry Program, conducted **2,854 custom grocery orders (including 752 home deliveries)** and **distributed 51,050lbs of food.** We want to thank our incredible delivery coordinator, **Debra Burton, and our team of volunteer drivers!** The waitlist for the Voucher Program had grown significantly over the course of the year, but **thanks to holiday fundraising efforts, we created 75 additional spaces in the Voucher Program (40 families and 35 individual).** Every participant that accessed services in December, also received an extra \$20 grocery gift card for the holidays.

Looking Forward

Our participant base has grown and changed significantly since the move to our new location. We plan to conduct a Pantry Program survey to help inform a potential restructuring of the Voucher Program, and to continuously improve and adapt our services to meet changing participant needs. We plan to target additional fresh proteins, dairy, and culturally appropriate foods, by expanding partnerships and working with the Food Share Network.



Caregivers choose lunch supplies at our first Back to School Stock-up event

Connect

At its core, food insecurity is the direct result of lack of income. Ongoing social inequity create unequal access to income opportunities. Social support programs can't keep up with inflation, and the high cost of living results in people living on low income sacrificing essentials like healthy food and medication just to pay rent. Our Resource & Referral Base is one of our four program pillars that rarely gets the spotlight. It is where some of the most challenging and impactful work occurs. Since The Kitchen first opened in 2015, we have been a **part of a broad network that refer clients and connects people with resources at other organizations where they can get extra help.**

"Thanks to You and your Squad for making the Shelbourne Community Kitchen a welcoming, safe, friendly space to gather." -RF Participant

The Kitchen has long-standing referral relationships with Pacifica Housing, Phoenix Human Services, the Cridge Center, Saanich Volunteer Services, and a number of support workers. Through our **Community Resource Feature**, we share information about organizations that are doing incredible work in everything from employment services, subsidized housing, legal aid and advocacy, mental health and addictions, and family resources. **Staff provide referrals upon request**, and we maintain **large resource directories** that are available on our website and in hardcopy. Through our **Social Justice Hero Feature**, we use The Kitchen's spotlight to highlight the important work of people in the broader community who are making a positive impact towards social justice. **2022 Social Justice Heroes included: Jared Qwustenuxun Williams, Boma Brown and Safiyyah Kathrada.** We would like to thank our Camosun College and University of Victoria practicum students for their excellent work updating our resources each and every semester.



Community Resource Features 2022

- Legal Aid & Advocacy Resources
- First Nations & Metis Resources
- Income Tax Clinics
- Diversity, Equity & Inclusion: What to do if you experience or witness discrimination?
- Orange Shirt Day

Financial Snapshot

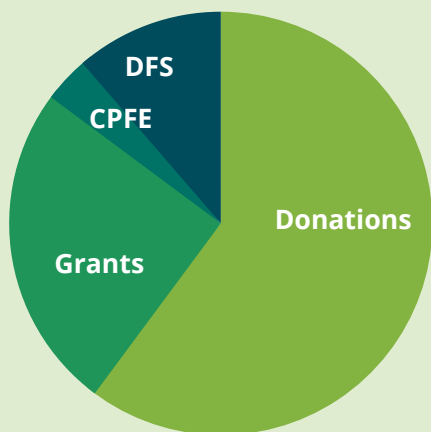
Fiscal Year 2022 January 1 - December 31 [View Full Financial Statements](#)

Revenue
\$595,729

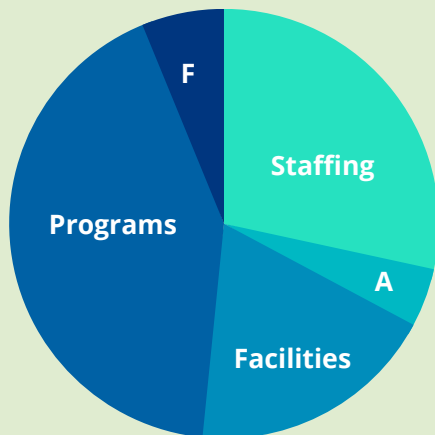
Expenses
\$415,638

Food Distributed
23,156 kg / 51,050 lbs

*Value of donated food verified at \$3.21/lb by Foodbanks BC

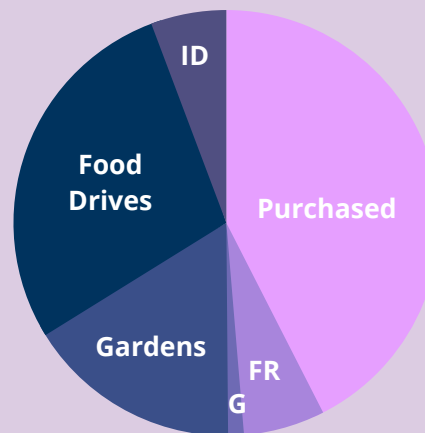


60.2% Donations
25% Grants
3.5% Community Partners & Fundraising Events (CPFE)
11.3% Donated Food* & Other Products (DFS)



42.2% Programs
28.4% Staffing
18.8% Facilities
6.2% Fundraising (F)
4.4% Administration (A)

57.5% of all food distributed was grown or donated!



42.5% Purchased
16.3% Gardens
28.1% Food Drives
5.7% Food Rescue (FR)
6.2% Individual Donors (ID)
1.2% Grow-A-Row (G)

Thank you

FOR YOUR SUPPORT

Rising food costs and inflation caused a rapid increase in demand for food support while increasing overall operational costs. Gratefully, our generous donors, grantors, and community partners were there with us every step of the way. Thanks to the awe-inspiring support of our anonymous matching donor, and everyone who gave so generously to our Donate and Double Your Impact Campaign and benefit concerts. Together we raised \$130,034 in support of healthy food for our members!



Cultivating A Community

The People

By the end of 2022, through the support of our trusted donors and community partners along with the hard work of our dedicated volunteers, staff and board members, The Kitchen was able to keep up with the increasing needs for healthy food access in our community and come out strong. **The Kitchen's resilience comes from all of the people who contribute in some way whether it be as a participant in one of our programs, as a volunteer or financially.**

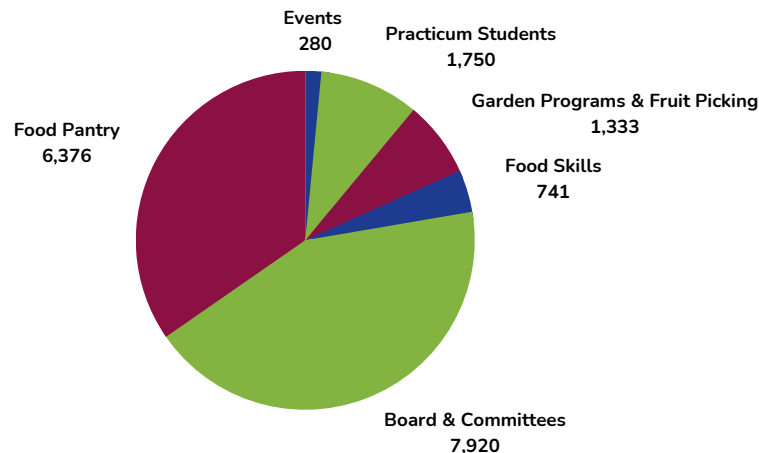
I always come away feeling like I've made a difference in the help I extend and that my efforts benefit the community we serve. I'm grateful to be a member of The Kitchen. -JF Pantry Volunteer

Our Vital Volunteers

Volunteers are the backbone of The Kitchen!

We are so grateful for the dedication, hard work, and flexibility of our incredible team of volunteers. From portioning food to working in our gardens to administrative support and fundraising initiatives, The Kitchen depends on volunteers. Many of our volunteers are also participants in our programs, which reflects the sense of belonging members have to our community.

**Total
Volunteer Hours
Contributed
18,400**



The staff of Craft Beer Market volunteered their time for two months as they waited for their restaurant to open.

The People

Our Staff

Program Director
Kim Cummins and
Volunteer Rehab
shopping at
Damascus Market
for an upcoming
Food Skills Program
*Syrian Family
Favourites*



Pantry
Coordinator
Tyler Akis
stocking
shelves in our
pantry.

From the start I thought I was treated respectfully. I was not only treated with dignity, but also with care. Staff and members volunteering have a friendly demeanor.

BE -Member Participant



Vera Wynn-Williams, Communications
Consultant & Capital Campaign Lead

In 2022, The Kitchen had a team of ten dedicated Board Directors. A heartfelt thank you to our highly valued board member David Robertson who will be stepping down this year. A member of one of our founding partners, St. Luke Anglican Church, David, who came onto the board to complete a one year term, fortunately for us stayed on and served diligently for the past five years. During this time, David has taken on many roles at The Kitchen including Chair of our hard working Grant Team, member of our AGM Committee, and liaison with St. Luke's to establish our Cedar Hill Garden. David brought to the board a diverse range of skill sets including facilitating our AGM's on Zoom with his spouse Sharon McMillan, editing many of our documents and policies, and sharing his knowledge of BC government regulations and structure. We will miss David very much and are extremely grateful for all of his contributions. Happy travels David on your bike and further afield!



**Outgoing Board Member,
David Robertson.**
**Thank You for all of your
contributions!**

BOARD OF DIRECTORS 2023-24		
Member	Term (maximum of 3 terms)	Term Ends
NOMINEES		
Ann Baty	Starting 1st yr. of 3rd term	2025
Cathy Flikweert	Starting 1st yr. of 3rd term	2025
Nicole Kilburn	Starting 1st yr. of 3rd term	2025
Ray Lett	Starting 1st yr. of 1st term	2025
CONTINUING		
Clarice Dillman	Continuing 2nd yr. of 3rd term	2024
Helen Marzolf	Continuing 2nd yr. of 2nd term	2024
Linda Campbell	Continuing 2nd yr. of 2nd term	2024
Jason McMillan	Continuing 2nd yr. of 1st term	2024
Lisa Richardson	Continuing 2nd yr. of 1st term	2024
Donald Storch	Continuing 2nd yr. of 1st term	2024

Nominees for the board must be elected by the membership. This year there are four nominees:

Ray Lett, Ann Baty, Cathy Flikweert, and Nicole Kilburn.

Nominees

Ray Lett

Ray is a registered BC Professional Geoscientist (P. Geo) and retiree from the BC Government. He is a member of St. Luke Anglican Church, one of The Kitchen's founding partners. Since 2013, Ray has been involved with The Kitchen and served on the board from 2017-2019. In addition, beginning in 2017, and continuing today, Ray has been a valued member of The Kitchen's Health & Safety Committee.



Continuing Nominee Board Members

Ann Baty

Ann is Vice Chair of the board and chairs the HR Committee. Helping with harvesting a huge farm garden was definitely a big part of Ann's experience growing up on a mixed farm north of Calgary. She became an English teacher, counselor, and principal, working mainly in Alberta and then in Sooke School District after a move to Saanich in 2006. Upon retirement, she and her husband John moved to Cobble Hill in 2014, where they have developed a woodland backyard garden. Ann continues to supervise student teachers for UVic and enjoys volunteer work, travel, and visits with her grandchildren. She is on the executive of Cobble Hill Events Society which has organized Music in the Park for several years. Ann is a former council chair of Lutheran Church of the Cross (a founding partner of The Kitchen) and was appointed in November 2019 to represent LCC on the board.



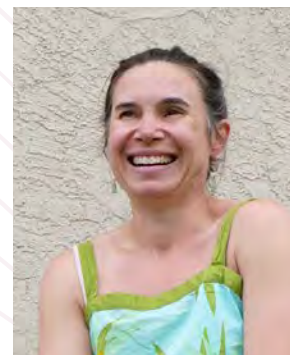
Cathy Flikweert

Cathy is Treasurer and oversees The Kitchen's financial reporting, chairs the Finance Committee, sits on the Facilities Oversight and Executive Committees and reviews budgets for grant applications. Cathy retired as Chief Financial Officer from Luther Court Society in 2019. Previously, she has been self-employed, the Senior Financial Officer for Royal Roads University, and Manager, Treasury Services for the University of Victoria. Her volunteer background has been varied and based in the community. Currently Cathy is a Director for the GVSCU Legacy Fund. Prior to that she was a volunteer Board member for her local credit union, including the roles of President and Chair of the Finance Committee. Cathy is a Certified Professional Accountant (CPA, CGA). Cathy regards food security as an important issue. Without nutritious, healthy, affordable meals, the ability to thrive is greatly diminished. She is a gardener, reader, and loves being in the outdoors. In her family, she is not the one in the kitchen producing the enticing aromas, but rather a thankful and happy recipient of many wonderful meals prepared by her husband Mike.



Nicole Kilburn

Nicole is an anthropologist at Camosun College, where she has taught a variety of classes since 2002. Her areas of specialty include archaeology and food anthropology. She regularly works with local Indigenous communities to develop both archaeology and food sovereignty projects. As a partner with Shelbourne Community Kitchen, in connection with her food anthropology class, Nicole has helped students learn about food security issues in our community. This included working with Kim in creating applied field trips, where students volunteered at The Kitchen and gardens. She is committed to community engagement and thinking about food as something that connects people to the land, their heritage, and the people around them.



Fundraising & Food Sourcing Initiatives

In 2022 The Kitchen continued to work together with our valued community partners, local organizations, and individuals to collectively strengthen our impact and move towards our common vision of food secure communities.



Our garden volunteers harvesting at Omnivore Acres Farm



Working with **The Life Cycles Fruit Tree Project**
The Kitchen's harvest lead Erin gleaned local fruit for our Pantry and Food Skills Programs.

**DOUBLE THE IMPACT
CAMPAIGN
2022**

Thanks to our anonymous matching donor
and generous donations our campaign
grand tally was ...

\$130,034

Thank You!!!



Edie DaPonte & The Bob Watts Trio
Performing at one of three Holiday
Benefit Concerts for The Kitchen.



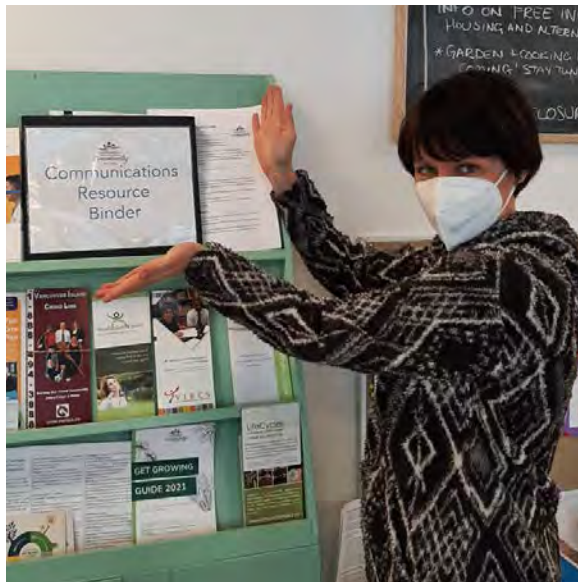
Since 2018 **The Lions** have provided The Kitchen with generous donations, fundraisers, and soup can food drives.

Community Mentorship Highlight

Over the past five years The Kitchen has partnered with Camosun College's Community, Family and Child Studies Program and the University of Victoria's School of Social Work to develop mutually beneficial practicum experiences. Practicum students provide valuable support through projects that enhance The Kitchen's programs. Highlights of their work include The Translation Project, Dinner On A Dime, Online Community Resource Guide, and the Social Justice Hero (which celebrates the great work happening in our community!). Many of the practicum students have continued on at The Kitchen working in volunteer positions in our programs.

My experience as a volunteer and a practicum student has been exciting and relevant as a community member. It expanded my understanding of the required effort and work a community kitchen makes to offer support to a community I am part of.

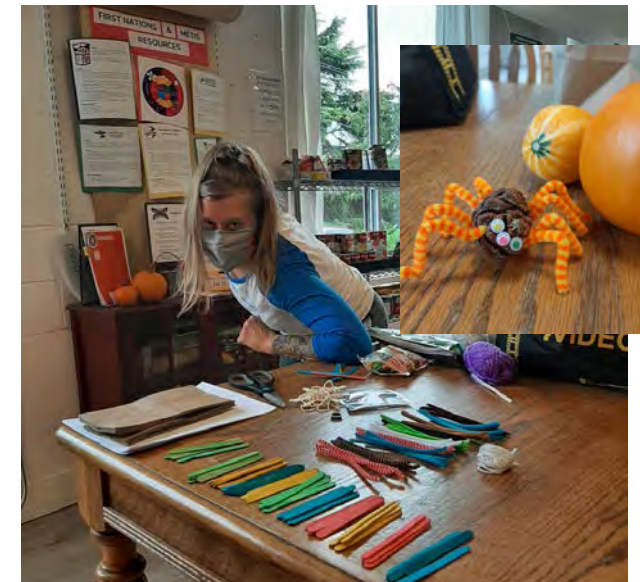
-Medalit Practicum Student and Volunteer



Roxanne showcasing the updated Community Resources Centre, which is also available on our website.



Medalit testing recipes for Dinner On A Dime project aimed at making healthy meals on a budget.



Sarah assembling Halloween Family Fun Kits - including spider-themed art projects, spooky after school snacks, a pumpkin for carving, and ingredients to make black bean and sweet potato chili.

THANK YOU

To All of Our Partners & Donors

Granting Agencies

Agriculture & Agrifoods Canada - Local Foods Infrastructure Fund
Axel and Wendy Foght Foundation
BC Farmers' Market Association
BC Rehab Foundation
Community Food Centres Canada
District of Saanich
Employment and Social Development Ministry, Enabling Accessibility Fund
Greater Vancouver Community Assistance Fund
Greater Victoria Savings Credit Union Legacy Fund
Peninsula Co-op
Provincial Employees Community Services Fund
Rotary Club of Victoria Harbourside
Sara Spencer Foundation
South Island Farm Hub
Sovereign Order of St. John of Jerusalem
The Province of British Columbia - BC Community Gaming
United Way Southern Vancouver Island
VanCity Credit Union
Victoria Foundation
Whole Foods
Western Financial Group Communities Foundation



Molly, Pantry Program Greeter and one of our amazing multi-program volunteers, celebrating our beet harvest.

Contributing Community Groups & Businesses

Aqueduct Foundation
Banyan Construction Ltd.
Arbutus Global Middle School
Barbara & Philip Potash Foundation
BC Thanksgiving Food Drive
Benevity Community Impact Fund
Bob Watts Trio
Broadview United
Brodersen Homes Group
Bru Bar Cafe & Espresso
Budget Break and Muffler
Camosun Community Association
Cedar Hill Court
CFAX Santa's Anonymous
Church of St. George the Martyr
Coast Capital Savings (Shelbourne)
Community Living Victoria
Curves Oak Bay
Dawson Heights Housing Ltd.
District of Saanich
- Parks & Recreation Department
Edie DaPonte
Fairways Market (Shelbourne Plaza)
First Unitarian Church of Victoria
Gordon Head Middle School
Gordon Head Recreation Centre
Gordon Head Residents' Association
Grace Lutheran Church
Horizons Holistic Health Clinic
Iconic Communications Co.
Jazz Vespers Victoria
Justo's Funky Foods Inc.
Kensington Retirement Residence
Kintara Women's Chorus
Level Ground Trading Company
Little June
Lutheran Church of the Cross
Mann Family
Mackenzie Investments
Ministry of Health
- Health Sector Information, Analysis and Reporting
Newcomers Club of Greater Victoria
Oakcrest Preschool
Portable Garden Supply Ltd.
Private Giving Foundation
Robert & Pauline Waller Foundation
Royal Bank of Canada (Mackenzie)
Saanich Greens Market
- Jewish Family Services
Scotia Bank Shelbourne Plaza
Shelbourne Street Church of Christ
Soap for Hope
St. Luke Cedar Hill Anglican Church
St. Michaels University School
St. Philip Anglican Church
Stephanie Greaves
Strategic Charitable Giving Foundation
Studio 531 Architectures
The Midnights
The Neal Estate Group
Tim Hortons (Cedar Hill)
Tri-Eagle Development Corporation
Umi Nami Farm
University Heights Devon Properties
Urban Grocer
Urbana Kitchens
Vancity Credit Union
Victoria Lions Club
Victoria Transmission & Auto Care
Victoria Women's Newcomer Club
Willows Elementary School
Working Culture Bakery

Networks & Program Collaborators

Camosun College
- Community, Youth, & Children's Studies Program
Capital Regions Food & Agriculture Initiatives -CRFAIR
City of Victoria - Get Growing Victoria!
Community Food Centres Canada
Food Share Network
Grow-A-Row
LifeCycles Project Society
Omnivore Acres Farm - Jim & Catherine Gowans
Scale Collaborative - Thriving Non-Profits Program
Second Harvest
St. Luke Cedar Hill Anglican Church
TOPSOIL - Innovative Urban Agriculture
University of Victoria - School of Social Work
Volunteer Victoria

THANK YOU to our hundreds of individual donors who have generously given from \$1 to \$100,000!! We are so grateful for all of our supporters, some of whom wish to remain anonymous



Our Pantry Program provides recipes that feature vegetables from our Garden Programs and staples we have in our pantry. Try our simplified version of **Gado Gado** an Indonesian style salad with fresh veggies and peanut sauce. This cold salad is nutritious and filling, making it a perfect meal for hot summer weather.

Servings: 2-4 Prep time: 20 min Cook time: 5 min

INGREDIENTS

- 1 head broccoli, cut into small florets
- 10-12 snow or snap peas
- 1 yam or sweet potato (peeled)
- 1 russet potato (peeled)
- ½ red onion, finely sliced
- ¼ head green cabbage, finely sliced

PEANUT SAUCE

- ½ cup natural peanut butter
- 2 cloves of garlic, finely minced
- 4 tbsp low sodium soy sauce
- 5 tbsp apple cider vinegar
- 5 tbsp water
- ¼ tsp chili flakes (optional)
- ¼ tsp sugar (optional)
- salt and pepper to taste

FOR SERVING

- hard boiled eggs
- lime wedges
- chopped cilantro

DIRECTIONS

- Fill two medium sized pots with water, set over high heat and bring to a boil.
- In the first pot, add yams and potatoes to the boiling water and allow to cook for 12-15 or until slightly tender. Drain and leave to cool for 5 minutes.
- In the second pot, add broccoli and peas to the boiling water and allow to cook for 1 minute until vegetables are bright green. Drain and leave to cool for 5 minutes .
- To assemble, place potatoes, yams, broccoli, peas, cabbage, eggs, and peanut sauce on a serving platter of your choice. Diners can mix and match ingredients on their own plates and drizzle with your soon to be famous peanut sauce. A squeeze of lime and some fresh cilantro.
- To make the peanut sauce add all ingredients into a medium sized mixing bowl. Whisk together vigorously until well combined, transfer to a smaller bowl or mason jar, and set aside for serving. This makes more than you will need for your salad but once you taste it you will be glad you made so much!



SHELBOURNE COMMUNITY KITCHEN SOCIETY

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