



A WARM AND WELCOMING FOOD CENTRE



Member Email: February 27, 2026

Dear members,

We hope everyone has been having a great start to 2026. We can't believe that it is almost March and that warmer weather, longer days, and a bountiful Spring are just around the corner. In this email you will learn about:

- **Pantry Program**
 - Pantry Feature: Dates
- **Food Skills Programs**
 - Ramadan Iftar Meal Kit (March 13)
 - Spice it Up! With Shapna: Spice up Spring (March 27)
 - **Board of Director Opportunity**
- **Career Opportunity: We're Hiring a Community Chef**
- **Reusable Bag Donations**

Pictured above: Volunteers gather at our Volunteer Appreciation Luncheon on February 9, 2026.

PANTRY PROGRAM



Pantry Feature of The Month: Dates

Our Pantry Program feature item for the month of March will be the sweet and nutritious fruit, Dates. The name Dates comes from the Greek word, "daktulos" meaning fingers. There are over 3000 varieties of dates grown in many places around the world ranging from North Africa, the Middle East, South East Asia, Spain, Portugal, Australia, and the Desert Regions of Southern California. They are a slow growing fruit that come from palm trees, and when dried typically contain 63-64% sugar by mass. Dates are significant to many cultures, specifically in Muslim culture it is tradition to eat a date first when breaking fast in the evening meal during Ramadan. Whether you are celebrating Ramadan this month or just looking for a delicious snack, come by The Kitchen this month to pick some up through our Pantry Program.

FOOD SKILLS



2026 Ramadan Iftar Celebration Meal Kit - Pick Up March 13, 2026

Ramadan is one of the holiest months in Islam. It is observed by Muslims across the world and is a month of fasting, prayer, reflection, and community. Ramadan lasts 29-30 days starting from the end of February, from sighting of the crescent moon to the next. During the month of Ramadan fasting is observed from sunrise until sunset. Iftar is a meal shared amongst family, friends, and community which is enjoyed after the sun has set, the daily fasting has ended, and when the feasting can begin! Our Ramadan Iftar Meal Kit will feature all the ingredients to make Oven Baked Chicken Shawarma, Tabbouleh Salad,

Rice, and will also come with dates which are traditionally the first item eaten when breaking of the daily fast. We hope you enjoy it! Ramadan Mubarak (Blessed Ramadan in Arabic) everyone!

Please register to attend this program by completing the short registration form below.

[Register to Attend](#)



Spice Up Spring! - In Person Cooking Program March 27, 2026

We are excited to invite Shelbourne Community Kitchen participants to register to attend Spice Up Spice! In Person Cooking Program. Kitchen lead, gardener, and retired biochemist, Shapna, is back with another incredible and informative class. During this in-person food demonstration, Shapna will be exploring a number of Indian spices, and will teach us how to pair them with the bounty of spring vegetables such as kale, radish, and turnip that will be coming to your local market or maybe even growing in your home garden. We would love for you to join us!

[Register to Attend](#)

**VOLUNTEER
OPPORTUNITIES**



Join Our Board of Directors

At Shelbourne Community Kitchen, we see firsthand the growing level of food insecurity affecting families, seniors, students, and children in our community. Each week, more neighbours are reaching out for support through our Pantry, Garden, Food Skills, and Resource programs. The need is real and it is rising.

That is why we are inviting caring, committed community members to consider joining our Board of Directors. This is a meaningful opportunity to help guide an organization that believes deeply in dignity and respect for all.

We are seeking individuals who:

- Are concerned about the high level of food insecurity in our community
- Realize that isolation affects health
- Support diversity, equity, and inclusion
- Lead with compassion and integrity
- Value collaboration and are strong team players
- Possess good communication and computer skills
- Think strategically and are forward looking
- Preferably have previous board or governance experience

As a board member, you will help shape the strategic direction of the organization, ensure strong governance and accountability, manage risk, and support the long-term sustainability of The Kitchen. You will work alongside a passionate and engaged team that believes everyone deserves access to healthy food and the skills to use it.

Our programs go beyond food distribution. Through our Pantry program, we provide essential groceries. Our Garden program grows fresh produce and builds community connections. The Food Skills programs empower participants with confidence in the kitchen using foods available through the Pantry program. Our Resource supports help connect individuals and families to additional services that strengthen overall well-being.

Board service is a commitment of time, energy, and heart, but it is also an extraordinary opportunity to make a tangible difference in the lives of our neighbours.

If you are ready to help build a more food secure, compassionate, and inclusive community, we would love to hear from you.

Please contact us at admin@shelbournecommunitykitchen.ca by March 18 to request a board information package or to express your interest.

Together, we can ensure that Shelbourne Community Kitchen continues to Cook, Grow, and Connect!

In community spirit,

-Nominations Committee



A recruitment poster for a Community Chef position. The top half features a photograph of a smiling woman in a green apron and cap, preparing food in a kitchen. Overlaid on the left side of the photo is the text 'COMMUNITY CHEF' in large, bold, purple letters. Below this is a logo of three stylized figures holding hands, with the text 'SHELBOURNE Community KITCHEN' underneath. At the bottom of the photo area, the slogan 'COOK · GROW · SHARE · CONNECT' is written in white. The bottom half of the poster is a solid purple background with white text: 'Full Time Permanent', '\$29.81/hr | Extended health and benefits', and 'Apply by March 2 2026'.

COMMUNITY CHEF

SHELBOURNE
Community
KITCHEN

COOK · GROW · SHARE · CONNECT

Full Time Permanent
\$29.81/hr | Extended health and benefits
Apply by March 2 2026

We're Hiring a Community Chef

This full-time, permanent position blends professional culinary leadership with community-building. Our Community Chef leads kitchen operations, mentors volunteers and Camosun Professional Cook Training apprentices, supports community meals, and collaborates on fundraising dinners and income-generating programs that strengthen The Kitchen's long-term sustainability.

[View the job posting and full details here](#)

Deadline: March 2, 2026 (5:00pm PST)

Resumes & Cover letters must be sent to apply@shelbournecommunitykitchen.ca

A graphic with a white crumpled paper background. The text 'Reusable bags urgently needed!' is written in large, bold, purple letters. At the bottom, there is a photograph of various fresh produce including a loaf of bread, a bunch of bananas, a tomato, a bunch of green leafy vegetables, and a bunch of yellow corn cobs. A green circular shape is partially visible on the left side.

**Reusable bags
urgently needed!**



Seeking Reusable Grocery Donations

Our Team is seeking donations of reusable grocery bags to be used in our Pantry Program. Clean bags can be dropped at The Shelbourne Community Kitchen during our hours of operation.



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