



A WARM AND WELCOMING FOOD CENTRE



Member Update: January 27, 2026

Dear members,

It's our first official member email of 2026 and there are plenty of exciting updates to share. In this month's member email, you will learn important information about:

- **Our Impact: 2025**
- **Celebrating Black History Month**
- **Food Skills Programs**
 - Meal Kit: Traditional Zimbabwean Dinner: February 20
 - Homemade Pastry Two Ways: February 27
 - Planning Session Invitation: Youth After-School Cooking Program
- **Celebrating Family Day**
 - Pizza Party Fun Packs: February 13
- **Pantry Program**
 - School Lunch Stock Up: February 6
 - Pantry to Plate Recipe Feature: ABC Muffins
- **Volunteer Program:** Gardeners for Omnivore Acres Farm

Pictured above: the famous winter blossoms, Snow Drops, bring early signs that spring will come.

Our Impact 2025

Last year was a joyful turning point for Shelbourne Community Kitchen. After reopening our doors in April with a fully certified commercial kitchen, we came together (participants, volunteers, and partners) to grow more food, cook more meals, and support more people than ever before. We are deeply grateful to everyone who made this year of shared impact possible. Here is some of our data from 2025.



BLACK HISTORY





Celebrating Black History Month

February is Black History Month, a time to celebrate the rich heritage, culture, and contributions of Black communities. At The Shelbourne Community Kitchen, we recognize that food is a powerful connector, bringing people together to share stories, traditions, and nourishment. This year we are celebrating Black History Month with a very special meal kit of delicious traditional Zimbabwean recipes. Our community member, Thembie, was kind enough to share these recipes and told us about the importance of Sadza, a cornmeal porridge, in Zimbabwean culture.

"Sadza is not just food, it's a symbol of community, culture and survival".

Thank you, Thembie, for sharing your culture and delicious recipes with us! See registration form and more details below.

Beyond our kitchen, there are many events and celebrations happening across Victoria for Black History Month. You can explore local event listings below to learn more, connect, and celebrate. [View Community Event Listing](#)



Meal Kit Traditional Zimbabwean Dinner Pick-Up: Friday February 20, 11am - 1pm

We are excited to invite participants to register for this meal kit that will share comforting flavours from Zimbabwe in southern Africa. Sadza, a cornmeal porridge and staple food from Zimbabwe, Sukuma Wiki (braised kale), and a slow cooked beef stew will be the dishes participants will be able to prepare at home using this kit.

Important Details and Considerations:

- **Register to reserve a meal kit** by completing the form below.
- **Due to limited supply, meal kits are limited to one per household.**
- 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 tyler@shelbournecommunitykitchen.ca.

Please complete this registration form by Friday, 6, to register for this program.

[Register for Meal Kit](#)

FOOD SKILLS



Homemade Pastry Two Ways **Friday, February 27th 11am-1:30pm** In Person Food Skills Program at The Kitchen

Are you interested in learning how to make your own homemade pastry dough? We are inviting Shelbourne Community Kitchen participants to register to attend our Pastry Dough Basics: In Person Food Skills Program on Friday February 27 from 11:00am - 1:30pm.

During this program, participants will be guided how to make home-made pastry dough and will assemble two different kinds of hand pies to bake and take home. Our team will provide all ingredients and kitchen tools for this in person cooking program.

Participants will also enjoy a quiche lunch during this program.

Please complete this short registration form by Friday, January 30 to attend.

[Register to Attend](#)



Planning Session: Youth After School Cooking Program February 11th from 4pm-5pm at The Kitchen

Calling all youth ages 12-17 who love food, creativity, and trying new things!

We're inviting you to join us for our first planning session for our first ever Youth After School Cooking Program. This is your opportunity to help design a cooking program that's **run by youth, led by youth, for youth**. If your child is interested in learning to cook, building skills, and would have fun making their own lunches and family dinners to take home, and is looking for volunteer hours for school, this is a great opportunity to shape something awesome from the ground up.

The session will take place on **February 11 from 4pm - 5pm** in the **main room at The Kitchen** and will include a **delicious vegan dinner**, lots of brainstorming, and space for big ideas and creativity. Come share your voice, your ideas, and your appetite. We can't wait to build this together!

To attend this planning session, or to learn more, please contact Tyler at Tyler@shelbournecommunitykitchen.ca



Celebrate Family Day with a Pizza Party Pack

Registration is open to all Participants

February 13, 11am - 1 pm

Family Day is a time to celebrate connection, care, and community. At Shelbourne Community Kitchen, we believe that families come in many forms: relatives, chosen family, roommates, friends, neighbours, and the people who show up for one another.

To honour that, we are organizing a **special distribution of Pizza Party Packs this Family Day**. On **Friday, February 13, 2026, from 11:00am - 1:00pm**, Shelbourne Community Kitchen participants are invited to register to receive **one fun pack per household**, helping us ensure fair access for as many households as possible.

These packs are available to all interested participants. You do not have to have children living at home or be registered as a family with The Kitchen. Food has the power to bring people together. Use this party pack to get together with your friends and loved ones.

What's inside your Family Day Fun Pack?

Everything you need for a nourishing and celebratory meal together:

- Three take-and-bake pizzas (generously donated through the Food Share Network)

- Ingredients for a fresh green salad
- Ice cream for dessert
- Gluten-Free and Vegetarian options available

Registration is required. Please complete the short registration form by **Friday, February 6, 2026** to participate.

[Register for a Family Day Fun Pack](#)

PANTRY PROGRAM



School Lunch Stock Up for Families

Friday, February 6th 11am - 1 pm

On **Friday, February 6 from 11:00 am - 1:00 pm**, we're inviting participants with children under 18, living at home, to join us at The Kitchen for a special **School Lunch Stock Up for Families**.

This event is all about making school days a little easier. Participants will choose from a wide selection of healthy, kid-approved lunch items to take home - including proteins for sandwiches and wraps, fresh fruits and vegetables, granola bars, yogurt cups, juice boxes, and more.

Important Details and Considerations:

- **Program registration is limited to one per household.**
- This program is **only** for participants with children under the age of 18 living at home.
- Limited spaces available. The registration 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 tyler@shelbournecommunitykitchen.ca

To attend, please register by Friday, January 30, 2026.

We hope you will join us for this supportive and practical lunchtime boost for your family!

[Register to Attend](#)





Pantry to Plate: Lisa's ABC Muffins

This month's Pantry to Plate recipe feature is a real treat, thanks to our wonderful volunteer, Lisa. She's sharing her ABC Muffins, made with apples, beets, and carrots - a tasty, nourishing bake that's as colourful as it is delicious. Best of all, this recipe can be made entirely with items you'll find through our Pantry Program, making it easy to try at home. Thank you, Lisa, for sharing your creativity and care with our community!

Do you have a delicious recipe that you make with ingredients from the Pantry Program? We would love to share your recipes in our upcoming member emails. Please email them to us at tyler@shelbournecommunitykitchen.ca

[View Recipe](#)

**VOLUNTEER
OPPORTUNITIES**



Omnivore Acres Farm Volunteers (Located in Central Saanich)

Our incredible Garden Team at Omnivore Acres is looking for additional volunteers for the 2026 harvest season. If you are passionate or interested in growing fresh vegetables to help support the work of The Shelbourne Community Kitchen please reach out to info@shelbournecommunitykitchen.ca.

Important Considerations:

- Lifting up to 30lbs, bending, weeding, harvesting and working outside is required.
- Work parties are held Mondays and Thursdays from 9:00am - 1:00pm at Omnivore Acres Farm (in Central Saanich).
- Volunteers either have their own transportation to get to the farm (gas cards provided) or be willing to carpool.



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Shelbourne Community Kitchen Society

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