

Our Saviour's Lutheran Church
3590 Dufferin Avenue
Prince George, BC

June 30, 2021

Greetings Neighbours,

This summer Our Saviour's Lutheran Church will be operating *The Rainbow Heart Community Garden and Pantry*. We want to be sure you are aware of what is happening and also invite you to be part of this project making our neighbourhood and community a better place.

What is *The Rainbow Heart Community Garden and Pantry*?

Many in our community face food insecurity and have trouble accessing regular food banks like the one we have operated for more than a decade. That's why we are launching The Rainbow Heart Community Garden and Pantry, a low barrier approach to helping. Like other community pantries across BC and Canada, ours will be operated with the invitation to "take what you need and leave what you can". Open 24 hours a day and 7 days a week, the generosity of our community will go directly to helping others with food when they don't have enough. The community pantry can provide users an anonymous experience in taking what they need while preserving their dignity through difficult times. It will augment our regular Food Bank program.

Also addressing food insecurity, the community garden has been planted, maintained and used by volunteers. Produce can be harvested and used by anyone in the community.

How can you be involved as a neighbour?

A successful community pantry has engagement by the neighbourhood and community. Here are some ways you can be involved:

- Make donations of non-perishable food and personal care items to the pantry at any time (no perishable food donations at this time). Just leave items in the pantry outside the church steps. Before **July 9th** these items can be left in bins outside the church.
- Tend the garden or help yourself to produce.
- Let anyone you know that may be going through a difficult time about the garden and the pantry and its location at 3590 Dufferin Ave. Our regular Food Bank hours will be posted on the church door and offers another resource.
- This is intended to be safe and accessible space for food donors and community pantry users. If you become concerned about activity that may be impacting on this purpose let us know.

How long will this operate?

We hope to have enough donations to open the pantry **by Friday July 9th**. Over the summer months the pantry will be situated beside the church steps just behind the rainbow heart. It will be managed by our Food Bank Coordinator plus volunteers working at the church. As this is a pilot project, we will evaluate its success at the end of August and see if it might be maintained through the fall. If you are interested in volunteering for this or any other of our programs let us know!

Thank you for supporting our community through service.

Pastor Fleming Blishen

Kathie Scouten, Food Bank Coordinator

Church phone number:

250-564-4336

Examples of non-perishable and personal care items to donate:

- Canned meats, vegetables, fruit, soups, pasta sauce, instant meals
- Dried pasta, beans, soups
- Crackers, cereals, rice, coffee and tea
- Juices (not requiring refrigeration)
- Pet foods
- Toilet paper, tissues, paper towels
- Feminine hygiene products, diapers and pull-ups
- Toothbrushes and toothpaste
- Soaps

Please check expiry and best before dates on packaging and donate sealed products only

THANK YOU !!