

## Marcelle and Ivar: Giving monthly to make a big impact.



Monthly Donors – Marcelle & Ivar

Marcelle and Ivar Hoiland own and operate Kelowna Transmission & Auto Repair and witnessed firsthand how much the pandemic affected the people of the Okanagan.

When they saw the increased need within the community, Marcelle and Ivar immediately

sprang to support the Central Okanagan Food Bank in any way they could.

It wasn't long before the couple learned that giving a monthly gift makes one of the biggest impacts — and that's what they decided to do! On top of their generous monthly donations, they also share their radio ad space with us!

*"We are happy to give back in any way we can and to continue as long as we have the means to do so."*

We're so grateful to you, Marcelle and Ivar. You are true advocates of the Central Okanagan Food Bank.

If you'd like more information on monthly giving, please visit [cofoodbank.com/givemonthly](https://cofoodbank.com/givemonthly) or email us at [accounting@cofoodbank.com](mailto:accounting@cofoodbank.com).

## Ken and Eileen Priebe: "Volunteering helps us as much as we help others!"

Our heartfelt thanks go out to all of our amazing volunteers, including the lovely and dedicated Ken and Eileen Priebe, who have been volunteering since March 2020 — for three days a week!

The couple retired and were looking for ways to continue serving the community — to fulfill their personal responsibility to give back. After testing out a few other volunteer opportunities, Ken and Eileen felt they were most truly connected to the mission of the Central Okanagan Food Bank (COFB).

Ken and Eileen believe that the COFB does a good job providing nourishment to those in the community facing food insecurity. They also appreciate knowing the majority of food coming into our building is repurposed, not wasted.

What keeps them coming back for three times a week? It's the staff and fellow volunteers — the camaraderie and the culture. Plus, they say that volunteering keeps them fit — physically, emotionally and mentally!

We thank you Ken and Eileen — we couldn't do it without you, and all of our wonderful volunteers.

Are YOU interested in volunteering? Get in touch with **Rachel**, our Volunteer Coordinator at [volunteers@cofoodbank.com](mailto:volunteers@cofoodbank.com)!



Cherished volunteers, Ken & Eileen

## The COFB Community Table... YOUR GENEROSITY AT WORK



## You're helping James and Bentley get back on their feet again.

Your heartfelt and caring gifts help children and families who are really struggling with the increased cost of food.

You're helping James and his son Bentley!

James is currently raising Bentley alone, although he is lucky (and grateful) he has help from his parents. Not that long ago, James moved back to the Okanagan so he and Bentley could be closer to his parents.

Although he knew the transition wasn't going to be easy, James has really struggled with the exceptionally high cost of living in BC.

There's great news, though! James is finishing up his online diploma at the end of April, and looks forward to getting a better paying job so he can get ahead a little bit. He looks forward to the day he can free up his appointment at the Central Okanagan Food Bank for someone else who may need the help.

James says, *"I took a hit financially moving back to West Kelowna, but I knew being closer to my parents would be the best thing for Bentley and me. Getting help from the food bank has saved me over the last few months while I get back on my feet."*

For now, James is super grateful for the fresh



James & Bentley

food and nutritious snacks that he receives from the Food Bank — thanks to your generosity! It really takes a load off his mind, knowing he can provide Bentley with the nutrients he needs to grow and focus on learning and playing.

**Thank you so much for giving what you can to help families who are struggling with the significantly increased cost of food, gas and housing.**

## You give so much More Than Food!

We're thrilled to announce a "More Than Food Program" is currently launching, thanks to the wonderful support of generous friends like you.

The goal of this program is to provide our clients with access to community services to help change their financial situation.

You likely know that poverty is at the root cause of hunger. Often, the Central Okanagan Food Bank is the first place people go after realizing they need help. In the past year alone, we have provided **3,800 new clients** with a stable source of fresh, nutritious food.

Recent research shows that two-thirds of food bank clients don't have any connection to essential community resources. However, it takes a thorough evaluation and understanding of someone's overall life situation before knowing what resources they might need to access.

With the support of you and the Stober Family

Foundation, the More Than Food Program aims to bridge the gap and connect more clients with the community resources they need.

The program will offer:

- personalized case management and a connection to mental health resources.
- sharing of food resources, knowledge and opportunities
- a referral network for housing, healthcare, employment, legal aid, and support organizations.
- Workshops to teach life skills like budgeting, financial literacy, meal planning, and cooking techniques.

**You're giving people the extra support they need to lift themselves out of poverty — thank you!**



## Growing with the need in 2024

Construction will soon be complete! Once it's complete, there will be a new community kitchen located at 2310 Enterprise Way.

The kitchen will help us use more of the perishable foods collected from local food retailers — saving it from landfill and creating something delicious instead! With your ongoing support, we can process reclaimed food into soups, sauces and single serve meals that can be easily frozen or immediately served to community members.

PLUS: the kitchen will become a place where clients and community members can gather to learn more about nutrition, food preparation and cooking skills.

For more information you can email RayAnn, Communications and Engagement Coordinator at [rayann@cofoodbank.com](mailto:rayann@cofoodbank.com).

	<b>8,000 individuals helped every month</b>
	<b>115% increase in food bank clients since 2020</b>
	<b>3,800 new clients in the last 12 months</b>
	<b>28% of clients are visible minorities</b>
	<b>36% of our clients are children and youth</b>
	<b>26% of our clients are seniors</b>

## Thank you to our amazing community producers!

### Vibrant Veggie Farm

This farm program has been growing organic produce for charities since 2015. In 2023 they donated 8,000 pounds of produce to the COFB!

### Helen's Acres

This wonderful community farm partner regularly donates an average of 40,000 pounds of fresh produce for our clients each year.

### Our clients are grateful for your support!

"The best part of our month is when we get to pick up our food hamper and see all the bright-colored produce"  
— Irene & Rocky

"The food bank really saved me this past winter while I was laid off from my construction job"  
— Mike

"This is my second time being in the Tiny Bundle Program, and me and my little ones are so grateful, especially for the formula we receive." — Shanny



A day at the Vibrant Veggie Farm



The COFB team helping out at the Vibrant Veggie Farm



## Your Recipe Corner!

Here's a tasty and nutritious soup recipe for you to cut out and add to your collection!

### Tomato Red Pepper Soup

#### Ingredients:

- 2 large red bell pepper (left whole)
- 1 28-ounce can crushed or peeled tomatoes in juice
- 1 6-ounce can tomato paste
- 1 cup water (sub up to half with extra coconut milk for creamier soup)
- 1 14-ounce can coconut milk
- 1 1/2 tbsp dried dill
- 1 tbsp garlic powder
- 1 tsp dried basil
- 1/2 tsp each salt and pepper
- 3-4 tbsp coconut super
- 1 pinch of red pepper flake (optional)

Do you have a tasty and nutritious recipe you'd like to share? We love adding to our collection too. You can email it to [info@cofoodbank.com](mailto:info@cofoodbank.com).

#### Method:

1. Roast red pepper in 500°F (260°C) oven (on a foil-lined baking sheet) or over an open flame on a grill or gas stovetop until tender and charred on all sides — about 10-15 minutes in the oven, or 5 minutes over an open flame. Then wrap in foil to steam for a few minutes.
2. In the meantime, add the remaining soup ingredients to a large pot and bring to a simmer. Then unwrap the red peppers, let them cool to the touch, and remove charred outer skin, seeds, and stems. Add to soup.
3. Transfer to a blender or use an immersion blender to puree soup. Transfer back to saucepan and bring to a simmer over medium-low heat. Taste and adjust seasoning as needed.
4. Let simmer on low for at least 10 more minutes. The longer the simmer, the deeper the flavour.