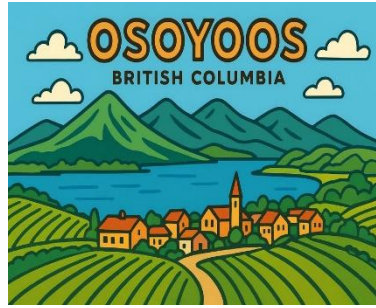


At Osoyoos Food Bank, our mission is to alleviate hunger in our community. We strive to ensure that everyone has access to nutritious food, helping to promote health and well-being among our clients.

CHARITY # 119070886 RR 0001



May 2026

Issue

#01

We are excited to introduce our new website! Please have a look at osoyoosfoodbank.com, where you'll find plenty of information on our Food Mesh and Food Bank schedules, an easy link to make donations, and a whole lot more!! You'll also find links to other great organizations such as Lendapaw.org where you can register for monthly (pick up from Blue Barn Osoyoos) of pet food donations.

A BRIEF HISTORY OF OUR PROGRAMS

Osoyoos Food Bank

Osoyoos Food Bank has been operating in the Town of Osoyoos since approximately 1992/1993. It was then known as the Osoyoos Volunteer Food Bank. Food Bank is a monthly program; with emergency food also available if needed. It takes many volunteers who have committed many hours, days, and months of their time, resulting in its success in helping those in need to receive healthy and nutritious meals. It transitioned to the Osoyoos Baptist Church in approximately 2001 and was then, and still is, known as the Osoyoos Food Bank. Osoyoos Food Bank is a registered charity (#119070886 RR 0001) with both Food Banks BC and Food Banks Canada. We operate solely by donations. Our dedicated volunteers work diligently to ensure we address Food Insecurity in our community.

FOOD MESH

The Food Mesh Program began in 2020 and currently operates twice a week. Clients can visit us once per week for Food Mesh. It is a Food Recovery Program that gives food a second chance. We rescue unsellable, surplus food (dented cans, near best before dates, discontinued) that would otherwise go to waste. Edible, nutritious food is recovered and distributed to those in need. Save-On-Foods, Nesters Market, Starbucks and many local farmers generously donate food items to our program. If something is unusable or inedible, it is sent to feed local farm animals.

AFTER THE BELL

After the Bell has been operating in this facility since about 2022. This program runs during the summer when school-centered supports are not available. We provide a weekly snack bag for each child. Packs contain shelf-stable items such as milk, hummus, crackers, cereal, etc. It also includes perishable items such as apples or other fruits. This program provides children with healthy snacks for the week.

NOTE:

Both Food Bank and Food Mesh do not pre-make hampers, with the exception of our annual Christmas Hamper. The programs are set up like a grocery store so clients can go through and choose their own items from those available. This also helps us reduce waste. With both programs running, it allows our clients access to food up to five times per month. All children are given snack packs at Food Bank along with our weekly After the Bell Program that runs during the summer months.

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To our incredible Food Bank and Food Mesh volunteers:

Thank you for the kindness, compassion, and countless hours you so generously give to this ministry. It is because of your selfless dedication, your welcoming spirit, and the meaningful connections you build with our clients that we are able to run such a unique and caring Food Ministry.

What truly sets our Food Bank apart is the dignity and choice we can offer. Rather than receiving pre-packaged hampers, clients are invited to shop for their own food — an experience that creates a sense of normalcy, respect, and personal connection. This would simply not be possible without the many volunteers who give so freely of their time and energy week after week.

Each of you plays an important role in the success of this ministry. I could easily fill an entire newsletter recognizing the specific ways every volunteer contributes, because every task — big or small — matters deeply. Please know how much your efforts are appreciated and how grateful we are for all that you give of yourselves.

Thank you for being the heart of this ministry and for making such a meaningful difference in the lives of others. God bless you.

A very special thank you to our snowbirds who helped throughout the winter months. We will miss you VERY much, as you are such a huge part of our team. We continue to pray for each of you as you make your journey back home, and we trust that God will bless you with safe travels.

With sincere gratitude,
Kelsey Hesketh. Osoyoos Food Bank Coordinator

USAGE STATS

The number of clients that used our services in the previous 2 months.

March - 179 clients

Cards/Households - 90

April – 125 clients

Cards/Households – 72

Kids – 38

Help needed:

The Osoyoos Food Bank is in need of drivers to collect our donations from the local grocery stores. Please visit us at the Food Bank office in the basement of the Baptist Church at 6210 97th St in Osoyoos, Monday to Friday 9am – 12pm, or by calling 250-495-6581

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MOST NEEDED

****This month's most urgently needed items are Mr. Noodle, juices, peanut butter, canned pasta (like Chef Boyardee), canned fruit, canned stew and canned chili. You can drop them into the Food Bank bin at Save-On-Foods or drop them off at our office at 6210 97th St during business hours, Monday to Friday, 9:00 am to 12:00 pm.**

Did you know that the Osoyoos Food Bank is run solely on donations from our locals?

You can help us by donating cash or cheque at our office located at 6210 97th Street, Osoyoos, or by e-transfer to osoyoosfoodbank@gmail.com!



A heartfelt THANK YOU
to Boostoyoos!

Boostoyoos staff donated ALL their tips from BOTH the month of February AND the Month of March to the Food Bank! Thank you so much!!!



**FOOD, FASHION,
HOME and more**

We would like to extend a HUGE thank you to the clients and staff at Red Apple for their generous donation of \$500! And another HUGE thank you to Brenda Lee for matching the donation in honor of Ryker and Coleton! We are so grateful!!!!



An ENORMOUS THANK
YOU to our community and
Blue Barn Osoyoos!!

Blue Barn Osoyoos matched all doantions received from our community to divide between 3 organizations! The Food Bank is thrilled to have been one of the chosen 3. We received **1000 pounds** of pet food for our next food Bank!!!! Thank you so much for your generosity!!!!

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PATRICIA - Kitchen Magician

I love cooking and creating food that people enjoy. I am a foodie.

Cooking is my happy place.

~If you are looking for something to do with your time, I highly recommend this well-run organization.

In my spare time, I research food and recipes. The internet is great for finding food I have never made before! I read cookbooks like people read novels.

I was interested in finding an organization that would enable me to give back to my community I started volunteering at Food Mesh, and the kindness of the staff and volunteers got me involved with the Osoyoos Food Bank. It was exactly what I was looking for! I wanted to do as much as I could to help with what ever was needed. I started with helping people shop. I did some research to aid the organization. One day there were a bunch of bananas that were overripe. I couldn't let all that food go to waste!! So, I made 15 banana loaves. The next thing I knew, I was asked to coordinate all Food Bank meals!

I was asked, "How do you decide what to cook?" I see what food we have on hand that could feed approximately 70 people. If there is hamburger, that's what I use. Sometimes its ham, or I make soup.

I look for a tasty recipe and stretch it out to make the food go farther.

I try to make meals that are cost effective yet nutritional, and within the constraints of what products are available each month.

When I look at one ingredient, I see many recipes from appetizers, soups, salads, main courses and desserts.

With an abundance of canned pineapple, I have made, pineapple cake, sweet & sour pineapple ham, and pineapple dump cake. I had never made Dole whip, so I found some recipes, and made a small batch to use for taste testing. It worked; we all loved it! It made it to the April menu!

I love to share my passion for cooking and share it with others. Together with Ginette, another foodie who is also a volunteer, a plan is being crafted for clients to promote cooking with what you have on hand.

Cooking is more than just preparing meals - it's about sharing joy and creativity with others. I am passionate about cooking and find great satisfaction in sharing this enthusiasm with those around me. Working alongside Ginette, who is also a dedicated foodie and volunteer, we are crafting a plan designed to help clients embrace cooking with the ingredients they already have on hand. Our aim is to encourage resourcefulness and inspire confidence in the kitchen, making meal preparation both accessible and enjoyable for everyone.

Giving back to the community is a joy that I have been lucky enough to find. The volunteers at the Osoyoos Food Bank are an amazing bunch of people, who I have the honor of being part of. Cooking at the Food Bank is fun and it brings me pleasure.

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YOU DON'T HAVE TO GO ALL THE WAY TO
DISNEYLAND TO ENJOY A DOLE WHIP!!

Note:

Apologies to everyone as I don't use recipes. Here are the approximate amounts. Always remember, when you cook, it's you who is eating it. If you don't like a spice; leave it out and add in what you do like. When you're cooking, it's up to you what goes into the pot.

Dole Whip

A lovely treat on a hot day.

Dole whip melts fast because there are no thickeners in this recipe.

Ingredients

4 tins pineapple
1 cup non dairy milk (almond milk, coconut milk etc.)
1/4 to 1/2 cup sugar, or to taste. You do not need to add sugar if juice is sweet enough for you.

Instructions

Drain pineapple and squeeze as much juice from them as possible, reserving the juice

In a pot, bring the reserved pineapple juice and sugar to a rolling boil. Let cool.

Once cooled, place in a long flat container. You want a thin layer of juice; no more than 1/2 inch thick in container.

On a sheet pan covered with wax paper or parchment paper, place pineapple in a thin layer in pan.

Place both juice and pineapple in freezer and freeze for 24 hours.

After 24 hours you can use immediately or break into chunks and place in a freezer bag for later use.

You can do this in small batches depending on the size of your food processor or blender. If you choose to do this, after blending use a spatula and mix the batches together in a bowl.

In a food processor or high-powered blender, add frozen pineapple, blend well, add frozen juice and blend well. Add enough non-dairy milk to make it creamy and cohesive. Serve and enjoy quickly so it doesn't melt!

**Join us in our mission to
end hunger in our
community.**

Call or visit us at our office in
the basement of the Osoyoos
Baptist Church at 6210 97 St
in Osoyoos 250-495-6581

Monday to Friday

9am - noon

Email us at
osoyoosfoodbank@gmail.com

Check out our website at
osoyoosfoodbank.com

Sign up for our newsletter to
stay

up-to-date on our latest events
and initiatives

Our team is dedicated to
spreading awareness about the
issue of hunger in our
community. We work to
educate and empower
individuals to make a
difference.

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Bulk up your meals:

Bulking up foods to make them go further is an effective way to reduce food costs, minimize waste, and increase the volume of meals. The best approach involves adding inexpensive, nutrient-dense, and high-fiber ingredients like legumes, vegetables, and grains to existing dishes.

Meat Extenders (How to Stretch Ground Meat and Stews)

Lentils and Beans:

Add cooked lentils or black beans to ground beef, turkey, or pork to almost double the volume. Red lentils are ideal for sauces as they fall apart, adding thickness, while brown lentils hold their shape better in casseroles.

Mushrooms:

Finely chop mushrooms and sauté them before adding to ground meat dishes like shepherd's pie, lasagna, or tacos. They mimic the texture and absorb flavor while being low-cost.

Oats:

Mix raw rolled oats into meatloaf, meatballs, or burgers to add volume,. To add moisture and add an egg and some cream.

Textured Vegetable Protein (TVP):

This soy-based protein is cheap and can be soaked and added to chili or spaghetti sauce to replace up to half the meat.

Grated Vegetables:

Use grated carrots, zucchini, or onions in meatloaf or pasta sauce to add bulk, fiber, and nutrients.
High-Volume Additions to Starches and Sauces

Cauliflower Rice:

Mix cooked cauliflower rice into regular rice, soups, stews, and casseroles to significantly increase volume with low calories.

Potatoes and veggies:

Add diced potatoes, sweet potatoes, or carrots, peas, turnup, corn to soups and stews to add density.

Cabbage:

Sliced and cooked down, cabbage is a very inexpensive and voluminous filler for stir-fries and pasta and soup.

Canned Tomatoes:

Add a can of tomatoes to pasta dishes or macaroni and cheese to make the sauce go further.