



# Colchester Food Network

## Monthly Newsletter

### June 2026



## Monthly Client Stats — May 2026

### May 2026 — At a Glance

1,961 unique individuals served across 846 households  
2,607 total visits • 83 households new to the agency  
557 children • 129 seniors • 328 individuals with a disability  
256 newcomers (in Canada 10 years or less) • 144 post-secondary students

*Every number represents a person, a family, and a story.  
Thank you to our incredible volunteers, donors, and community partners.*

### Two Libraries Coming to CFN!

#### **Mobile Kitchen Tool Library**

Available to our community partners to help make cooking programs and food preparation even more accessible.

#### **Community Garden Tool Library**

For gardeners in our community garden, ensuring everyone has access to the tools they need to grow and thrive.

*Stay tuned for more details — we can't wait to share this resource with you!*

 **Community Garden Cultivation Evenings**

*Bible Hill Exhibition Grounds, 73 Ryland Avenue (right side past the 4-H Barn)*

**June 10th • June 15th • June 24th • June 29th**

5:00 PM – 8:00 PM each evening

*Come join us in the community garden — all are welcome!*

 **Garden Plots Available!**

*Interested in a plot? Contact Emma, Food Literacy & Garden Coordinator:*

**[emma@colchesterfoodnetwork.com](mailto:emma@colchesterfoodnetwork.com)**

**Walmart Canada Fight Hunger Spark Change 2026**

**Thank You, Walmart Canada!**

Thanks to the incredible generosity of local shoppers, Walmart associates, and a generous corporate match, the Colchester Food Network received:

**\$16,187.80**

To help fight food insecurity right here in our community.

We are deeply grateful to everyone who supported the 2026 Fight Hunger Spark Change campaign. Every dollar raised makes a real difference for families and individuals right here in Colchester. Thank you!

**Community Champion Award — David Gillis**

We are absolutely thrilled and deeply humbled to share some incredible news! David Gillis was recently honoured with the Enterprise Mobility Community Champion Award — a recognition of his outstanding dedication and service to our community.

As part of this honour, David chose the Colchester Food Network as his Charity of Choice, resulting in a remarkable:

**\$10,000 Donation**

to the Colchester Food Network

*in honour of David Gillis — Community Champion*

This kind of support is going to make a massive difference right here at home. David, we are beyond grateful for your generosity, your passion and your commitment to our community. Thank you from the bottom of our hearts!

## Programming — May 2026 Highlights

### In-House Programs

#### **Cook and Connect — Featured Ingredient: Chickpeas**

Bringing our community together one meal at a time. Versatile, nutritious, and budget-friendly.

#### **Back to Our Roots (with Black Girl Magic)**

A monthly cooking program celebrating African Nova Scotian culinary heritage, culture and traditions.

#### **Queer Creative Kitchen (returning with Truro Pride)**

Inclusive, creative and nourishing food experiences — back by popular demand! Stay tuned.

### Outreach Programs

#### **Teen Test Kitchen — West Colchester Consolidated School**

Empowering youth through creativity, connection, and confidence in the kitchen.

#### **Parents Café — Schools Plus at Redcliff Middle School (May 6th)**

Connecting local families with community service providers.

#### **South Colchester Connecting Communities — (May 23)**

Initiative hosts free, family-friendly events and neighborhood fairs designed to help residents—particularly in Brookfield and the Stewiacke River Valley—meet each other, experience cultural performances, and connect with local service providers and volunteer groups

#### **Luke's Legacy — 4th Annual Family Mental Health & Wellness Day (May 31st)**

We provided Mediterranean soup kits in Luke's memory — honouring his love of all things Greek.

### Food Safety Training — May 7th

30 participants — including volunteers from Maggie's Place and Millbrook Food Bank  
*Covered the cost in full so it was completely free for all attendees.  
All participants received certificates. Great work, everyone!*

### Community Groups — May Highlights

♥ **Girl Guides (May 12th) — 18 girls aged 10–12**

Bagging apples, onions and more. Incredible work from these amazing young volunteers!

✿ **World Changers — Redcliff Middle School (May 21st)**

Monthly volunteers who always go above and beyond.

♿ **CEP Class from CEC — 5 visits this month**

♿ **The Wolfe Pack — 2 visits this month**

Both school groups help with food breakdown, cleaning and stocking shelves. We love seeing young people giving back!

### Upcoming Events

✿ **Spring Fling!**

**Saturday, June 13th • 10:30 AM – 1:00 PM**

Hub Shopping Centre, Truro

Passport-style initiative — visit partner booths, win a basket prize & 50/50 tickets!  
Showcase the variety of partner organizations available to our wonderful community.

*We'd love to see you there!*

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### Pride Parade — June 27th

Celebrating the 10th year of Truro Pride!

1:30 PM – 2:30 PM • Start: Colchester Legion Stadium, Lorne Street

End: Truro Civic Square, Downtown Truro

Family Fun Day to follow in Civic Square — plus an evening after-party at the Truro Legion!

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### Pride BBQ — June 28<sup>th</sup>

CFN is flipping burgers in Portapique in support of Truro Pride!  
*Come enjoy great food and celebrate with us. We'd love to see you there!*

### Garden Party — Coming Soon!

A Garden Party is in the works! More details to follow.  
*Keep an eye on our Facebook page for updates.*

### Town of Truro & County of Colchester Volunteer Awards — May 13<sup>th</sup>

#### Dwayne Vidito

20+ years volunteering with CFN — Award recipient & representing Truro at the Provincial Volunteer Awards in Halifax in September!

#### Jeanine Clague

Award recipient for her incredible dedication and generosity.

On May 13<sup>th</sup>, we attended the Town of Truro and County of Colchester's Volunteer Awards. Where both Dwayne and Jeanine were award recipients. We are incredibly proud to share that Dwayne, who has volunteered with the Colchester Food Network for over twenty years will be representing Truro at the Halifax Provincial Awards in September 2026.

*Generous, dependable, and endlessly caring — Congratulations, Dwayne and Jeanine!*

## Our Community Supporters

*We are deeply grateful to every donor and partner who helps us fight food insecurity in Colchester.*

### May 2026 Continuous Supporting Donations

*The following totals reflect donations received during the month of May 2026.  
Their consistent support makes an enormous difference — we are so grateful!*

Donor / Organization	Contribution
Walmart	3,844 lbs

Superstore	228 lbs
Sobeys 594	1351 lbs
Foodland BH	384 lbs
KFC	282 lbs
Cob's Bread	826.3 lbs
Macquarrie's Bible Hill	45 lbs
Old Barns Men's Garden Club	7 lbs

### A Heartfelt Thank You to all Community Supporters along with our May Donations

*We are deeply grateful to the following organizations whose continuous and generous support helps us serve our community week after week. Their commitment to fighting food insecurity in Colchester never goes unnoticed — thank you.*

#### Macquarrie's Bible Hill

*A steadfast community partner whose generous and ongoing donations make a real difference every single week.*

#### TRA (Sobeys Cash and Carry)

*We are so thankful for TRA's continued commitment to supporting the Colchester Food Network and the people we serve.*

### Get Involved with CFN!

#### Interested in Volunteering?

If you are interested in volunteering on-site — whether in our Client Choice Market, at registration or in the warehouse — please reach out to **Laura** at [laura@colchesterfoodnetwork.com](mailto:laura@colchesterfoodnetwork.com)

#### Questions About What We Do or How You Can Help?

For any organizational questions about the Colchester Food Network, what we do, or how you can make a difference, please contact our Executive Director, **Farrah**, at [executivedirector@colchesterfoodnetwork.com](mailto:executivedirector@colchesterfoodnetwork.com). We would love to connect!

