



# NOURISH



It's hard to believe August is already coming to a close! As some markets begin to wind down for the season, we hope you've had plenty of time to soak up the sunshine and enjoy all the fresh, local produce it has to offer.

We love reading the stories you share in the weekly reports, like this one from New Westminster:

*"During one of our sessions last week, clients were asked what their favourite items are to buy at the market and why. Many shared that they love buying honey, which they use at breakfast or in tea. This activity not only encouraged participants to share personal traditions and recipes, but also created opportunities for connection and highlighted the importance of accessible, healthy foods in daily family life."*

Stories like this remind us of the power farmers' markets have to bring people together around food and community.

In this edition, we'll share a few housekeeping updates for markets and partners, along with upcoming opportunities for farmers and partners to get involved.

## Important but Easy To-Dos

### Farmers Markets

- **Coupon Mailing:** If you haven't yet put your June/July coupons in the mail, please do so ASAP. If you need to review how coupons should be mailed you can refer to our last [newsletter](#).
- **End Dates:** Let us know when your regular season ends, along with any holiday markets you may be hosting where coupons will be redeemed. We'll use this info to wrap up your FMNCP finances.

[End Date Form](#)

### Community Partners

- **Market End Dates:** Be aware of when your local market season ends and communicate it to your participants to ensure they're able to redeem all their coupons! Coupons can be used at holiday markets if eligible vendors are present.

To learn more about your market's season you can check out the BC Farmers Market Trail, or connect with your market manager.

[BC Farmers Market Trail](#)

## Food Skills for Families



Food Skills for Families is a healthy eating program offered to participants who want to share and learn more about food, food knowledge, skills, practices and ideally make a new friend or two! The six-session program aims to teach and encourage healthy cooking in a fun, relaxed atmosphere and strives to enhance cooking confidence and skills with a focus on improving healthy eating choices. Host Organizations are eligible for \$500 in funding plus participant handbooks to support the delivery of a six-session Food Skills for Families program. *Email Genie at [FoodskillsBC@bccdc.ca](mailto:FoodskillsBC@bccdc.ca) to become a Host Organization and set up your program.*

[Learn More](#)

## Opportunity for Farmers

Market Managers- Please share this opportunity with your farm vendors

### BC Farmers' Food Donation Tax Credit

#### Share Your Harvest with BC Communities

Food Banks BC member agencies support tens of thousands of individuals every month. Demand for food banks has never been greater, so your support is urgently needed. This tax credit is an amazing way to support those in need.

#### Why Donate?

...

#### Additional 25% Tax Credit

Designed to encourage BC farmers and food producers to donate agricultural products to food banks, farmers receive an additional 25% credit on the eligible amount of a qualifying gift.

#### Lend a Hand

By donating you are helping the more than 185,000 individuals making visits to BC food banks every month.

#### Healthy Communities

Fresh, perishable food is essential for a balanced, healthy diet, but it is not always accessible to everyone who needs it.

All Food Banks BC member Food Banks are Registered Charities and Eligible Donees.



Scan to Learn More



## Program Portal

### What you'll find:

- Provincial dashboard of distribution and redemption
- ALL weekly reports
- Orientation slide deck and program operations manual
- Vendor and participant brochures and enrolment forms
- Grant applications
- Translations of farmers market produce
- Recipes and food literacy activities
- Coupon order form
- And more!

[Program Portal](#)

## Get in Touch

**Peter Leblanc**- Program Manager  
[peter@bcfarmersmarket.org](mailto:peter@bcfarmersmarket.org)

**Courtney Mastine**- Kootenays and Columbia Basin Coordinator  
[courtney@bcfarmersmarket.org](mailto:courtney@bcfarmersmarket.org)

**Emily Lorenz**- Vancouver Coastal, Sunshine Coast and Sea to Sky Coordinator  
[emily@bcfarmersmarket.org](mailto:emily@bcfarmersmarket.org)

**Jutta Schoenhardt**- North Coordinator  
[jutta@bcfarmersmarket.org](mailto:jutta@bcfarmersmarket.org)

**Quinn Kilewer**- Senior Coordinator  
[quinn@bcfarmersmarket.org](mailto:quinn@bcfarmersmarket.org)

**Kerri Fulop**- Vancouver Island and Gulf Islands Coordinator  
[kerri@bcfarmersmarket.org](mailto:kerri@bcfarmersmarket.org)

**Mandy Drescher**- Interior Coordinator  
[mandy@bcfarmersmarket.org](mailto:mandy@bcfarmersmarket.org)

**Monica Grover**- Metro Vancouver and Fraser Valley Coordinator  
[monica@bcfarmersmarket.org](mailto:monica@bcfarmersmarket.org)



[nutrition@bcfarmersmarket.org](mailto:nutrition@bcfarmersmarket.org)

**Our mailing address is:**  
#208-1089 West Broadway  
Vancouver, BC V6H 1E5



BC Farmers' Markets and our members largely operate on unceded Indigenous territories across the land now known as British Columbia. We welcome you to visit [www.whose.land](http://www.whose.land) to learn which territory your local farmers' market is located on.

BCAFM expects professional and respectful behaviour from our members, stakeholders, and general public towards our staff and board. We will not tolerate harassment, swearing, bullying, or other disrespectful behaviours.

Copyright © 2024 BC Farmers' Markets. All rights reserved.  
You are receiving this email because you are associated with the nutrition coupon program.