



Farm to Family Meals Service Society

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ELDER MEALS SERVICE INFORMATION

How it began: Farm to Family Meals Service Society (F2F) began in October 2020 to support local farmers and producers, feed seniors, and create community connections. F2F is a registered non-profit society in BC and has charitable status. We can provide tax receipts for donations above \$25. The Elder Program is well respected and supported in the Denman Island community, and currently serves about 40 recipients.

What we do: Prepare frozen soups and entrées for Denman Island Seniors/Elders.

How it works:

- Every other Wednesday, volunteers prepare soups and entrées using seasonal available ingredients, under the direction of a paid coordinator.
- Meals are frozen in individual portions in reusable mason jars or foil containers (jars and lids must be returned).
- Food is delivered frozen to the homes of recipients on Thursday, the following day, by Hornby Denman Health volunteer drivers. Recipients must have a cooler or freezer available at their homes for food drop-off, if receiving deliveries. Some recipients prefer to pick up their meals.
- Recipients are contacted 1x/month with a menu for that month and may order as many as 8-10 meals per person, per delivery.
- Basic dietary-need modifications can be made and we take great care to follow proper foodsafe protocols. All our operations are approved by Island Health.
- Meals are provided at no cost to recipients. Donations to support our work are appreciated but not required.
- Interested Seniors can contact Farm to Family directly (contact info below) or contact Hornby Denman Health (250-898-0245).

For more information about program details and how to join or volunteer, please contact our Program Coordinator, Bee (bee.farmtofamily@gmail.com) or phone 250-702-0584.

For information about how to make a donation, please send an email to our Board Treasurer, Joni (acctfarm2family@gmail.com) or phone 250-702-7773.



Or scan here to make a donation online via Zeffy.