

Fresh From The Farm



An Inter-generational Nutrition Education program



FRESH FROM THE FARM is a youth gleaning and preserving program which calls upon the generosity of local farmers and the food wisdom of senior volunteers who are willing to mentor young people. FRESH FROM THE FARM is hosted each summer by The Salvation Army, Penticton Community Food Bank and The First Baptist Church in Penticton. The program takes youth 10 to 16 years of age on day trips on the Salvation Army bus to organic orchards and farms throughout the South Okanagan Similkameen. The fruits and vegetables that the youth pick are either used in preserving lessons in the community kitchen or distributed to families in need through the food bank. Youth who volunteer at least 10 times in either the orchards or the kitchen have the opportunity to gain their Food Safe Level One certificate. Youth also visit

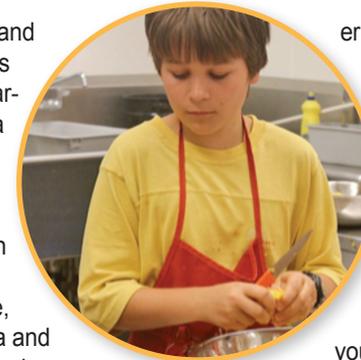


Okanagan Gleaners in Oliver, and participate, for a day, in their gleaning work. Okanagan Gleaners have been rescuing the unused crops of the South Okanagan since 1996, producing dried food and soup mixes for the hungry of the world. FRESH FROM THE FARM also takes its youth participants to several community garden sites around Penticton, and to an organic packing house in the Similkameen Valley.

Working together to provide educational forums in order to make ours a more Dementia Friendly Community are:



We thank all of the orchardists and growers who have welcomed us onto their farms at their busy harvest time of year and donated a portion of their beautiful crops to the food bank. We thank all of the food-wise seniors who volunteer to mentor our youth in the community kitchen, teaching them how to can, dehydrate, freeze, juice, pickle, make salsa and even pie crusts. We thank the volunteer bus drivers who help facilitate the day trips on the bus and help to pack the boxes of fruit and vegetables from farm to food bank.



ernment of Canada's New Horizons for Seniors Program and the RBC Foundation.

Many volunteer hours and much loving support come together to make this summer harvest program happen. In the five years since Fresh From the Farm began, 130 youth have participated. These young people take home preserved produce for their families for the winter, a sense of good will and community contribution to the food bank and the nutrition education and preserving skill in their hands forever.

So many seniors in Penticton possess great food wisdom and nutrition basics about how to nourish oneself well on a limited amount of money. Fresh From the Farm strives to capture this practical knowledge and pass it along to our young people.

If you wish to share your preserving wisdom in the kitchen with a group of young people or if you have a crop of fruit and veggies that you would like to, in part, share through your local food bank, please contact Barb Stewart at The Salvation Army, Penticton at pentictonprogram-coordinator@shaw.ca or call the Food Bank at 250-492-4788.

Many thanks to our past and current funders: Food Banks Canada, The Community Foundation of the South Okanagan Similkameen, The Gov-

Spruce up your wardrobe
Invest your discards in the community
All proceeds from our Thrift Stores stay in the South Okanagan



The Salvation Army
Penticton Thrift Stores

2399 South Main Street 250-492-4788
 318 Ellis Street 250-492-3946
 9:30am – 5:30pm Mon-Sat

South Main – Seniors Day every Tuesday
 Ellis Street – Seniors Day every Saturday