



More than serving lunch, an overview of programs, activities and support services

Food Distribution – Food is donated from multiple sources, including:

- Spuds
- ColdStar
- Superstore (Langford Location)
- Cobs
- Mitchell Farms
- Red Barn
- The Root Cellar Village Green Grocer
- Planet Organics
- Country Grocer
- B+C Foods
- Cakes Etc.
- Esquimalt Farmers Market
- Lone Tree Bakery
- Esquimalt Roasting Company
- Jusu Bar

This food is sorted, cleaned, prepped, allocated for in-house use/sharing table or other organizations. On average, 2500 pounds of food items and goods are managed per week.

Breakfast – During the 2019 year, it became apparent that there was a need for a breakfast program for those that are working and unable to attend the lunch program but whose wages were still not covering every day expenses. Coffee, tea, cereal, milk and fruit, yogurt, dessert bars and snacks. This is available from the time the doors open at 8am each weekday. Our delivery of Jusu arrives multiple times per week and helps supplement our breakfast with juices, salads and breakfast snacks and sandwiches.

Living Edge – RK contributes consistently to The Living Edge organization which conducts free community markets, including the one in the parking lot of Esquimalt Neighbourhood House every Saturday. RK provides an average of 1000 pounds of produce per month as well an average of 1000 pounds of produce each month.

Community Markets are “pop-up” type markets where any person can get free food, no questions asked; typically produce, dairy and bread products are available.

RK helps support two of these "pop-up" type local markets, impacting an average of 150 individuals each month.

Sooke Family Resource Society – Developing a partnership in 2019 to receive a weekly bulk donation of protein from RK, averaging about 200 pounds. SFRS assists individuals with developmental disabilities as well as families and marginalized communities as far north as Beecher Bay and Port Renfrew, including support to local Indigenous communities in need. Additionally, over the 2019 holiday season, RK created 20 "hampers" of non-perishable food items to help support specific SFRS clients in need.

Rock Heights Middle School: Through working with the school counsellors, food that is easily packaged such as bread products, fruit and snack items, delivered to the schools so that the counsellors can physically hand out these care packages to students in need.

Esquimalt High School: RK allocates food to the High School to help enhance the cooking program. Consisting of protein and vegetable supplies, this allows this cooking program to increase its capacity of food made allowing those that cannot afford to purchase a meal, to have food available to them. Students in need are identified by the counsellor.

Apple Tree Pre-school – this pre-school program is housed within the United Church and benefits from approx. 60 pounds of fresh veggies per week via Rainbow Kitchen's food distribution sharing system, with the idea of awareness and exposure to a variety of different produce shared within their communal environment will lead to healthier eating habits

Peers – Outreach Program for sex workers, RK cooks and provides one complete hot meal for the PEERS program serving 25, as well as supplying an average of 40 pounds of produce once per week. RK continues to share food with this organization through our enhanced food distribution system.

Youth Dinner – What started as a couple times a year has now grown into a monthly event. One chef and two volunteers from RK work with the youth to help prepare a meal at RK's facility. The meals are shared with other students and often themes are included, like games night or LGBTQ+ welcome dinners. This program is intended to provide a safe place for youth to go and to teach valuable kitchen skills including meal preparation. Most importantly, it helps break down social barriers that may otherwise prevent a young person from entering an organization such as Rainbow Kitchen by normalizing group meals and breaking the stigma attached to what may be perceived as a "soup kitchen" for others but not them. Originally starting with 15 youth, the attendance is now 30 young people (and growing) per dinner. Anything else?

Esquimalt Neighbourhood House – receives approx. 50 pounds of vegetables per week to help offset the costs of the food that they already prepare and serve. A trial period of providing individual, frozen meals to ENH was done for multiple months. These meals were readily available to any person, in particular seniors, that required extra food while connected to the

NH but who likely were unable to attend RK's lunch time service. RK is continuing to explore a long-term collaborative partnership with ENH.

Desmond House – A 28 "shared unit" housing facility operating as part of the Victoria Cool Aid Society helps to offer housing and support to clients who suffer from addiction and mental health issues. RK was contacted to help support DH to develop food security by offering produce and protein when required. RK currently delivers to DH though we are working to create a set schedule in early 2020 for DH to pick up from our facility

Futures for Kardel Club – Futures helps support adults living with developmental disabilities by offering life skills assistance. This organization has become an instrumental component to RK every Thursday, a minimum of 3 clients and 1 Care Worker arrive every Thursday to assist in the creation and serving of RK's Lunch Program. Futures are an integral part of the organization by being consistent in their attendance and being very hands on. Individuals get experience in a kitchen, with food prep and clean-up, advancing both our guests as well as Futures clients social interaction, providing skills for some Futures clients to further themselves by gaining employment in the community.

Uni 101, 102 & 201 - Continuing education created by the University of Victoria. Educators come into RK twice a year to inform our guests of the programs available. Courses are "non-credit" accruing but offer a general introduction into Humanities, Social Sciences, etc. with opportunities to continue into 102, 201 etc. UVIC offers interested guests tickets for public transportation as well as a meal upon arrival for each bi-weekly class.

Food Hampers – through an initiative with The Mustard Seed and in recognizing that those that require food hampers may not have the ability to get to The Mustard Seed location, a hamper program was designed so that those in need can pick up their food hampers in a location within their own community. Hampers arrive every other Tuesday, are distributed in two groups, servicing an average of 40 guests of RK one hamper a month.

Doctors of the world – mobile health clinic that was, until recently, coming every other Tuesday, but now, due to demand for their services, is attending RK every Tuesday. They provide basic medical care for those that are considered marginalized and vulnerable within our community. Providing support with focus on Urban Violence Prevention, Harm reduction, Sexual & Reproductive Health, Conflict Crises and Assistance to Refugees & Migrants.

CMHA – The Canadian Mental Health Association and RK work together to ensure that those people struggling with mental health issues can feel safe within Rainbow Kitchen. THE CMHA staff work with their clients at RK as a way to help them integrate into group environments, connect with others and help alleviate social isolation, in particular seniors with disabilities. CMHA clients are welcomed and encouraged to participate to the level of their choosing, by assisting with prepping and serving of RK's Lunch Program or simply enjoying in the atmosphere and warm meal as one of our valued guests.

Soap for Hope Hygiene Program – With the amazing support of Soap for Hope, RK operates a year round hygiene station where shampoo, conditioner, soap, shaving cream, razors, toothpaste, and toothbrushes is available. In addition, depend under garments and female hygiene products are also available free of charge. During the colder winter months SFH helps RK by offering warm clothing and jackets to those of our guests in specific need. This allows for those on limited incomes to access hygiene products in a safe and dignified manner. Ideally, RK would like to be able to provide items such as toilet paper and deodorant.

Music Wednesdays – Located in the volunteer room, those that want to join in for a lively and uplifting hour of music gather every Wednesday, after lunch, at RK. Lead by one of RK's volunteers, this weekly event continues to grow in participants and volume! A person does not have to be able to sing, dance or play a musical instrument; everyone is welcome! In addition, there is a piano located in Wheelie Hall and anyone with the ability to play is welcome to entertain.

Gardening – Getting outside and getting hands in the soil is another way that volunteers, guests and visitors contribute to RK. While the size of the garden does not lend itself to large volumes of food, it provides a meditative and meaningful experience for those that wish to tend to the vegetables and herbs that help supplement the meals prepared at RK. The vision is to evolve the garden into more of a communal, restful area that can be enjoyed just by sitting in a small bit of nature.

Free Table- RK has recognized the need and when able to provide produce and bread that the Kitchen is in excess of, directly to our guests. RK supports its guests by providing an average of 3200 pounds of produce, bread, dairy & odds each month. Located at the entrance of our facility this first come first serve operation is heavily relied on and greatly appreciated by RK's guests. In addition to food items, RK also supports a limited book & clothing exchange helping to provide our guests with clean clothes and books.

Protein Tuesdays – . RK's guests need for protein is something we have expanded into assisting with when we are able to. Every second Tuesday of the month our guests are invited to attend our "protein hand-out". Supporting singles, families requiring assistance is supplementing their need for protein.

Guest Care- "Feed People" is RK's mission, RK Staff go above and beyond when able, to make sure our guests feel valuable and validated. Examples of this are when RK staff are able to assist our guests with skills such as building a resume, providing character references, assisting with completing forms for benefits and housing etc. Empathically listening to our guests to offer emotional support, not offering their advice but support in resources available.

Taxes- One of RK's dedicated volunteers that holds certified accounting experience offers in house assistance each year with any questions regarding the compiling of personal tax documents for RK guests.