



Who We Are

Nourish Food Bank’s mission is to improve access to nutritious food and strengthen community health in Northern BC. Its vision is an inclusive, caring community where everyone has dignified, reliable access to healthy food, supported by volunteers and partnerships.



Project Overview

The Nourish Food Bank, operated by CMHA of Northern BC, was rebuilt after a devastating fire and now provides vital food support to Quesnel families. Serving 700+ households, the project offers monthly hampers, fresh produce, and weekly community lunches, ensuring low-barrier, equitable access to nutritious and culturally relevant food.

Key Highlights

CMHA of Northern BC’s Nourish Food Bank supports 700+ households monthly with nutritious food hampers and community meals. Recent milestones include expanding services at a new site after the fire, strengthening partnerships with local agencies, and advancing a shopping-model approach to increase dignity, choice, and culturally relevant food access.



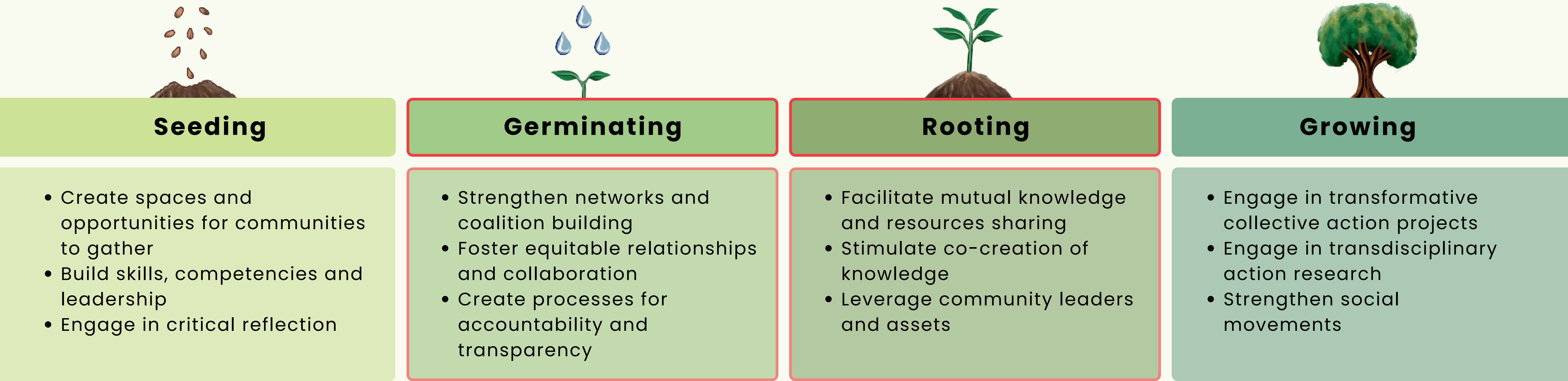
Stories of Impact

“When the fire destroyed the food bank, I didn’t know how I’d feed my kids. Nourish never let us go without—every month there was food and kindness. Now, at the new site, I feel hope again. **It’s more than food; it’s community and dignity.**”
– *Nourish Client*

Next Steps

Immediate plans focus on sustaining monthly hampers and community meals while expanding culturally relevant food options. Long-term, Nourish will transition to a shopping-model food bank, deepen partnerships with local agencies, and secure stable funding to ensure lasting food security, dignity, and choice for Quesnel’s most vulnerable households.

Stages of Food Systems Transformation



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