



NOURISH. CONNECT. THRIVE.

CCSS is a registered charity dedicated to enhancing the quality of life in Cumberland through food security initiatives, inclusive recreation and community development. Operating independently out of the local school since August 2000, CCSS currently provides a Healthy Food Program, After School Activities, Youth Centre, Community Programs and Food Share.



Strengthening Food Security in Cumberland



Healthy Food Program

For 24 years our **Healthy Food Program** has provided breakfast, lunch and snacks to students at Cumberland Community School. Meals are locally sourced and popular with subsidies available. Program participants are exposed to a variety of different foods, including a weekly salad bar, helping them to establish a healthy diet. In addition, youth routinely help with preparing meals and cleaning up, teaching them important life skills.

Over the past year **631 students** participated in this program. We served an astonishing **43,088 meals** and 9,545 of these were provided free of charge to low income families.

Food Share Client Testimonial

"I'm eating better, which is translating into better mental health. I feel cared for. Even though I'm on disability, the care that goes into the food box makes me feel like I still have some worth and am treated the same as others. That matters to me a lot, to feel respected and valued."



Cumberland Food Share

The **Food Share** serves Village residents of all ages who are experiencing financial barriers to purchasing food. Over the past year, CCSS has provided **1,450 Healthy Food Boxes**, serving **231 individuals**, including families, adults and seniors. Boxes are filled with a variety of fresh foods and delivered directly to client's doors every 2nd Friday with the help of volunteers.

In addition, CCSS continues to work in partnership with the **Comox Valley Farmers' Market** to offer a **Coupon Program** from June to September. Food Share participants receive weekly coupons which can be used to purchase food at the Cumberland Farmers' Market. This initiative helps to support the local food industry while simultaneously ensuring dignified and equitable access to local, nutrient dense food options.

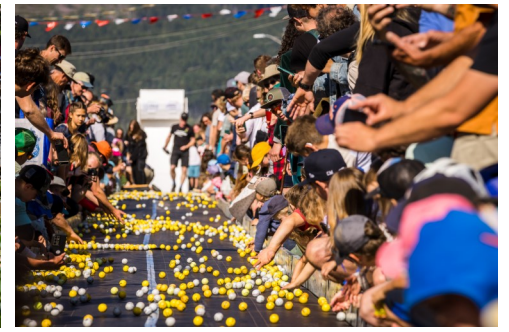


Parent Testimonial

"CCSS does a great job of supporting our youth and community. I'm so thankful my child gets benefit from what CCSS offers. With all my heart, thank you."

GET INVOLVED!

Would you like to volunteer, donate or learn more?
Visit www.ccssociety.org or contact director@ccssociety.org



After-School Programs

Over the last year we offered **49 different after-school programs** with **326 children & youth participating**. Programs included Mountain Bike Club, Trail Building, Art Classes, Baking, Gardening, Lego Club, Sewing, Outdoor Education and more!

We strive to make our programs accessible to all local residents by removing common barriers to recreation. Programs are offered at no cost and include a healthy snack. Sports equipment is made available to children who don't have their own and education assistants are provided to support full participation of students with special needs.

Parents describe our after-school activities as inclusive and a valuable opportunity for children to learn new skills, build confidence and connect with mentors. Many families express their gratitude for the access to programs they wouldn't otherwise be able to afford.

Youth Centre

The **CCSS Youth Centre** provides a safe, inclusive and empowering space for youth to interact and access a variety of activities. Now in its 9th year of operation, the Centre is open three days a week, all year round, to youth aged 11-15. It's a popular spot, with **156 youth** accessing the service over the past year.

When asked why the Centre is important, one youth responded *"acceptance here is fantastic and it's a place we can all be who we are: youth"*.

Life Long Learning

CCSS also provides learning opportunities and support services for adults. This past year, 163 individuals participated in a variety of community programs including a weekly support group for moms and babies, art classes, craft nights and our 2nd annual Repair Café.

CCSS Events

CCSS loves our community and our events! This past year we hosted a **Kids' Disco, Bingo Nights, Cut A Thon** and our popular **Thunderballs** fundraiser! These events brought the community together while raising funds to support our operations.

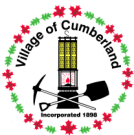
Community Partners & Volunteers

We are grateful to have the ability to collaborate and receive support from numerous community organizations and volunteers.

- **Cumberland Community School**
- **United Riders of Cumberland**
- **Lake Park Society**
- **Cumberland Museum & Archives**
- **Cumberland Forest Society**
- **Comox Valley Farmers' Market**
- **Cumberland Recreation**
- **Elevate the Arts**

Last year, our dedicated team of volunteers **donated over 2,000 hours** of their time! Our programs and events would not be possible without them.

A heartfelt thank you to our supporters!



Funded by the
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Community Services Recovery Fund



Cumberland Culture & Arts Society
Wild Play Nanaimo

The Worthy Group Oakwyn Realty Ltd.

Podmore Family Foundation

Gray Box Solutions Inc.

Hakai Energy Solutions Inc.

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Comox Valley Food Bank

