

JUNE - JULY 2025



NEWSLETTER



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On June 7, 2025, Coquitlam celebrated its Environmental Volunteers at Blue Mountain Park, recognizing their vital role in protecting local nature. Highlights included fiber twining with Still Moon Arts, a guided Tree Walk, and a restorative body oil workshop. Educational booths showcased local stewardship efforts. The event honored community commitment to environmental care and learning.



Introducing Students to Food Link

On June 25, we welcomed students from the joint universities of UBC and Hong Kong University. They gained knowledge on preventing food waste and helped pack hampers for our clients, then enjoyed a Soul Bite lunch with us in the VP garden.



Volunteers appreciation

Gail

After retiring, Gail began helping others by cooking meals and volunteering with Food Link Society for five years. Her kindness, guided by her faith, lifts the community.

Nasrin

Nasrin came to Canada as a newcomer and raised her children alone. She faced many challenges, but now she helps others through Food Link Society with strength and care.



Canada Day



This year, as always, we came together with our neighbours at Lafarge Park in Coquitlam to celebrate this special day. A big thank you to everyone who stopped by, joined in the games, and helped make it a truly memorable event. Across the country, Canadians proudly stood united in saying, "Canada is not for sale."

Open Road team joined us on July 16th

We're excited to share that the Open Road Foundation has awarded us a generous \$25,000 grant as part of their 25 in 25 initiatives.

Thank you to the Open Road team for joining us on July 16th in Coquitlam — your energy, heart, and hard work made a real difference. Together, we're one step closer to a Zero Food Waste community where no one is left behind.



Youth were our volunteers on July 25

The SOYL Youth Program helps teens aged 14–18 in Coquitlam learn farming skills. During their visit to the Coquitlam Legion Food Link Program, they discovered the importance of saving the food they work hard to grow on farms, reducing food waste, and making a meaningful difference in people's lives and their communities.

