



United Way
British Columbia



CENTRAL OKANAGAN
FOOD BANK

MEDIA RELEASE
February 24, 2026

United Way BC and Central Okanagan Food Bank invite seniors to free "Nourish and Thrive" event

55+ West Kelowna residents to gather for a special lunch with local chef and a nutritionist

Regional Office, Kelowna, BC - United Way British Columbia (United Way BC) and Central Okanagan Food Bank (COFB) invite West Kelowna seniors to "Nourish and Thrive," a free event featuring a delicious lunch and tips on living and aging well.

Participants will enjoy a hearty, healthy soup using simple, affordable ingredients prepared by one of the Okanagan's top chefs, Jeremy Luypen, Senior Manager of Social Enterprise at Kelowna's Gospel Mission, and learn how to create their own using food they already have at home. They'll also gain nutrition tips and healthy eating advice from Megan Pope, Community Programs Coordinator at the Central Okanagan Food Bank, and former owner of Mondays Plant Café.

"Nutritious food is essential to healthy aging, yet too many seniors face barriers in accessing it," says Magda Kapp, Emergency Response & Partnerships Specialist, United Way BC. "Through our partnership with the Central Okanagan Food Bank, we're able to support seniors with practical, affordable ways to nourish themselves at home. By bringing people together around the table, we're also tackling social isolation and helping build a stronger, more connected community."

When:

Monday, March 9, 2026, from 10am to 12:30pm.

Where:

Emmanuel Church - 2600 Hebert Rd, West Kelowna.

Who:

Open to 55+ West Kelowna residents.

What:

- Free lunch, prepared in person by Chef Jeremy Luypen, in partnership with the Central Okanagan Food Bank.
- Nutrition tips and healthy eating advice from Megan Pope, Community Programs Coordinator at the Central Okanagan Food Bank, Holistic Nutrition Consultant, and former owner of Mondays Plant Café.
- Registration online at [Nourish and Thrive West Kelowna Lunch - March 9, 2026 - Fill out form](#) or by phone through the Westside Health Network at 250-768-3305.

The event is also supported by the City of West Kelowna and the Westside Health Network Society, which provides services to seniors living on the Westside.

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About United Way British Columbia

United Way BC helps build healthy, caring, and inclusive communities across our province. We strengthen vital connections that support people in need with a focus on emergency response, kids and youth, seniors, mental health, and food security.

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Interviews are available. Please contact:

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