



Newsletter

Holiday Edition 2006



THE
FoodBank
OF WATERLOO REGION

Sharing with my community.
Every day.

Set a Place at Your Table

As you prepare to enjoy the festive season remember those in our community who will need our help. Please "set an extra place at your holiday table" to remember a family or child in need of food assistance. There are many ways to "set an extra place"...



Check Out Hunger! Dec. 4 to Jan. 6



Buy a pre-packaged bag of food items for \$7 at any Zehrs or SuperStore location. Each bag provides The Food Bank with \$5 worth

of food and \$2 to help with its distribution.

Pampered Chef Fund Raiser! Dec. 5

Come join us for an evening of fun, friends, food and shopping while helping The Food Bank. To order online visit

www.pamperedchef.biz/debgagnier

Click on **Order Holiday Gifts. Enter Foodbank as the host/organization.**

Stuff a Bus! Dec. 8 to Dec. 10

105.3 KOOL FM & Oldies 1090, Grand River Transit, CTV and Zehrs invite you to bring your donations of non-perishable food and cash to fill the GRT bus at the Laurentian Power Centre. Join us for the kick-off at noon on the 8th and the wrap-up at 6 p.m. on the 10th.

A Lost & Found Christmas! Dec. 15, 16, 21, 22 at 8 p.m.

Bring a non-perishable food item to Emmanuel United Church when you attend the Lost & Found performance.

CBC – A Christmas Carol! Dec. 18

Hosted by CBC Radio with readings by local celebrities at the Waterloo Entertainment Centre. Net proceeds to The Food Bank.

The Zone Training Food Drive! Dec. 23

Register for a variety of hockey clinics with a donation of \$25 or 5 non-perishable food items.

Vocal students from the K-W Bilingual School will be singing at the Dec. 8 Stuff A Bus kick-off. Copies of their holiday CD will also be sold. Proceeds from the sales will be given to The Food Bank. CD's can be purchased at Long and Macquade (Stratford and Waterloo stores), Elizigoth, Foster's Inn, The Green Room in Stratford and The Food Bank of Waterloo Region!



At this time of year there are some special ways your food donation is used...

Out of The Cold.

The goal of the "Out Of The Cold" program is to provide shelter during the winter months. It enlists the support of a variety of different sites with varied backgrounds to provide temporary shelter on a night to night rotating basis. Each site will take a day of the week to provide a hot meal and overnight shelter for their guests. The program runs from the beginning of November to the end of March. Approximately 25,000 lbs of food such as canned soup, canned vegetables, snacks and frozen meat was used by this program last year.

Christmas Hampers

House of Friendship's annual Christmas Hamper program will run again this year from December 4 - 22, 2006.

Approximately 2900 hampers were packed and delivered by 550 volunteers last year and many other people donated food and cash. It is expected to be similar this year. About 40 percent of the food (32,000 lbs last year) used in this project is provided by The Food Bank of Waterloo Region. Food items such as peanut butter, canned vegetables, macaroni and cheese plus some festive items as available make up the bulk of this food.



Details of these events can be found at www.thefoodbank.ca

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Our Thanksgiving Food Drive

Thanks to the support of our community this awesome food drive exceeded our goal and raised 329,460 lbs of food. There were over 340 registered food drives as well as many other generous donations. Some of the highlights include:

- Kitchener City Council's Grillefest raised over \$4,000 and the City Hall food drive raised over 500 lbs of food.
- PEER Group raised almost 10,000 lbs of food.
- Golden Triangle Sikh Association raised 10,000 lbs of food plus \$1,100.
- 17,780 lbs of food and \$14,500 were collected at the Oktoberfest parade.
- Conestoga Rovers and Associates served meals at St. John's Kitchen, raised over 3,000 lbs of food and \$13,308.96 which will provide over \$106,471 in emergency food.

On November 22, Manulife employees shopped for The Food Bank at Costco. Manulife matched employee donations of food with dollars. As a result, Manulife employees provided 5611 lbs of food and Manulife matched with a donation of \$5,000 plus an additional donation of \$5,000. Pictured are Manulife and Costco employees with Food Bank volunteers.



In Memoriam

Donations to The Food Bank of Waterloo Region have been made in memory of:

Dr. Phillip H. Smith Jr.
Ari dedDuyf
Donald Wilson

Thank you to our FOOD DRIVE SPONSORS:



MEDIA SPONSORS: The Record ♦ Waterloo Chronicle ♦ Cambridge Times ♦ New Hamburg Independent ♦ Elmira Independent ♦ Woolwich Observer

YES! I WISH TO DONATE (Set an extra place at my table!)

Mr. Name: _____
 Mrs. Address: _____
 Miss City: _____ Postal Code: _____
 Ms Telephone: _____ E-Mail: _____

I would like to volunteer – please contact me to discuss opportunities.

I would like to donate:

\$500.00 \$250.00 \$100.00 \$75.00 \$40.00 Other \$ _____

I would prefer my contribution to be used:

- for acquiring and distributing food.
- where it is needed most.

PLEASE CHARGE MY CREDIT CARD

Cheque enclosed Mastercard VISA American Express

Card #: _____ Expiry Date: ____/____

Signature: _____

Please Make Cheque Payable to: **THE FOOD BANK OF WATERLOO REGION**

PRE-AUTHORIZED DONATION (PRAD)

I would like to make a monthly donation of

\$ _____

- I have enclosed a "VOID" Cheque
 - Please debit my credit card
 - Mastercard VISA American Express
- Card #: _____
Expiry Date: ____/____

Signature: _____

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: (____) _____

Tax receipt for PRAD contributions will be issued at the end of the year.
Charitable Registration #: 11923 3310 RR0001

- PLEASE REMOVE MY NAME FROM YOUR MAILING LIST. I WISH TO REMAIN ANONYMOUS.
- PLEASE SEND INFORMATION ON PLANNED GIFTS FOR THE FOOD BANK.

Please visit www.thefoodbank.ca to make donations on-line.