

Newsletter

Winter Edition 2007



Please Set an Extra Place at Your Holiday Table

There are many ways to “set an extra place ” to remember a family or child in need of food assistance...

Check Out Hunger! Nov. 24 to Jan. 4 Buy a pre-packaged bag of food items for \$7 at any Zehrs grocery store. Each bag provides The Food Bank with \$5 worth of food and \$2 to help with food distribution.

Stuff A Bus! Dec. 7 to 9 105.3 KOOL FM & Oldies 1090, Grand River Transit and CTV invite you to bring your donations of non-perishable food and cash to fill the GRT bus at the Laurentian Power Centre. K-W Bilingual School Vocal students will perform at the kick-off, 6:00 p.m., Dec. 7. Their new CD will be available for purchase at this event as well as at the Waterloo Community Art Centre and The Food Bank. Proceeds to The Food Bank.

Empire Theatre Studio 12, 135 Gateway Drive, Kitchener is showing *The Polar Express* and *The Grinch that Stole Christmas* for groups Dec 14 to 20. Admission is a food donation or \$2 for the Food Bank.

Inter City Battery is offering a 15% discount off of the retail price of a battery with any food donation. This 15% plus the food donations will be given to the Food Bank. Contact: Inter City Battery Ltd. 519-616-0098.

Skate to Solve Holiday Hunger, Dec 7, 14 and 21 from 9:30 to 11:30 p.m. at the Sportsworld Crossing Twin Pad. Cost is \$5 or \$3 with a non-perishable food item. A portion of the proceeds will be given to The Food Bank. Contact: 519-653-1793 ext. 3305 ashinniman@sportsworld.on.ca.

Best Buy, 215 Fairway Road South, is collecting non-perishable food donations from Nov. 16 to Dec. 16 and will also be providing a monetary donation to The Food Bank.

Thanksgiving Food Drive Success!

350,000 lbs of food was raised by over 260 food drives including:

Conestoga-Rovers & Associates raised 8,929 lbs and \$10,696.

University of Waterloo Trick or Eat raised 4,736 lbs.

Resurrection Catholic Secondary School raised 4,642 lbs.

The Golden Triangle Sikh Association raised 10,509 lbs of food and \$1,100 in celebration of Guru Nanek's birthday.



A Day in the Life of the Perishable Food Program

6:30am: James Danyluk and Pierre Auger, drivers for The Food Bank, start work. After doing a safety inspection and allowing the trucks to warm up, they get on the road, each accompanied by a volunteer driver's assistant.

7:30am-10:30am: Each weekday, James and Pierre visit local grocery stores. They are greeted by managers and staff who are glad to contribute food which otherwise may have been wasted. At each store, a cart or two is waiting for pickup for our Second Helping Perishable Food Program. Each cart is filled with day old breads, buns, prepackaged fruit and salad, and the occasional item from the meat or deli department. **Each day, our two refrigerated trucks pick up about 2000 lbs of perishable donations.**

10:30am-1:00pm: After picking up the food, it is immediately shared with agencies. Agencies like the House of Friendship receive food daily for use in food hampers. Other agencies such as Mary's Place use the food in meals for residents. St. John's Kitchen uses this fresh food for their hot meals. Staff and volunteers from each agency are grateful to accept the variety of fresh goods, which help to ensure that children and adults in need have a balanced diet.

The Second Helping Program provides over 643,000 lbs of perishable food each year.

Grade 8 students at Courtland Avenue Public School and Northlake Woods Public School held successful food drives and won the chance to visit The Food Bank and sort food with three of the Kitchener Rangers: Steve Jensen, Doug Clarkson, and Spencer Anderson (pictured below L-R).



TO CONTACT US:

50 Alpine Court, Kitchener, ON N2M 2M7

Phone: 519.743.5576

Fax: 519.743.8965

Web: www.thefoodbank.ca

Email: info@thefoodbank.ca

It Starts With One Can!

March 29—April 4, 2008 The Food Bank of Waterloo Region will launch a new community event, Canstruction®.

Canstruction® is the most unique artistic food raising event, in North America, inviting architects and engineers to strut their design and construction genius to build spectacular structure from thousands of cans of food. Following the event the food will be donated to The Food Bank.

Seeming to defy gravity, structures, like these chess pieces, will be built completely self supporting, with no framework or other structural supports.

Structures will be on display at Conestoga Mall where the public will have the opportunity to include their votes in the juried awards.

How can you be involved?

- Consider becoming a Canstruction® sponsor
- Encourage architectural and engineering firms to participate by creating structures
- Offer your talents, lend a hand in coordinating this amazing event.



Did You Know?

Between 1989 and 2007, the number of people using food banks in Canada increased 91%.

In March 2007, 720,231 hungry Canadians (318,540 in Ontario) received food from a food bank.

51% of assisted households contain at least one child.

Approximately 25,000 people access emergency food each year in Waterloo Region.

CHYM Cares

CHYM FM dedicated their November campaign to The Food Bank. During the campaign Home Hardware, Home Hardware Building Centre, Home Building Centre and Home Furniture for collected food and cash donations. Thanks to Sun Life Financial for raising 6,779 lbs of food and \$910 this fall and hosting George & Tara's live CHYM Cares broadcast on Nov. 21.

Thank you to our **FOOD DRIVE SPONSORS:**



MEDIA SPONSORS: The Record • Waterloo Chronicle • Cambridge Times • New Hamburg Independent Elmira Independent • Woolwich Observer • 91.5 The Beat • 96.7 CHYM FM/570 News • 107.5 DAVE FM • 94.3 Faith FM • FM 98.5 CKWR • KICX 106 • 105.3 Kool FM/Oldies 1090 • Rogers Television

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.

Method of payment:

- Cheque enclosed Please charge my credit card:
- Mastercard VISA American Express

Card #: _____ Expiry Date: ____/____

Signature: _____

PRE-AUTHORIZED DONATION (PRAD)

I would like to make a monthly donation of

\$ _____

Method of payment:

- I have enclosed a "VOID" cheque enclosed
- Please charge my credit card:
- Mastercard VISA American Express

Card #: _____

Expiry Date: ____/____

Signature: _____

Name: _____

Address: _____

City: _____

Postal Code: _____

Telephone: _____

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

