

*foodnote

Spring/Summer Edition

Goodness Grows

in Waterloo Region



THE FoodBank
OF WATERLOO REGION
Sharing with my community.
Every day.



Goodness is giving a donation of food or cash.



Goodness is food.



Goodness is volunteering.

WHEN THE PAYCHEQUES STOP

Janis Mast loves to cook, for her two teenaged children and occasionally, her neighbours. At special times of the year such as Thanksgiving and Christmas, Janis often invites friends and families living in her Kitchener neighbourhood to enjoy a festive meal she has prepared.

"I like to share. If I'm blessed, then I like to bless others around me".

Her goodwill was tempered in February this year when her job was terminated while she was on sick leave. Ill and unemployed, Janis was forced to access emergency funds that included her children's bank accounts. Ultimately, she sought emergency food through her church, the International Gospel Temple – one of The Food Bank of Waterloo Region's 65 member agencies and community food programs.

Janis and her family were extremely grateful for the support. In addition to the food, Janis was introduced to a variety of services through the Gospel Temple that she didn't even know existed.

Janis is now back at work. She's now able to cook for family and friends and she also donates regularly to the food drives conducted by the International Gospel Temple. – proof that Goodness Grows in Waterloo Region.

FOR EACH DOLLAR YOU DONATE, THE FOOD BANK IS ABLE TO COLLECT AND DISTRIBUTE \$8 WORTH OF FOOD

Plant the seeds of hope by making a financial donation at www.thefoodbank.ca, or by visiting the **The Food Bank of Waterloo Region** at 50 Alpine Court, Kitchener, or by calling [519] 743-5576.

FOOD BANK INTRODUCES VOLUNTEER YOUTH AWARD!

A 16-year-old St. Mary's High School student is the inaugural recipient of The Food Bank of Waterloo Region's Outstanding Youth Volunteer of the Year Award. Ryan St. John was presented with the honour at the Food Bank's 4th Annual Volunteer Recognition Breakfast held April 18th at Golf's Steak House and Seafood in Kitchener. Ryan is a Volunteer Team Leader who has done all that has been asked of him including helping out with special events such as Symphony Day, Check Out Hunger and the Region of Waterloo's Compost Giveaway. He's been a Food Bank volunteer since January 2002.



"I am really proud to receive this award", says Ryan, "because it represents all of the work I have done at the Food Bank. I also hope it inspires other youth to help their community and themselves. The Food Bank gave me a chance for personal growth and helped develop life skills such as leadership and responsibility. Volunteering allowed me to meet and interact with many different people and to make a lot of new friends".

More than 1,400 volunteers gave of their time and energy in 2004 to support the efforts of the Food Bank. Their contributions ranged from helping with special events, coordinating food drives, sorting food and helping collect and distribute food. Approximately 25% of the volunteer team are students or youth volunteers.

HUNGER COUNT 2004

Annual Statistics Reflect Changing Face of Hunger

In 2004, The Food Bank of Waterloo Region shared more than 3.1 million pounds of food with 65 member agencies and food programs, who in turn distributed 5% more emergency food hampers and 6% more emergency meals in 2004 compared with the year previous.

The statistics are included in the Food Bank's annual Hunger Count – a community snapshot of recipients of emergency food. Other important trends identified by the Food Bank in the Hunger Count were:

- ☉ Individuals earning income (part-time jobs, full-time jobs, employment insurance) represent 29% of emergency food hamper usage which represents a 3% increase over 2003 and a 6% increase from 2002
- ☉ Almost twice the number of food hampers were provided to individuals receiving Old Age Pensions compared to 2002. The number of food hampers provided to people on Disability Pensions virtually tripled in the past 24 months
- ☉ Individuals on Ontario Works represent 32% of food hamper usage which is a 3% decline from 2003 and a 5% reduction from 2002.

TO CONTACT US:

50 Alpine Court, Kitchener N2E 2M7

Phone: [519] 743-5576 ✧ Fax: [519] 743-8965 ✧ Web: www.thefoodbank.ca ✧ E-Mail: info@thefoodbank.ca

Food Drive Success!

The 2005 Spring Food Drive enjoyed the support of 240 community food drives (which met the goal!) and helped to raise a total of 159,229 lbs. of food. The Food Bank of Waterloo Region would like to thank the community for its tremendous support!



is proud to sponsor the Food Bank's 9th Annual Golf Tournament to be held Tuesday May 31st at Rebel Creek Golf Club, Petersburg.

To register your foursome, visit

www.thefoodbank.ca



THANK YOU ZEHRS



(pictured at left [l-r] are **Phil Blake**, Manager, Zehrs Conestoga Mall, **Dave Schultz**, Manager, Zehrs Beechwood Plaza, **Katharine Schmidt**, Executive Director of The Food Bank of Waterloo Region, **Bruce Wood**, General manager, Zehrs and **Dwight Schwartz, entruuber**, Manager, Zehrs Glenridge Plaza)

IN MEMORIAM

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

Robert Forwell
Vincent Shea
Raymond Popplewell
Martin Feeny
Olga Semoniuk
Mavis Kieran
Douglas Jesso
Jesse Ingleton

LEADERSHIP SPONSORS:



PARTNERSHIP SPONSORS:



In honour of the 537th birthday of Guru Nanak, the first Sikh Guru who started the first Food Bank in India in 1489

MEDIA SPONSORS:

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

DONOR INFORMATION (simply clip and mail)

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

I would like to donate:

\$250.00 \$100.00 \$70.00 \$35.00 Other \$ _____

For each \$1 donated The Food Bank of Waterloo Region is able to provide \$8 worth of food.

PLEASE CHARGE MY CREDIT CARD

Cheque 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