



THE
FoodBank
OF WATERLOO REGION

FRESH APPROACHES

SPRING 2017

SHARING WITH
MY COMMUNITY.
EVERY DAY.

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ALWAYS LOOKING FORWARD TOWARDS THE FUTURE

Following a workplace injury, Mike Day found that he needed a helping hand to make ends meet. "I had nothing, probably just a small bag of potatoes and that was it," Mike said.

Mike was able to travel on crutches to Ray of Hope in downtown Kitchener where he was a guest for the community meals and received food hampers. It was a really hard time in Mike's life.

Your support means that individuals like Mike will not go hungry. It was food that brought Mike to Ray of Hope but what he found was so much more.

Once Mike's foot had healed, he asked if he could volunteer as part of the team preparing and serving meals to his peers, feeding 220 people each night. He particularly enjoys the opportunity to work with Chef D's Wise Guys team of fellow guests once a month, learning and practicing new skills.

Mike enjoys being able to help others who are in similar situations to where he found himself six years earlier. "I enjoy the people, the atmosphere, everyone gets along great. At times, there's some misfits, you've got to help them break it up, and then they're good as gold again. I enjoy the atmosphere around here."

"I had nothing, probably just a small bag of potatoes and that was it"

Jon Hill, Program Director at Ray of Hope said that while the Wise Guys program teaches the guests how to work in a professional kitchen, it also gives them a space where they belong. The Program teaches guests how to work in a team and build positive relationships which is all possible because of you, because of food.

Mike admits he has had a tough life. But in spite of everything he is a very positive influence in the kitchen, perhaps it is because of his philosophy, "Always look forward towards the future."

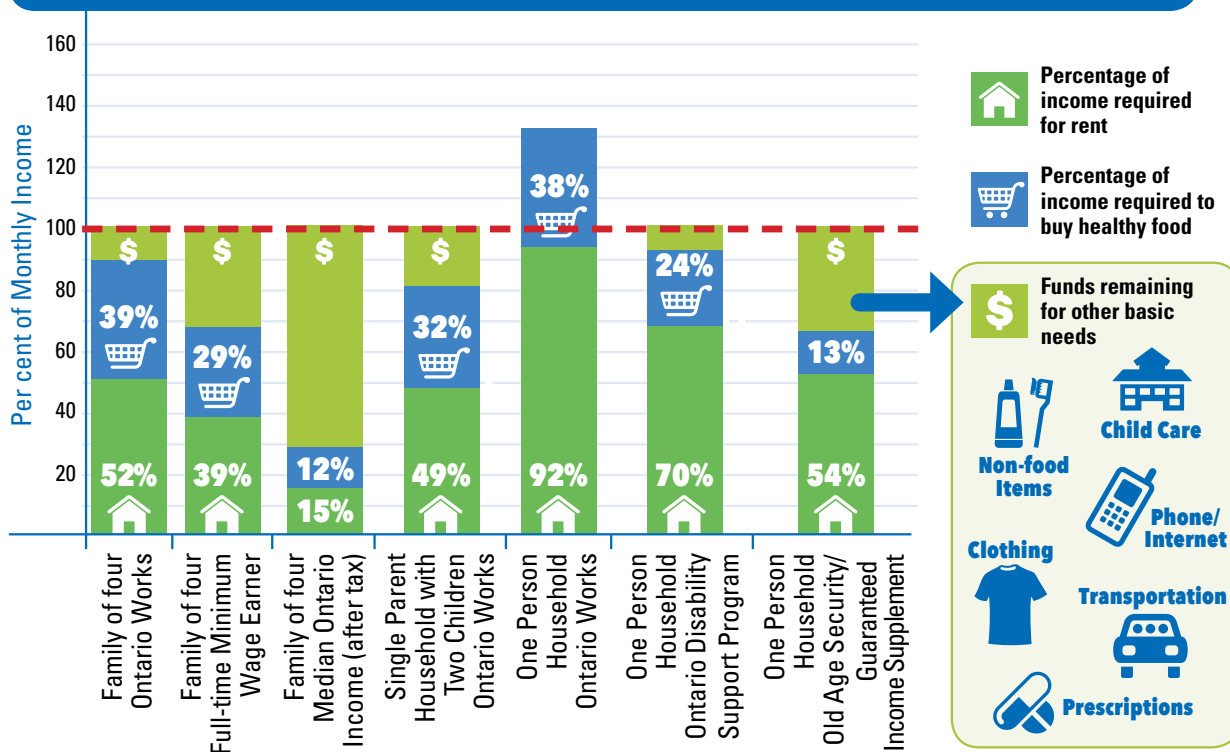
Above Image: Mike Day preparing dinner for Ray of Hope guests as part of Chef D's Wise Guys program

The Cost of the Nutritious Food Basket Waterloo Region, 2016

The cost of eating healthy for a family of four in 2016 was:



The Cost of the Nutritious Food Basket and Rent Per cent of Monthly Income, Waterloo Region, 2016



WHAT IS THE NUTRITIOUS FOOD BASKET?

The Nutritious Food Basket is a tool used to estimate the cost of basic healthy eating for individuals and households in Waterloo Region. It is based on the National Nutritious Food Basket, which includes 67 food items, representing the four food groups in Canada's Food Guide, excluding foods that contain higher amounts of fat and sugar.

As the infographic shows, the cost of eating healthy for a family of four in 2016 was \$199/week, which represents a 15.1% increase over the past five years. With the ever rising cost of healthy foods, it is becoming more and more difficult for members of our community to cover all their expenses.

The 2016 Nutritious Food Basket Report shows similar findings to our HungerCount data. HungerCount shows that single people who live alone continue to increase as a percentage of those accessing food programs. Single person households rose from 27% of those needing food support in 2013 to 50% in 2016. As we look at the Nutritious Food Basket graph, one person households with Ontario Works as the main source of income are unable to pay for both rent and food.

The Nutritious Food Basket information reveals that the price of food is not the main driver of food insecurity. People living on low incomes cannot afford to make healthy food choices after paying for rent and factoring in other costs of living. A family of four living on Ontario Works would have to spend 39 per cent of their income on healthy food.

Your support of The Food Bank ensures that no one goes hungry in Waterloo Region. Because of you, we are able to support over 80 programs and agencies that are providing food for the 1 in 20 households that require assistance.

Learn more about HungerCount at bit.ly/HungerCount
Learn more about the Nutritious Food Basket at bit.ly/FoodBasket



CANSTRUCTION WATERLOO REGION 10 YEARS OF BUILDING COMMUNITY

Local companies, schools and organizations have been participating in Canstruction® Waterloo Region for almost 10 years. Why?

Our community has a lot of talent to showcase. **Our community** continues to experience food insecurity. **Our community** cares about its fellow residents and wants creative ways to help.

Canstruction provides a highly visible, thought-provoking and effective way to raise essential funds and food. The efforts of each team help tell the story of food assistance in Waterloo Region, who needs it and how the food makes our community stronger.

At the time of the first Canstruction event we saw the economic downturn affect our community. In the Fall of 2009, it was

reported that Ontario had lost 227,700 full time jobs since the previous year. One in three food banks in Ontario reported decreased ability to meet the needs of their community. Locally, plant closures and layoffs meant greater numbers of working poor and unemployed individuals were seeking food assistance. The Food Bank was able to raise the food and funds needed to serve the growing number of agencies and programs thanks to you.

Your support of Canstruction Waterloo Region over the past 10 years has helped:

- To strengthen our network of over 80 agencies and programs providing food support and connection to job search skills, ESL training, affordable housing programs and other necessary supports

- Acquire more essential food, growing from 3 million lbs in 2008 to 5.6 million lbs in 2016
- To improve the nutrition level of the food provided by increasing capacity to source, transport and store more fresh and frozen food, growing from 1.4 million lbs in 2008 to 3.7 million lbs in 2016

This year's Canstruction promises to be even more fun! Visit Conestoga Mall March 10-19 to see for yourself.



UPCOMING EVENTS

MARCH 10-19, 2017

This is the **10th anniversary of Construction** with local companies, organizations and schools building community by building with food. Visit Conestoga Mall to see for yourself!

MAY 5, 2017

7 pm to 10 pm | Filling the Palette

will bring the colours and images of local artists' palettes into the warehouse to fill our pallets with food. All are welcome for this art show and sale. A portion of all art sales will be donated to The Food Bank.

MAY 18, 2017

Every year, the **Waterloo Potters' Workshop** organizes Empty Bowls, a fundraiser for The Food Bank. This community favourite includes a handmade pottery bowl to keep, plus a delicious meal of gourmet soups and breads donated by local businesses and organizations. Tickets go on sale April 1st and sell out fast!

MAY 5 - JUNE 9, 2017

Every Plate Full is Canada's Largest Food Drive! The Food Bank of Waterloo Region is encouraging our supporters to plan a food and fund drive, host a dinner, or challenge a friend or co-worker so that we can fill every plate through the summer months.

JUNE 2, 2017

Extinguish Hunger will be a day full of fun family activities with our local fire fighters. Watch for details on thefoodbank.ca and plan to attend.

Please check our website thefoodbank.ca for updates on these events and more



THANK YOU for all that you do! Together, we feed neighbours.

MOST NEEDED ITEMS

- ✓ CANNED MEAT & FISH
- ✓ CANNED FRUIT
- ✓ DRY BEANS
- ✓ STEWS & CHILI
- ✓ BEANS & SAUCE
- ✓ RICE
- ✓ CANNED PASTA
- ✓ TOMATO SAUCE
- ✓ PEANUT BUTTER
- ✓ CANNED BEANS



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