



FRESH APPROACHES

SUMMER 2017

SHARING WITH
MY COMMUNITY.
EVERY DAY.

WHAT'S INSIDE:

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♪ SUMMERTIME, AND THE LIVING IS ... EASY? ♪

Picture tables outside on a sunny day, in the shade of a large maple, laden with fresh produce, bread and other items. Smiling men, women and children have gathered. Some neighbours bring lawn chairs, as this is a great time for a visit. Happy chatter can be overheard — how big the children have gotten, questions about the food, sharing of recipes.

Within the Food Assistance Network there are wonderful community centres that bring people together. Each centre provides vital services and programs that build a feeling of connection. A strong premise of the community centres is that “no child, no family should ever go without healthy food.” Centres offer food cupboards where the community can access a variety of non-perishable food when they need it and they hold regular ‘food distribution days’ featuring fresh and frozen food that neighbours can take home. This food support is available year-round thanks to your support of The Food Bank. In the summer, the experience changes a bit.

Nice weather means it's easy to walk and carry food home. Nearby farmers' markets have produce available at a lower cost. Regardless of their reason for being there, families are happy

to help and enjoy the chance to visit. Children are out of school so they can come and help, either by carrying the food home or helping to distribute the food. For the House of Friendship's Family Outreach Workers at the community centres this provides an opportunity to connect with the children and opens up opportunities for conversations.

It can be very difficult to ask for help, especially if you don't know where to ask or even if such help is available. A friendly event such as a food distribution day can result in a family learning about counselling opportunities, educational programs, subsidies or bursaries for summer camp and where they can get the items their children will need in order to attend summer camp. This makes a world of difference to the lives of hundreds of children in Waterloo Region. Food distribution days are possible because of your support. It ensures we have refrigerated trucks, a giant cooler and freezer and the resources needed to source perishable food from food industry partners. This increases the amount of fresh food we can distribute to programs throughout the Region.

Thank you for helping to make summertime living easier.



Judges Favourite

We Stand United
Muslim Association of Canada

Best Use of Labels

CANada 150, Dillon Consulting Inc

Structural Ingenuity Award

Fortifying Against Hunger by NCR

Best Meal

CANadian Falls, Stubbe's Precast

Honourable Mention

Celebrating CANada 150
Stantec Consulting Ltd.

WE'VE PUT THE LID ON THE 10TH CANSTRUCTION WATERLOO REGION

This past March we took over Conestoga Mall for our annual Canstruction event. Fifteen teams from companies, organizations & post-secondary programs in the fields of engineering, architecture & construction designed, fund-raised and built awareness-raising structures from much needed non-perishable food destined to help those struggling with food insecurity in our community. 100,000+ visitors to Conestoga Mall viewed the structures and learned more about local hunger.

The public donated to vote for their favourite(s) and determined the winner of The People's Choice Award: Fortifying Against Hunger built by the team from NCR. The award for most meals raised was presented to Quadro who raised 9,900 meals from the food

and funds raised for their build titled Feed A Region, Grow A Nation.

Altogether the 10th Canstruction Waterloo Region raised enough food and funds to provide 93,000 meals in Waterloo Region. In total, during the 10 years of the event, Canstruction Waterloo Region has involved 38 companies/organizations, hundreds of volunteers & thousands of donors working together to provide 700,000 essential meals in our community.

Anyone interested in entering a team in Canstruction 2018 is encouraged to contact The Food Bank now — space is limited.

Thank you for your support of Canstruction and The Food Bank of Waterloo Region!



TOGETHER, WE FEED NEIGHBOURS

We must share credit with you for the positive impact expressed by the agencies we serve! Here's a sample from a recent survey:

- Keep doing what you are doing to help us help some of those with the greatest need in the downtown!
— St. Matthew's Out of the Cold
- The Food Bank provides us with nutritious food options. I am able to provide residents at the Anselma house with a variety of fruits and vegetables, and delicious meals because of The Food Bank's services.
- Food Distribution is a weekly, community event. As one resident said, "It's not just about the food, it's about meeting and connecting with your neighbours". However, being able to consistently provide quality and healthy food helps to

make this experience very positive.
— Sunnydale Community Centre

Your support, paired with food industry partners, is key to sourcing, transporting, storing and distributing the millions of pounds of fresh, frozen and non-perishable food needed. For example, DC Foods makes battered and breaded products such as chicken fingers and nuggets, breaded fish, veal and cheese products that are made for private labels and big retailers. They have provided nearly 9,000 meals so far this year.

"We like to give back to the community when we can," says Don Weimer, Operations Manager of DC Foods.

Thank you DC Foods! And thank you to all of our supporters!

DC FOODS

VOLUNTEERS ARE VITAL SO NO ONE GOES HUNGRY!

National Volunteer Week in April provides an opportunity to reflect on the amazing contributions of time and service that are made by volunteers each year.

Our volunteers are essential to everything we do. In 2016 they provided hours in a variety of roles that met both the needs of The Food Bank and the individual interests of the volunteers:

- Warehouse volunteers gave 6,201 hours preparing fresh, frozen and non-perishable food for distribution to our agencies and keeping our warehouse spotless.
- Our engagement team donated 5,197 hours in 2016 to raise awareness of local hunger and

ways to help through activities in the community.

- Customer service volunteers guide neighbours to food assistance programs, accept donations and encourage the public to run food drives. In 2016 these volunteers donated 6,370 hours.
- Our volunteers are also busy representing The Food Bank in the community and ensuring events run smoothly. Last year our special events team donated 2,430 hours. Transportation team volunteers provided 2,786 hours driving our trucks to pick-up large food drives, special events as well as non-perishable donations from grocery store donation bins.



*The Food Bank Staff
Love Volunteers*

- Leadership volunteers donated 448 hours providing direction to the organization through their roles on our board of directors and on various committees.

In total, The Food Bank volunteers' contribution was equivalent to 12 full-time staff! If you are interested in volunteering visit **thefoodbank.ca**.

OUR VOLUNTEERS ARE ESSENTIAL TO EVERYTHING WE DO



THANK YOU FOR ALL THAT YOU DO! TOGETHER, WE FEED NEIGHBOURS.



Partnerships between food banks and community emergency services reinforce the concept that anyone might need help any time.



– Waterloo Fire Rescue Chief, Richard Hepditch, founder of the Fire to Food Bank 365 program

UPCOMING EVENTS

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 get creative to help fill every plate this summer. Host a dinner or neighbourhood bbq and encourage your friends to donate. Challenge a friend or co-worker to see who can raise the most, hold a food drive. Visit everyplatefull.ca to sign up.

Check out which local businesses are participating bit.ly/epfWR!

Check out our website for more details on these and other upcoming events
thefoodbank.ca





**\$1 PROVIDES
3 MEALS** 



THE
FoodBank
OF WATERLOO REGION

THE FOOD BANK OF
WATERLOO REGION
50 Alpine Court
Kitchener, ON N2E 2M7

Tel: 519.743.5576 | Fax: 519.743.8965
Email: info@thefoodbank.ca

   FoodBankWatReg
 FoodBankWaterlooReg

thefoodbank.ca

Charitable Registration No. 11923 3310 RRO001

JUNE 2, 2017

11 AM – 4 PM RAIN OR SHINE!

Extinguish Hunger bit.ly/ExtinguishHunger
In partnership with Waterloo Fire Rescue, Melloul-Blamey and the Fire to Food Bank 365 program, The Food Bank of Waterloo Region is inviting the public to 'Extinguish Hunger' through a day of fun, family activities including inflatables, music, the Mobile Fire Safety House, Game Asylum, carnival activities & prizes. Thanks to Pillar's Fine Foods for barbecuing and serving hot dogs and sausages.

Please consider bringing a donation of \$20 for a family or the following donation of food items is encouraged:

- 1 can of tuna
- 2 cans of canned fruit
- 1 can of canned chili
- 1 can of tomato sauce
- 1 box of rice
- 1 can of canned pasta
- 1 large jar of peanut butter



Tax receipts available for monetary donations and food donations with accompanying grocery store receipt.

CANADA		POSTES
POST		CANADA
Postage paid		Port payé