

SPRING 2023

FRESH APPROACHES

SHARING WITH OUR COMMUNITY, THROUGH THICK AND THIN



INSIDE: You helped Richard through the rough patches

- Giving kids access to food in the summer months
- A recipe for you!

Executive Message

Letter from Kim

To you, our loyal supporters,

I truly consider you
a **valued partner**
in the work we do
each day.



Your generous gifts
help us buy food
that we can then
distribute to hungry people living in
communities across Waterloo region.

You are a valued partner, along with
**more than 120 community programs
and agency partners** we work with
through the Community Assistance
Network. Without you, without these
partners, none of the food we collect
and buy could get to the people who
need it!

This newsletter features stories about
your incredible generosity in action.

**I want to extend a big, huge,
gigantic THANK YOU** on behalf of
each of our partner agencies... along
with the many thousands of people
they serve each week. They see first
hand the impact that a simple food
hamper can have on the health and
well-being of people struggling through
rough times. They see the smiles and
the relief and the hope on people's
faces, knowing they have support,
knowing they have somewhere to
go for help.

Thank you for giving people hope.
Thank you for giving people a place
to go when life is rough, and times are
tough. I am truly grateful.

Yours very truly,

A handwritten signature in blue ink that reads "Kim".

Kim Wilhelm
Interim CEO
The Food Bank of Waterloo Region





EAT 365

Want to help relieve hunger **every day of the year?**

To join **EAT 365**, our **Monthly Donor Community** and help feed neighbours year-round, call The Food Bank of Waterloo Region office at: **519.743.5576 extension 227** or visit: **thefoodbank.ca/eat365**



Or Simply
**scan this
QR code**

Our **2023** Monthly Donor Challenge:

More Than Meals

Last year, our monthly donor community provided over 1 million meals. **By joining us in 2023, you can help reach our amazing goal of providing 2 million meals!**



You're helping people through the rough patches.

Through his former work as a youth social worker, Richard was well aware of the many resources available in our community. **Or at least, he thought he was.**

But, it wasn't until Richard found himself in need of emergency food assistance that he realized just how much help the Community Food Assistance Network really offers.

He says, "It started with an unpleasant separation. I was diagnosed with PTSD and severe anxiety, along with crippling depression. I was denied long-term disability through my employer at the time, and thrown into the social services arena. I applied for



Ontario Works and was immediately introduced to the emergency food assistance program."

Richard accessed the Community Food Assistance Network until he was approved for disability support. With support, he began to heal and feel better, and chose to take a Public Relations diploma program at Conestoga College. While attending school, he was relieved that he would once again have access to food assistance through the Student Nutritional Access Program (SNAP) at Conestoga College. With your generosity, The Food Bank of Waterloo Region provides support to SNAP and more than 120 other programs across our region.

Richard graduated with honours and is now the owner and operator of a small public relations business!

As a father of two children full-time and three children part-time, Richard can't express enough just how grateful he was to access fresh, nutritious food, while going through a rough patch in his life.

"Quite simply, as an adult student and father... without your services, I don't know where I or my children would be." — Richard



Most needed food items this Spring are:

- ✓ Canned fruits and vegetables
- ✓ Canned meats and fish
- ✓ Dry beans and pasta
- ✓ Hot and cold cereal
- ✓ Individually packed snacks
- ✓ Jam/fruit spread
- ✓ Pasta sauce
- ✓ Peanut butter
- ✓ Rice

Feeding our Community. No matter what.

Full Bellies. Happy Hearts.

How you're giving children access to nutritious food — all year round.



35% of the clients we serve **are children.**

That's more than 14,000 kids!

Many children look forward to a break from school during the summer months. Sadly, some kids in our community view summer as a time of uncertainty and worry.

School offers a safety net for these kids—a place where they can depend on routines and get consistent breakfasts, lunches, and snacks. Summer vacation means even more kids break from the familiar routines of school.

We now see 1 in 14 households accessing emergency food assistance while it was just 1 in 20 households

1 in 14 households are accessing **food assistance**



last year. That means **even more kids** need fresh, nutritious food.

Your incredible support of The Food Bank of Waterloo Region provides food and snacks over the summer to children and families who depend on school food programs throughout the year.

Every summer, we run the Full Bellies. Happy Hearts. campaign to help hungry kids in our community. This year you can help us raise one and a half million meals for kids in need. You'll help ensure hungry children have enough food to eat this summer. Hunger doesn't take a holiday.

A Recipe for YOU!

Yield: 1/3 cup | Prep: 5 mins | Total: 5 mins

Difficulty level: Easy

INGREDIENTS:



Oil



Lemon juice



Seasoning



Salt and pepper



Garlic

Celebrate the warmer weather with a refreshing salad! This salad dressing is healthy, quick, and easy to make. Simply drizzle it over lettuce and your favourite vegetables. This recipe is budget-friendly and uses some of the ingredients packed in the emergency food hampers distributed weekly by the Community Food Assistance Network.

Mix and Match Salad Dressing



INGREDIENTS:

- 1/4 cup oil (vegetable, olive, etc.)
- 2 tablespoons lemon juice or vinegar (balsamic, apple cider, etc.)
- 1 teaspoon seasoning (oregano, parsley, mustard, basil, etc.)
- Salt and pepper, to taste
- 1 clove garlic, minced or 1/8 teaspoon garlic powder

INSTRUCTIONS:

1. Shake or stir all ingredients together in a dish or jar.
2. Pour over salad.
3. Enjoy!

* Adapted from Region of Waterloo Public Health and Emergency Services

For a printable recipe card, visit: www.thefoodbank.ca/2023/01/mix-and-match-salad-dressing/

The need is greater than ever!



You may have read Richard's story already, and how your generosity helped him get back on his feet during a rough patch in his life. If not, check out the story inside this newsletter!

Richard accessed food support through the Wilmot Family Resource Centre and the Student Nutritional Access Program (SNAP) – two of our partners in the Community Assistance Network. Your amazing support ensures we can provide regular deliveries of fresh, nutritious food to all our partners.

The amazing staff and volunteers throughout the Community Food Assistance Network ensure food is distributed to people living in Waterloo region, in need of assistance. People just like Richard, and his children.

The need truly is greater than ever! We now see 1 in 14 households accessing emergency food assistance while it was just 1 in 20 households last year.

The good news is this: Food assistance is often the first point of contact for individuals and families in need. Once in touch, people can be directed to other

In February 2023 we saw **36,077 visits**, an **increase of 56%** from the previous year



services, such as employment and resume assistance, violence prevention, parenting and family support, and more. Access to these and other supports can help lift a person out of poverty and into a better life.

Thank you for giving so generously from your heart to support the more than 100 partners currently active in the Community Assistance Network.

We could not provide food to more than 40,000 people in our region without you!

Did you know?

Canada's Food Guide recommends **5 servings per day of vegetables and fruit** for children aged 4 to 8 years and **7 to 10 servings per day** for adults.



E-receipting:

Our mission is to provide as much support as possible to vulnerable people in the Waterloo Region and it's critical to our mission that we pass along as much as possible out of every dollar we raise. One way of achieving this goal is to issue tax receipts via email only. It also allows you, our generous donor, to receive your tax receipt quickly.

For this reason, we ask you to please provide your updated email address on the reply coupon when you send in your donation or email us at donor@thefoodbank.ca and we'll update our files.



Cost savings



Environmentally friendly



More efficient



50 Alpine Court
Kitchener, ON N2E 2M7

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

[Facebook](#) FoodBankWatReg
[Instagram](#) FoodBankWaterlooRegion
[Twitter](#) FoodBankWaterlooReg

thefoodbank.ca

Charitable Registration No. 11923 3310 RR0001

Please consider **the environment** and recycle this newsletter or pass it to a friend! Thank you.