

FALL 2025

FRESH APPROACHES

HOW YOU IMPACT OUR COMMUNITY

Executive message



Dear Neighbour,

You may not see your name in this newsletter, but your impact is woven into every single story.

You make it possible for us to partner with vital agencies like oneROOF Youth Services. Your donations help to fill our warehouse with food that people like Thien and David—and thousands of other volunteers—help us sort for distribution. And you're the reason that hungry neighbours in Waterloo region can get the nourishment they need and deserve.

A staggering 1 in 8 households in our community now rely on our help. We can provide the support they need, *because of you*. Your kindness and generosity are making a critical difference during these challenging times when more people are struggling to put food on the table than ever before.

The impact of your support is felt throughout our community, and each donation and every action in support of those facing food insecurity in Waterloo region creates positive change that touches so many lives.

As we head into the season of cozy holiday meals, please know how thankful I am that you are committed to helping us fill plates—and hearts.

Warmly,

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

Kim Wilhelm
CEO

INSIDE: Thien's journey from gratitude to giving back

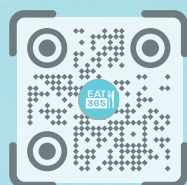
- | How your support helps feed hungry youth
- | David's determination to do more





You can **relieve hunger every day** of the year.

Join EAT 365 and help feed your neighbours all year long by becoming a monthly donor. Visit thefoodbank.ca/eat365 or call The Food Bank of Waterloo Region at **519.743.5576 extension 224** to sign up today. **OR:**



Simply **scan** this **QR code!**

Your **2025** monthly donor challenge:

3 million meals!

Last year, our monthly donor community provided over 2 million meals. By joining EAT 365 today, you can help reach our goal of providing **3 million** meals to hungry people in our region.



Feeding our community. No matter what.

From gratitude to giving back Thien's journey



When Thien was just a teenager, both his parents fell seriously ill and could no longer work. Within a year, their savings were gone and there simply wasn't enough money to feed the family.

Fortunately, they were introduced to the Community Food Assistance Network, supported by The Food Bank of Waterloo Region. For six months, food assistance provided critical support to Thien and his family, helping them put meals on the table.

"We didn't know these programs existed," explains Thien. "Thankfully someone told us about them, because they helped our family tremendously during some dire times."

Thien never forgot the support his family received—or what it meant to them. Now, 30 years later, he has chosen to give back to the organization that helped his family all those years ago.

A successful real estate broker, Thien rallied his colleagues to take part in this year's Great Food Sort Challenge, our annual event to help fight hunger and sort non-perishable food for those in need.

Thien's team sorted an astounding 2,163 pounds of food and raised more than \$6,100—the highest of any team. Between the food they sorted and the money they raised, Thien and his team provided 14,164 meals for members of our community who are struggling with food insecurity.

"We loved participating and supporting the community. This is near and dear to my heart because we've used the services." — *Thien, Food Bank Waterloo, volunteer*



4,491
individual volunteers



32,772
volunteer hours donated



17,459
meals sorted



5.7M
pounds of fresh, frozen, and non-perishable food sorted

"I'm glad that The Food Bank has these events," Thien says. "It was a great team-building event and a great way to start off the new year."

Thien is already looking forward to next year's Great Food Sort Challenge, and hopes he and his team will be able to make an even bigger impact for those in need.

"Everybody wins at the end of the day when the community comes together like this," Thien says.

We couldn't agree more.

There wouldn't be food for volunteers like Thien to sort without your generosity. Thank you for caring about our neighbours struggling with food insecurity.



Partner spotlight

You're helping to feed young people through oneROOF Youth Services



Food insecurity impacts people of all ages, including some of the most vulnerable in our community. That's why it's critical for The Food Bank of Waterloo Region to partner with organizations like oneROOF Youth Services.

"oneROOF is a beacon of hope, providing refuge to the next generation of changemakers." — *Madison Bell, oneROOF social media and marketing specialist*

A vital resource for youth aged 12 to 25 who are experiencing or at risk of homelessness, oneROOF provides comprehensive support including employment and education programming, mental health and addiction services,

1 in 8

households is accessing food assistance.



counselling, shelter, and supportive housing. But it's also able to provide vital food assistance, thanks to you.

The organization's weekly hamper program, filled with food received from The Food Bank, means young people in need can get food items they may not otherwise be able to afford, such as dry and canned goods, frozen meals and proteins, as well as fresh fruits and vegetables.

In addition to the hamper program, oneROOF also offers a daily meal program that enables young people in need have to hot dinners and to-go lunches throughout the week.

Food is fuel, and it's critical for young people to have the nourishment they need—and the dignity they deserve—so they have a chance to grow, learn, and thrive. Your support of The Food Bank helps to make that possible.

oneROOF Youth Services is one of 54 organizations in the Community Food Assistance Network that receives support from The Food Bank of Waterloo Region, thanks to your generous donations.

In your words: Participant, partner, and donor



When we deliver hampers to people who can't access an in-person food assistance program, the gratitude in their voices and faces just makes my day." — *Neale T.*



My wife and I look forward to coming every week and catching up with the people we volunteer with. You almost become like a family because you're working towards the same goal." — *Don V.*



There are so many volunteer opportunities within The Food Bank—you don't have to do just one specific role. And if you want to do two hours a week, that's great. If you want to do 10 hours a week, that's great too. There's so much flexibility!!" — *Sandra B.*



50 Alpine Court
Kitchener, ON N2E 2M7
Tel: 519.743.5576
Email: info@thefoodbank.ca

 FoodBankWatReg

thefoodbank.ca

Charitable Registration No. 11923 3310 RR0001

Monthly donor spotlight

I Inspired to do more to fight hunger



After participating in our Food Engagement program that allows community and corporate groups to volunteer in our warehouse, work as a team, and give back to the community, David B. knew he wanted to do more.

Seeing the sheer volume of food that The Food Bank of Waterloo Region sends into the community—and knowing how many hungry people that food was going to help—was all

it took to convince David to become a member of EAT 365, our monthly donor community.

“Being a monthly donor provides consistency to The Food Bank,” David explains. “It provides reliable funding to a good organization that’s helping people in the community.”

In fact, that first experience was so powerful, David returned to The Food Bank for another food sorting activity three years later, this time with his daughter’s hockey team.

“It reconfirmed the need for food assistance in this community,” he says, “as well as the benefit of our monthly giving.”

Thanks to generous monthly donors like David, EAT 365 was able to provide more than two million meals for people in Waterloo region in need of food assistance last year.

Full Bellies. Happy Hearts.

Thanks for helping raise
1.5 million meals!



Thanks to the Allan Bush Investment Team for their ongoing support and matching gifts to help feed more children and their families in our community.

Feeding our community. No matter what.

I Try this cozy fall recipe! Stovetop applesauce

Budget-friendly, healthy, and comforting, homemade applesauce is a delicious fall treat that uses some of the ingredients found in the emergency food hampers your donations make possible.

Serves: 6

Prep: 10 mins | Total: 30 mins

Difficulty level: **Easy**

INGREDIENTS

- 6 large apples (about 3 pounds)
- ¼ tsp ground cinnamon
- ¾ cup of water
- 2 tsp lemon juice



INSTRUCTIONS

1. Wash, peel, core, and chop apples into small chunks
2. In a pot over medium heat, add first three ingredients. Cover and bring to a simmer. Continue to cook for 15-20 minutes, stirring frequently, or until apples are tender.
3. Remove from heat, add lemon juice, and mash apples to your desired consistency.
4. Store in the refrigerator for up to 4 days or the freezer for 3 months.