

Summer Recipe Inside: BBQ Corn Ribs

Community Garden Blooms with Generosity & Gratitude

Orangeville

80k lbs & Growing! Take a Look at Our Busy Warehouse Volunteer Appreciation Annual Event Recap

Donor Appreciation Night at Avalon Lavender Farm – You're Invited!

> Dufferin Food Share Grand Valley New Shopping Model and New Horizons

> > TOP 10 Most Needed items list

Heather's Message

The work of food security is never-ending—because hunger doesn't take a summer vacation.

With 1 in 4 Canadians needing food support, the size of the problem—and the complexity of the solutions—can feel overwhelming.

Sometimes, even with the best intentions, I find myself deep in the background work: budgets, policies, processes, and strategic planning. The days fly by as I check off tasks, all in service of the mission. But every now and then, life offers a moment that grounds me in the real reason we do what we do.

Don't get me wrong—I love a good set of financials and a thoughtful strategic plan. They provide a meaningful lens through which to measure our impact and purpose. But last week, I had the chance to look up from my spreadsheets and sit with colleagues from across the country at the National Food Banks Canada Conference, hosted by Banques Alimentaires du Québec.

The sessions were outstanding—covering food systems, social enterprise, publicprivate partnerships, and even burnout. Mealtimes were filled with energizing conversations about programs, funding, logistics, and advocacy. I came away inspired by possibility.

But the most powerful session featured two speakers with lived experience. They shared what it was like to access a food bank for the first time—and how that experience helped them reach a better place.

One speaker recalled packing up the last of the food in the house—four slices of bread made into "hug sandwiches" for his four children—and finally building up the courage to visit the food bank.







The first words he heard when he walked in the door were, "I'm so glad you're here." At a time when he felt despair and fear, he was met not with judgment, but with abundance: How can we help? Can we get you...? Do you need...?

Simple words. Profound impact.

Food banks are often the first link in a chain of care. We meet people where they are and offer a foothold in the most difficult moments. At our food bank, we hold kindness at the heart of our operations—because small things still carry the power to change an hour, a day, or even a life.

It was a privilege to be reminded of the importance of what we do. And of what you do.

Whether it's a financial donation, a few extra items purchased at the grocery store, the gift of produce from your garden, your voice speaking up for a better system, or your time as a volunteer—each act moves us toward a future where everyone in Canada has access to food with dignity.

With a bold national goal to reduce food insecurity in Canada by 50% by 2030, we're proud to play our small role in the mission of Food Banks Canada.

I'm forever grateful—for this job, for our incredible staff and volunteers, and for you, our donors, who make it possible for us to be a place of kindness, abundance, and hope for a better tomorrow.

With hugs and gratitude, Heather Hayes, Executive Director

P.S. For those of you who perked up at the mention of strategic planning—stay tuned this fall for the launch of our new plan!

Donor Engagement

We've had a fantastically busy spring at the Orangeville Food Bank and the Dufferin Food Share-Grand Valley, and it's all thanks to you!

From Cereal Dominos to #RootedInCommunity and the Purolator Tackle Hunger Food Drive in Waldemar & Grand Valley, our team has been busy sorting and shelving food.

And these are just a few of the amazing events we had the privilege to participate in!





Join us for a Night of Donor Appreciation!

To our generous donors: We are thrilled to invite you to a very special evening in your honour. Please join us for a Donor Appreciation event amidst the beauty of Avalon Lavender Farm. Enjoy a relaxing summer gathering of refreshments, connection, and gratitude in the lavender fields.

347036 Mono Centre Road, Mono, L9W6S2.

Monday, July 14, 2025, 6:00 PM - 8:00 PM

RSVP by July 7th to: carrie-anne.decaprio@orangevillefoodbank.org This spring, we also celebrated the incredible gift of an electric vehicle, ensuring that in-home client deliveries are managed with dignity and respect.

What thrilling plans do we have in store for you? Stay tuned for an electrifying announcement about our latest all-produce vending machine!

> Carrie-Anne DeCaprio Donor Engagement & Outreach Manager



volunteer HIGHLIGHT

Dear Friends and Supporters,

As we continue to grow and evolve to better serve our community, one thing remains constant—the heart and soul of our Foodbank: our volunteers. In times of change and innovation, it's their dedication, creativity, and teamwork that keep everything moving forward.

Over the past few years, the Orangeville Food Bank and the Grand Valley Food Bank have come together to form The Dufferin Foodshare.

Our incredible teams of staff and volunteers have united with purpose, working collaboratively to ensure that the residents of Grand Valley receive the same level of support and service as those in Orangeville.



This evolution is a testament to the deep compassion and commitment that define our organization.

We would also like to take a moment to celebrate two extraordinary individuals: Verena T. and Carol V. For over two decades, they have generously given their time, energy, and care to the Grand Valley community.

As they step into a well-deserved retirement, we honour the legacy they leave behind—a legacy of kindness, consistency, and quiet heroism that has touched the lives of everyone who walked through our doors. While they will be deeply missed, their spirit will continue to inspire us all.



On May 1st, we celebrated a major milestone with the launch of our expanded, well-stocked shopping model. This new approach has been a resounding success, offering clients more choice and dignity in how they access support. It's another example of how meaningful progress is made possible by the collective effort of our team and our amazing volunteers. Every shelf stocked, every box unpacked, and every kind word shared is thanks to their tireless dedication.

And there's even more exciting news! Plans are now underway for a larger, more accessible space right on Main Street in Grand Valley. Set to open this fall, the new location will help us better serve the community with greater comfort and capacity. Stay tuned for more updates as we move forward!

To all of our volunteers—whether you've been with us for three months or three decades—thank you. We're so grateful for what we're able to accomplish together.

Together, we're making a difference that truly matters.

With gratitude,

Lori & Joanna The Volunteer Care Team



In the Warehouse

The Orangeville Food Bank received a generous donation of 9 skids of Kraft, food celebrating from Honeywood's Top 4 placement in the Kraft Hockeyville Contest. Thanks to this and support from the Rooted in Community Food Drive, the Purolator Hunger Campaign Tackle and ongoing donations, the warehouse now holds over 80,000 lbs of food. Additionally, three skids of After The Bell snack packs will be distributed children starting July to in for school food compensating programs they can't access during the summer months.





To keep things moving smoothly, we've also been using extra storage space both at the County building and in an offsite unit—so we're well-prepared for the typical dip in donations that tends to happen over the summer months.

A huge thank you to everyone who continues to support our work and help ensure no one goes without.

-Gary Skinn Warehouse Coordinator

A message from Vanessa

I am honoured to be writing my inaugural message in my new role as your food manager.

I was excited to interview for the role and even more thrilled when I was hired. It has been a huge learning curve dealing with the "surprise chain" but throughout my early days Savanaha shared her knowledge and offered great support.

The foodbank volunteers, clients and staff have saved my life. It is because of the generous spirit of volunteers that I feel like I have come home to what feels like a familiar place with so many familiar faces. The work we do has revived my soul and brought new meaning to my everyday life.

I can't thank you all enough for welcoming me and sharing your wisdom and knowledge every day. I look forward to working side by side with each and every one of you for a very long time! Stay tuned as we move the Grand Valley Foodbank to a bigger location and make stronger relationships with our local farmers.

Did you know that we are currently purchasing ground beef at a lower cost than the grocery store from local farms like Long Lane Acres and Peace Valley Ranch? Our tomatoes are coming from Besley's farm in Shelburne and our spinach is from Amaranth! Buying local, supporting farm fresh and Canadian will remain a priority this season.

-Vanessa Kreuzer Food Manager



2025 SUMMER | ORANGEVILLE FOODBANK

In the Garden

The garden has been a labour of love this season with so many experienced garden minds happily working to make it the beautiful place it is!

At the beginning of the year when I first walked into the garden I didn't see the weeds, the straw piles, the garbage bins strewn around. Instead, I imagined a place that we could make into something truly beautiful. A place for friendship and teaching, a place to welcome the community.



I soon learned that if I needed to get it done I just had to ask a fabulous community member, and they would make it happen: large boulders removed, straw raked off and taken away, garden plans drawn up. Not to mention all the free garden soil from Miss. Haynes, compost from the County of Dufferin and The Town of Orangeville, and woodchips from Acorn Tree Care. All our seedlings were supplied by Fiddlefoot Farms also at no cost to us. A truly blessed place!







The kindergarten class at the Orangeville Christian School produced worm compost as a class project and graciously volunteered to "drop it by sometime". I extended an offer to bring the kiddos to the garden to work the compost into the spring soil themselves. I treated it like a pilot project hoping the students would enjoy their time in the garden and perhaps be their first introduction to gardening. Today I learned that when those students were asked "what their favorite moment was this school year" some said it was the day at the garden! A Chinese Proverb comes to mind: If you give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime.



There aren't enough thank-yous in the world for this group of fabulous volunteers, but I must single out 2 who have worked hundreds of hours and laboured tirelessly this spring to get us to where we are today: Vicki and Trevor, you have been a guiding light, and I thank you for humouring all my crazy requests and ideas!

I look forward to watching all our little seedlings grow and thrive.

Client Services & Programming

As the Client Services & Programs Manager at the Orangeville Food Bank, I'm lucky to work alongside some of the most resilient, generous, and inspiring people in our community: our clients. Every day, I get to support individuals and families facing tough circumstances with dignity, care, and real solutions.

This year has already been full of meaningful moments and exciting growth. We've hosted some incredible hands-on workshops like our cold frame gardening session and kids' cooking classes, where families came together to learn, laugh, and build practical skills.

And we're not done yet! This summer, we're continuing that momentum with programs, including container gardening and creative time at the Art Hive in partnership with Art As Therapy.

We're also excited to be partnering again with Summerlunch+, a fun and interactive 8-week virtual program for families. It offers weekly cooking and nutrition activities through Google Classroom to keep kids learning, engaged, and well-fed over the summer.

My role is all about walking alongside the people we serve whether someone is visiting the Food Bank for the first time or just needs a little extra support navigating their next step. I work directly with clients to help make the process feel easier, answer questions, provide referrals, and make sure everyone feels seen, heard, and respected.

For me, this work is about respect, connection, and showing up in ways that feel real. I'm so grateful to everyone who helps make it possible whether you volunteer, donate, or share words of encouragement.

You're part of something meaningful here.

Warmly, Savanaha O'Reilly Client Services & Programs Manager





FRESH PRODUCE FOR ALL

Select a **discount of 30% or 50%** at checkout, or pay full retail price to help support shoppers who take a discount.

Markets

Orangeville

Westminster Church 247 Broadway Tuesdays 3-7 pm

Shelburne

Jack Downing Park 140 Main Street East Wednesdays 3-6pm

Grand Valley

Public Library 4 Amaranth Street East Thursdays 2-6pm

OPEN TO EVERYONE



Volunteers are the beating heart of the Orangeville Food Bank.

We could never do or say enough to truly show them how much their kind giving ways fill our hearts, but each year, with the help of generous donors and sponsors, we celebrate our dedicated volunteers with a get-together just for them.

















Thank you to those who donated towards and sponsored this event.

Alton Mill Arts Centre Black Birch Restaurant Blue Bird Cafe & Grill COBS Bread Grazing in Grey Hockley Valley Roasters Mark Grice - Artist Mrs. Mitchell's Restaurant Orangeville Flowers Ltd. The Chocolate Shop

And thank you to our annonymous donors as well!



IN THE COMMUNITY KITCHEN

It has been a very productive spring in our community kitchen!

Thousands of prepared meals, soups and baked goods have been offered to clients through our shopping model, vending machine and community partnerships.

We developed new recipes and fostered new relationships with The Town of Shelburne and The Health Unit by providing lunch boxes for some of their events.

The volunteers show up every day and make it their mission to put great food out into our community! Well Done!

As summer sets in quickly, we look forward to all the fresh produce that will soon be flooding our kitchen.

Some will come from our own garden and other veggies will come from our generous community members. What we can't use on our shopping floor we will either freeze, can, jar, or make into fresh meals. It's time to pick strawberries and make jam!

I'd like to share a summer recipe popular at our house in the summertime and perfect for the cottage: BBQ Corn Ribs!









Ingredients: 4 whole corn cobs 3 tbsp olive oil 2 tbsp parsley (roughly chopped)

Seasoning:

2.5 tsp smoked paprika1.5 tsp garlic powder2 tsp sea salt2 tsp black pepper

Garlic Butter: 3 tbsp butter 1 garlic clove (finely minced)

Preparation:





Remove Husk and silk from your corn. Using a sharp knife and non-slip cutting board, cut off the base and pointy end of the corn. Stand the corn upright then cut the corn in half and then in half again lengthwise to create 4 pieces or 4 "ribs".

Heat the BBQ to a temperature of 375 degrees.

While the BBQ is heating, melt butter in a saucepan over medium heat and add garlic for 20 seconds and pull off heat. Put aside for later.

Mix your dry seasonings together.

Place your corn pieces in a larger bowl, toss in the olive oil and the dry seasoning mix. Coat as evenly as possible.

Place the corn on the BBQ, kernel side down.

Cook 8 minutes or until you get charred spots.

Then cook each cut side for 1 min.

Transfer back into the bowl and toss with the garlic butter and ENJOY!





Most Needed Items Summer 2025

Apple Sauce (snack size) Canned Tuna and Salmon Cooking Oil Alfredo Sauce Laundry Soap Dish Soap Juice Boxes Baby Food



Annual Summerlicious Food Drive

Swing by any local grocery store from 10:00 AM to 2:00 PM on Saturday, August 16, 2025, to make a perishable, non-perishable, or cash donation! Our amazing friends at FM101 will be broadcasting live from the Zehrs location, and our fantastic food bank volunteers will be at every store, ready to answer any questions you might have. Don't miss this incredible opportunity to make a difference!

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Food Drine

August 16, 2025

FM 101 ORANGE

Zehrs



Mark Your Calendars



Monthly Markets 3rd Friday of each month

Bythia & Chisholm

Fresh fruits, vegetables, eggs, and milk delivered directly to the homes of over 60 seniors in Dufferin County at no cost to the seniors. This program has been in operation since 2018 growing from one market to three.



FRESH PRODUCE FOR ALL

Select a discount of 30% or 50% at checkout, or pay full retail price to help support shoppers who take a discount.

Markets

Town Hall

Orangeville Westminster Church 247 Broadway Tuesdays 3-7 pm

Shelburne **Grand Valley** Public Library 140 Main Street East 4 Amaranth Street East Wednesdays 3-6pm Thursdays 2-6pm



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Holiday Closures

Monday June 30th & Tuesday July 1st Monday, August 4th Civic Holiday Monday, Sepember 1st Labour Day

HOW CAN YOU HELP?

Help us end food insecurity in Dufferin County. You can help by:

<u>Donating</u>

Make a one-time or monthly financial contribution. Visit: Orangevillefoodbank.org/donate-now

Sponsoring

Host a corporate event, food drive, or matching program. Visit: Orangevillefoodbank.org/get-involved

Volunteering

Our work would not be possible without the many volunteers who give of their time. Visit: Orangevillefoodbank.org/volunteer

Visit Us In Person: 3 Commerce Road Orangeville, ON L9W 3X5

Office Hours: Monday-Friday 9am-5pm

E: administration@orangevillefoodbank.org T: 519-942-0638



Charitable Registration Number: 139418313RR0001



