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Message from Heather

The sun is starting to return, the birds are chirping and spring flowers abound. The change of season always boosts my optimism and makes room for the “Good Idea Fairies”. New ideas often flow out of challenges and provide opportunities to look at a new model of business or change the way a program is delivered. Our challenge is meeting the dramatic increase in need, 41% over this time last year and 91% compared to pre-pandemic March 2019.

This spring we are shifting our focus to Food to People vs People to Food. We know that only 20% of those needing food support actually make it to the food bank so we are looking for ways to move food into the community and meet people where they are.

With the support of our community partners, we are looking at programs that will increase access to healthy food. In Dufferin we are so fortunate that we have a mutually supportive approach to community services and we know we are effective when we work together. We are also tremendously lucky to have a community that lives our mission of Neighbours helping Neighbours, making our programs and services possible.

As we welcome spring, we look forward to planting the community garden and launching another season of **Grow a Row Give a Row** in support of fresh produce donations. 95% of those accessing the food bank access produce, so that bag of beans or your extra peas really are bringing a smile and a fuller belly to someone in need. If your green thumb is doubtful, financial donations allow us to top up what we are short of.

If you would like to take a tour of the food bank or learn more about our specific programs please reach out to me. I look forward to speaking with you.

You make our work possible – Thank you for being brilliant and so supportive.

With gratitude
Heather



VOLUNTEER SPOTLIGHT



Meet Christopher Dawe who, in 2019, was volunteering at Mono-Amaranth Public School and working at Tim Hortons. He and his job coach, Ellen, then started volunteering at the local food bank until the pandemic hit in 2020, forcing Christopher to stay at home.

Even during the pandemic, Christopher volunteered at home for the Food Bank using tools such as Zoom.

Since March 2022, Christopher and Ellen have been able to return in person to come in on Mondays to do their work. Christopher understands the importance of the Food Bank's work.

Christopher has mastered a variety of tasks that are required, like sorting eggs, bagging fresh produce and several other jobs that he enjoys doing. Christopher is eager to lend a hand and enjoys learning new skills.

This year marks Christopher's third year participating in the Coldest Night of the Year event, and he is glad that others have been able to donate to the Food Bank through his participation. Christopher was awarded the CNOY prize for the walker who had received the most individual sponsors in his fund-raising efforts.

We are very grateful to have Christopher and Ellen as part of our volunteer team!





Spring Planting

The Orangeville Food Bank Garden has officially been named “Headwaters Happy Harvest Garden”. Thank you to everyone who participated in our naming contest. For those unfamiliar with the Food Bank Garden, it is located just outside the Edelbrock Centre on Centre Street.

The Town of Orangeville donates the 50'x50' garden. We have been fortunate to have the funding to hire summer students through the Canada Summer Jobs Program for the last four seasons to help tend the garden.

In addition to our summer students, we have a few essential garden volunteers helping us throughout the season. The garden yields between 1500 and 2000 pounds of produce each year and brings great joy to everyone involved.

When planting your garden this year, the Orangeville Food Bank would like to encourage you to plant an extra row to help your neighbours who access the food bank.

You can then donate it through our **Grow a row, Give a row** program. Last year our community donated over 1000 pounds of fresh produce. Recent statistics show that 95% of those accessing the food bank take fresh produce home to their families. This is your chance to be a part of that.

We welcome donations of all varieties such as: tomatoes, peppers, lettuce, potatoes, okra, and eggplant, to name a few.

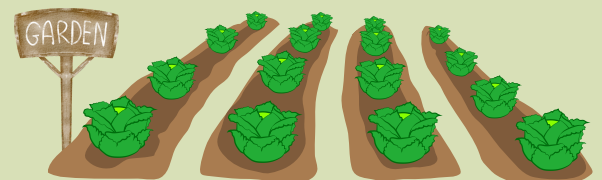
No donation is too small.

Savanaha O'Reilly
Food Manager

Donations are welcomed Monday to Friday from 9-5

If you wish to volunteer in the garden, please email
Volunteers@orangevillefoodbank.org.

If you have any questions about the garden, please email
Savanaha@orangevillefoodbank.org.



coldest *night OF THE YEAR 2023



2023 marks Orangeville Food Bank's 6th year running our Coldest Night of the Year fundraising walk to help end hunger, hurt, and homelessness.



Our fundraising goal this year was to raise \$100,000 to go towards serving the growing needs of our community. With the incredible support of 417 walkers and 71 volunteers giving countless hours of their time, we blew away that goal and raised \$127,417!



These funds will go a long way in purchasing fresh fruits, vegetables, milk, eggs, and proteins for our community.

More pictures from the event are available at: CNOY.ORG/Location/Orangeville



Kitchen Corner

A Recipe from Mark, our Community Kitchen Coordinator

Simple Canned Meat and Cream of Mushroom Pasta

Can serve up to 6 servings

Cooking Time: 30-40 Minutes

Ingredients:

1 Can canned meat (340gram)

1 ¼ Cups chicken stock

1 Can of cream soup.

1 Can mixed veg, drained.

1 Sliced whole onion

4 tbs Italian herb mix

Salt to taste

1 Package pasta (450grams)

Instructions:

1. Bring a pot of salted water to a boil and add the pasta, cooking as the label directs until al dente. Drain Pasta once cooked and set aside.

2. With the same pot the pasta was boiled in, set heat to medium. Once warm add a small amount of cooking oil and sauté onions and meat, adding salt and herbs, cook until browned.

3. Add stock to the pot and scrape the bottom of the pot with a spoon or spatula until it is cleared, or nothing is stuck to the bottom of the pot; this process is called deglazing.

4. When the bottom of the pan is fully deglazed add the canned soup and canned vegetables to the pot.



Kitchen Corner Continued...

5. Cook on medium heat for 10 minutes while tasting the sauce and adjust the salt to taste.

6. When the sauce is thickened add the pasta with the sauce and mix well. Your pasta is ready to serve.

One-pot Instruction:

-In a medium pot add all the ingredients and add 3 cups of water

-Set on the stove on high heat until the liquid boils, add salt to taste

- When the pot is boiling reduce the heat to low

-Cook for 10 to 15 minutes, making sure to stir at least every 2 minutes

-Adjust the salt to taste and serve

Recipe Notes:

-You can substitute a 'creamy' canned soup of your choice.

-We used Spam as the canned meat, you can substitute any canned meat of your choice.

-You can substitute the pasta with rice.

Important term to learn before cooking the recipe:

-Deglazing = is the act of adding liquid to a hot pan, which allows all the caramelized bits stuck to the bottom to release



This Recipe was made during our Community Kitchen Coordinator's first cooking class, attended by clients and volunteers.

If you are interested in attending one of these classes, keep an eye out to our social media and sign up!

What's Coming Up



Compass Run for Food
10th Annual | June 10, 2023

Benefiting Orangeville Food Bank
as well as other local food insecurity
initiatives in Dufferin County

[Register Here](#)

As Spring approaches and our shelves start to get depleted, we are getting ready for a Spring Food Drive!

As part of this initiative, our Food Manager has prepared an Amazon Wish List with some of our most needed items.

You can shop from the convenience of your home or office and have the items delivered directly to the Food Bank!

Find the List [Here](#)

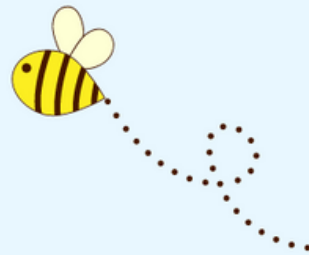
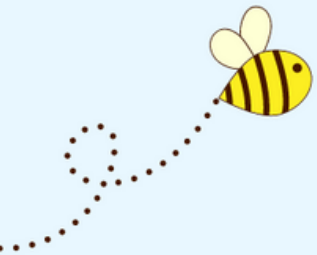
Please select "Orangeville Food Bank's Gift Registry Address" at Checkout.



Most Needed



canned Fruit
toilet paper
canned pasta
canned meat
tuna
pudding cups
cookies
crackers
deodorant
juice boxes





HOW YOU CAN HELP

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

Donating

Make a one-time or monthly financial contribution at 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 their time. Visit: Orangevillefoodbank.org/volunteer



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139418313RR0001**

