



Newsletter

Special Edition



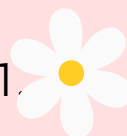
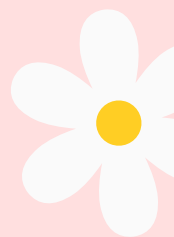

**HUNGER
ACTION
MONTH**
SEPT. 2023

A Message from Heather

As many of you know, I am the proud nan to my delightful granddaughter Daisy, a gift from my son and daughter-in-law. The kids were over on the weekend and my son was thrilled to tell me about building out a new pantry at their apartment. The new storage space was going to be great for canned goods and getting them set up for the winter. I also like to prepare for the cold months and relish stocking the freezer, canning, and making meals for colder nights. He is fortunate to come from a long line of winter preppers. We have had family knowledge passed down to us from my grandmother to my mother to myself and now to him.

We have the resources like jars, freezers, and canning supplies as well as a vehicle to pick up said supplies; a space to clean and store the supplies, and ultimately his pantry to store the goods, but more than that he has the financial means to set his family up for the winter. Often those we serve don't have the same level of resources whether that's finances, family support, space and equipment or even a stable home to store the goods.

The need is greater than we have ever seen with a 33% increase over this time last year and an 83% increase over 2021.



A Message from Heather

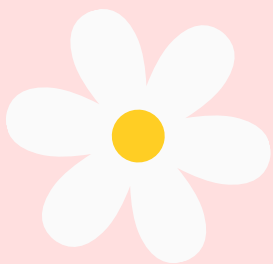
Your support is what helps us fill the shelves, keep the fridge stocked with milk and eggs and ensure we have fresh fruits and vegetables available.

September also brings the annual Hunger Action Month Campaign from Feed Ontario which we support. It raises awareness about the low benefits rates for Ontario Works and Ontario Disability Support Programs and the clawbacks on income and benefits with other programs like EI, CPP, and WSIB.

Hunger is a symptom of poverty. As we enter September we continue to strive for a community where no one is hungry.

If you have the opportunity to support us, we would appreciate non-perishable donations or better yet a financial donation that we can leverage with bulk buying to make donations go even further. Our community continues to pull together to support our neighbours and I'm honoured to be part of it.

With Gratitude
Heather Hayes
Executive Director



An order of fresh fruits and vegetables made possible by donations from our community.

Hunger Action Month 2023

As the vibrant colours of autumn begin to paint our surroundings, we are reminded of the changing seasons and the importance of coming together to support one another. This September, we join hands with communities all across Ontario in observance of **Hunger Action Month**, a time dedicated to raising awareness about food insecurity and taking meaningful steps towards a hunger-free future.



What is Hunger Action Month?

Hunger Action Month is an initiative spearheaded by **Feed Ontario**, a provincial network of food banks and rescue organizations committed to creating a hunger-free Ontario. This annual campaign serves as a powerful reminder that hunger remains an urgent issue affecting countless families and individuals right here in our province.

The Unignorable Issue

In Ontario, more than **537,000** individuals turn to food banks each month. This staggering number emphasizes the need for collective action to address the root causes of food insecurity. Hunger Action Month aims not only to raise awareness but also to drive concrete solutions that can alleviate the struggles faced by our neighbors.

Social assistance does not provide enough to meet someone's basic needs.



How Can You Get Involved?

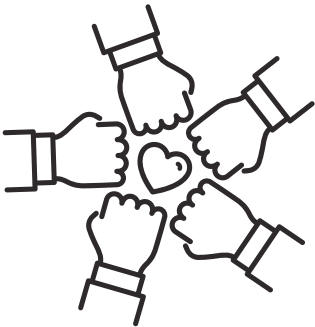
Participating in Hunger Action Month is a tangible way to make a difference. Here's how you can contribute:



1. **Spread Awareness:** Share information about Hunger Action Month on your social media platforms. Educate your friends and family about the issue of food insecurity and the vital role of food banks. [Learn More about our Mission and Values on our Website!](#)



2. **Donate:** Your financial support can have a significant impact. Every dollar donated can provide multiple meals for those in need. Consider making a one-time or monthly contribution to support the Orangeville Food Bank's efforts. [Donate Now!](#)



3. **Volunteer:** Giving your time is invaluable. Volunteer at the food bank, participate in food drives, or lend a helping hand at community events aimed at fighting hunger. [Learn More on our Website!](#)



4. **Advocate:** Raise your voice for change. Contact local representatives and advocate for policies that address the root causes of food insecurity and poverty. [Visit the Hunger in my Riding Calculator to learn how your community is being effected.](#)

#HungerActionMonth



There has been a 47% increase in people with employment accessing food banks since 2018



Throughout September, the Orangeville Food Bank will be advocating to engage our community in the spirit of Hunger Action Month. Here's what's coming up:

Delegations: Orangeville Food Bank Executive Director Heather Hayes will be making two presentations to our local government.

On Monday, September 11th, at 7:00 pm Heather will be speaking at the Town of [Orangeville Council Meeting](#).

On Thursday, September 14th, at 7:00 pm Heather will be speaking at the County of [Dufferin Council Meeting](#).

Please consider coming out or attending online to show your support.

Post Card Campaign: We will be participating in Feed Ontario's STOP CLAWBACKS postcard campaign. This campaign connects constituents directly to their Members of Provincial Parliament.

Each year Feed Ontario's Advocacy Committee decides on a specific policy "ask" that the provincial network of food banks can unify behind. There is a physical postcard and a digital email campaign [Found Here](#).



Feed Ontario
229 Yonge St. 4th Floor
Toronto, ON
M5B 1N9

Ontario Works and ODSP recipients should be allowed to keep more of their money. Clawbacks on earned income and other benefits take money out of people's pockets and trap them in a cycle of poverty.

NAME: _____ *MPP Address:*

CITY/TOWN: _____

POSTAL CODE: _____

How does social assistance (Ontario Works and ODSP) create barriers that trap people in poverty?

Feed Ontario's recommendations include:

- 1) Exempt benefits like the new Canada Disability Benefit from social assistance clawbacks.
- 2) Increase the earned income exemption for Ontario Works to match ODSP (keep the first \$1000/month, 75% clawback after that).

Learn more at feedontario.ca/stoptheclawbacks

A WORD FROM OUR FOOD MANAGER

With the fall season almost upon us, we continue our mission to alleviate hunger and provide essential sustenance to those in need. We want to share some important updates and successes from the heart of our operations.

The demand for assistance at our food bank has risen significantly over the past year. As we navigate these challenging times, the need for support has become more crucial. We are facing an ambitious goal to gather an extra 200,000 pounds of food this year over last year's incoming donations to meet our community's growing demand. No matter the size, every contribution can tremendously impact the lives of individuals and families facing food insecurity. Our shelves are working hard to hold the weight of hope, but they're feeling a bit lighter than usual, facing low stock levels across various essential items that our community members depend on.

Now, on to the success stories. Thanks to your unwavering support and dedication, our annual food drive gathered an incredible amount of food and finances to help those in need. Our community rallied together, and we managed to make a difference.



A WORD FROM OUR FOOD MANAGER

We also want to extend a heartfelt shout-out to the incredible local businesses already stepping up to the plate. Your generosity and commitment to making a difference have not gone unnoticed. You are the driving force behind positive change, and we are truly grateful for your support. To those yet to join us, we invite you to be a part of this movement, fostering a stronger, more compassionate community.



A WORD
FROM OUR

FOOD MANAGER

The last piece of big news that's been blossoming at your local food bank is The Sliding Scale Produce Market. At the heart of this market is the concept of affordability. We believe everyone deserves fresh produce, regardless of financial constraints. That's why our sliding scale pricing system lets you choose between three prices to find the one that fits your budget.

Whether you're a long-time supporter of our food bank or someone new to our cause, we invite you to join us at the Sliding Scale Produce Market, thoughtfully named "Neighbours Community Market." Every purchase you make contributes to our mission of fighting hunger and promoting food equity in our community. Please spread the word, bring your friends and family, and make this initiative a resounding success!



A WORD FROM OUR FOOD MANAGER

As we forge ahead, striving to meet the increasing demand for assistance, we invite you to join our journey. Your contributions matter whether you're an individual, a family, or a local business. Let's continue to work together, hand in hand, to ensure that no one in our community goes without a meal. Your support can be the beacon of hope that brightens someone's day.

Please visit our website or contact us directly for more information on our programs, donation information, drop-off locations, and ways to get involved.

Let's sow the seeds of change and harvest a future full of possibilities together.

-Savanaha O'Reilly



HIGHLIGHT Volunteer

LORI ROBERTSHAW

Volunteers are essential to the everyday success of our organization.

We have an amazing group of dedicated super-heroes who share their time on a weekly basis. These supporters devote their time, kindness, skills and energy to help run events, serve as board members and deliver critical services in the community. Our volunteers dedicate almost 1700 hours per month - all year long. We could not begin to thank them enough.

Today we want to highlight and celebrate one of our dedicated volunteers who joined our team in the last few years and we could not be more grateful.

This summer Dori Eble celebrated her 87th birthday and she did not miss a shift!

She stated that she was delighted to be able to share time with her teammates on her actual birthday! How special!

There was no limelight, fanfare, or Pomp and Circumstance Marches as Dori worked away in the morning with her incredible cheery disposition while she was sporting her Foodbank volunteer attire, as we all celebrated her in our own way.

She had plans to be with other friends and family that afternoon, but did not want to miss the opportunity to tackle the tasks that she has committed to for several years.

That is the kind of generosity that our volunteers have. They put the needs of the community over their own, and we would not be able to serve community without this kindness.

We know there are several people who have spent their birthdays with us - and that should not go unnoticed.

Such an inspiration to us all!



As the summer season comes to an end, let's highlight some of the sweet harvests.

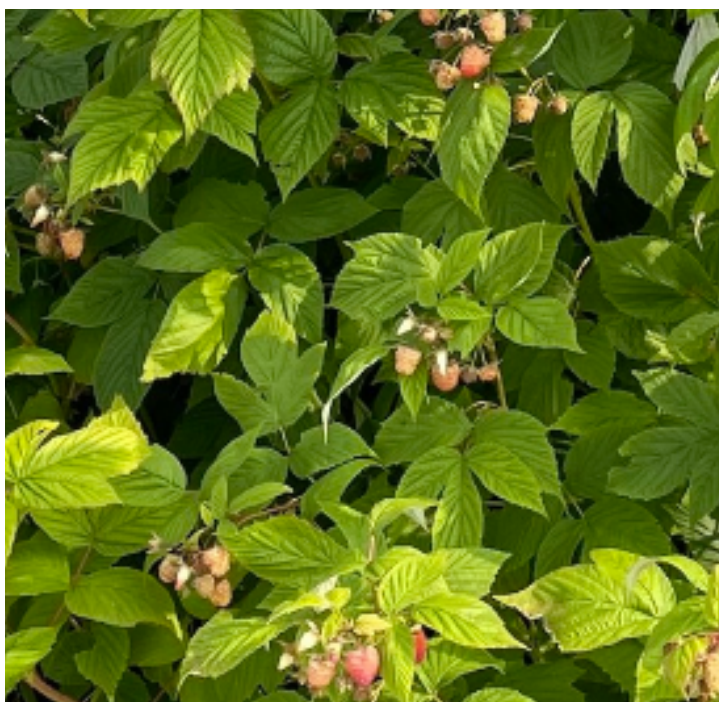
The raspberries made into a dressing, topping the juicy eggplant, make a simple but fantastic salad.

The vibrant colours and flavours create a truly unforgettable culinary experience. Seeing how nature's bounty can be transformed into something delicious and satisfying is wonderful.

Happy cooking and enjoying the flavours of the season!



Garden Salad with Raspberry Vinaeigrette



from the kitchen

A RECIPE CREATED BY OUR
COMMUNITY KITCHEN BY CHEF MARK



Ingredients:

- 1 (146g container) fresh spinach
- 1 small eggplant, thinly sliced
- 1 cup cherry tomato, cut in half
- 1/2 red onion, thinly sliced
- 1/2 cup raspberries
- 1/3 cup honey
- 1/4 cup mustard
- 1/2 cup olive oil, save 3 tbsp for frying
- Salt and pepper to taste



Instructions:

1. in a frying pan add 3 tbsp of oil and eggplant on medium heat. Fry until lightly browned and soft. Season with salt and pepper while frying and then set aside.
2. In a processor or blender add the raspberries, honey and mustard. Then slowly mix the oil in.
3. Mix the dressing until smooth and then season with salt and pepper to taste.
4. Add the rest of the ingredients in a mixing bowl and lightly toss the salad until fully dressed.
5. Adjust seasoning if needed then serve.



In Our Calendar

JOIN US FOR A WORKSHOP!

SEPTEMBER 25TH

SCHOOL SNACK IDEAS

ARE YOUR KIDS TIRED OF THE SAME OLD LUNCHES? LET'S GET TOGETHER AND MIX UP SOME FRESH NEW OPTIONS



OCTOBER 13TH

PIE MAKING WITH HEATHER

LAST BUT NOT LEAST, EVERYONE'S FAVOURITE WORKSHOP WITH THE ONE AND ONLY HEATHER



ALL INGREDIENTS ARE PROVIDED BY US AND YOU GET TO GO HOME WITH WHATEVER YOU MAKE, AND A GUARANTEED SMILE!
EMAIL [KITCHEN@ORANGEVILLEFOODBANK.ORG](mailto:kitchen@orangevillefoodbank.org)

Holiday Closures

September 4th- this will not affect shopping hours

October 9th-this will not affect shopping hours

December 25th & 26th- There will be no shopping hours on Tuesday December 26th.



Most Needed Items of the Fall

Toilet Paper

Crackers

Dry Soup

Canned Meat

Canned Salmon

Cereal

Cookies

Juice & Juice Boxes

School-Friendly Granola

Bars

Condiments

Dish Soap

Shampoo

Tampons (All Sizes)

We are unable to accept the following items:

Goods containing Alcohol, Homemade Goods, Outdated or Damaged Cans of Food, Medicines/medical supplies, Opened Items, Clothing/ Shoes/ Toys/ Household items

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. 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

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