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- Back in The (community) Garden

How Are Donations Used?



Receiving Donations

There are a few ways to give a donation of money to us: in person (we love to see you!), by mail, and online at Canadahelps.org.



Directed Donations

Some of the donations we receive are given with a specific program in mind. If you know exactly what you'd like your donation to go towards, just let us know!



Programs

Some of the programs we have and support at OFB include our pop-up Seniors Markets, Food & Friends, the Orangeville Community Garden, Kid Zone...



...programs

...our Kitchen Program that uses donated food and money to create prepared meals, Fresh Fruit and Vegetables, our Milk Program and Dinner Meats, as well as our Hygiene Program, providing much needed hygiene products to our community.



Overhead

OFB runs 100% on donations, so that means your monetary donation could go into purchasing food, maintaining the building, paying for gas and hydro, property taxes and office supplies, equipment, and staffing.



Future Expansion

We are also always looking forward to seeing what new services and programs we are able to implement. We hope one day our services will no longer be needed, but until then, we want to grow and adapt to the real needs of our Community.



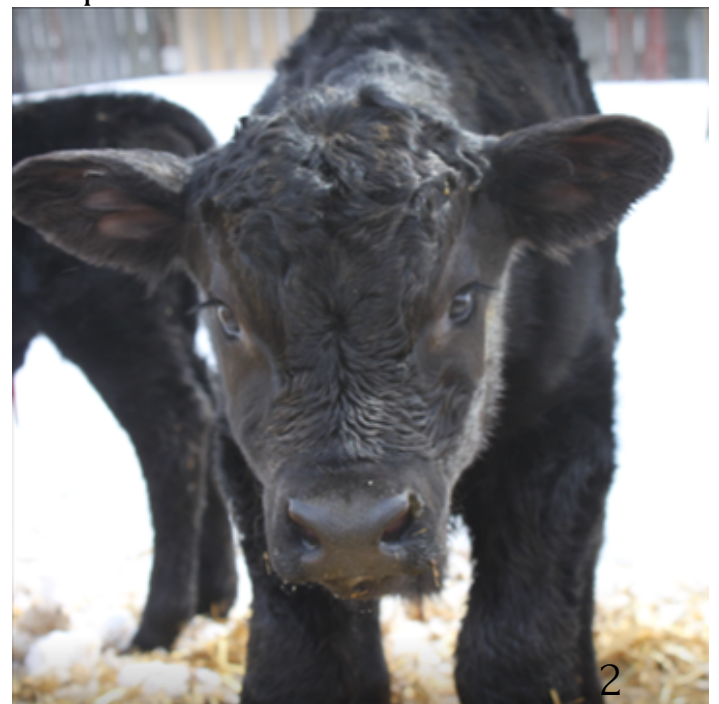
We are fortunate to have found a great community partner at Peace Valley Ranch (PVR). For those of you who aren't familiar with PVR, they have been a family-operated Black Angus Beef farm since 1964, located in Mulmur, Ontario. On the farm, they breed and produce 120 cows each year, operate a B&B, and have a riding facility of 47 horses.

This fantastic partnership began just a few months ago when we reached out to the farm and asked if they could help us consistently purchase large quantities of local beef. At the time, the supply chain was taking a bit of a hit, and we were concerned we wouldn't be able to provide the necessary proteins to our clients. Fortunately for us, Natalie, Carl, and Nikki did not hesitate for even a moment and jumped right in, offering us a consistent supply of beef at a discounted rate.



We are grateful to have the opportunity to consistently support local food resources while providing dignified food options and much-needed proteins to our clients.

If you would like further details on the farm and what they have to offer, please visit their website www.pvrbeef.ca



Back in the Garden

Orangeville Foodbank is once again working with community members and other partners to provide our neighbours and community food share partners with fresh produce grown right here in our community.

In 2021 this program, along with the Grow a Row Give a Row Program, was able to provide Orangeville Foodbank and its community partners with 8,330 lb. of fresh produce!

This program employs two local students each year and runs from June to August. This year we welcome Olivia back, and Jaxson for the first time.



Bee City
CANADA 🍁

Orangeville has been recognized as a designated Bee City, for the commitment to develop, restore and preserve pollinator-friendly local habitats!

Connecting People, Pollinators and Places

#BeeActive and learn more at
beecitycanada.org



"We are so grateful for Sarah Clarke! She is awesome in every way: wife, mother, business woman, volunteer!

She is not only our Media/Facebook specialist as she captures all the community connections and shares all the good news about how we are supported here with donations of all kinds, but she also cares for our clients as she manages the in-person intake processes and can aid connecting community with other important resources." -Lori Robertshaw, Volunteer Coordinator

Sarah is Founder & Media Strategist of Dufferin Media, a local branding and marketing solutions business.

From their website Mission Statement: "It is our team goal to assist as many business owners as possible succeed to create the business of their dreams, a business that they can be proud of, that will provide financial security and wealth for their families, and to create a legacy to last for many generations. We do this using the powerful tools of branding and strategy combined with digital marketing to implement a marketing solution that grows awareness of the business and brings in continuous new business, revenue and customers".

Sarah is the face behind all of our Social Media accounts, and she also serves on the planning committee for our annual Coldest Night of The Year walk, as part of the Promo team.

According to the Ontario Living Wage Network, the living wage for the Guelph & Wellington region is \$18.10/hour. They define a living wage as ‘the hourly wage a worker needs to earn to cover their basic expenses and participate in their community.’

The reality is, 17.6% of Ontarians work part time, and 22% of Ontario jobs can be characterized as precarious work (part time, temporary and casual work that is low wage, with no pension, benefits, or union).

According to Statistic Canada's most recent Canadian Community Health Survey, 4.4 million Canadians are living in Food-Insecure Households, which includes 1.3 million children, and 13.3% of Ontarians.

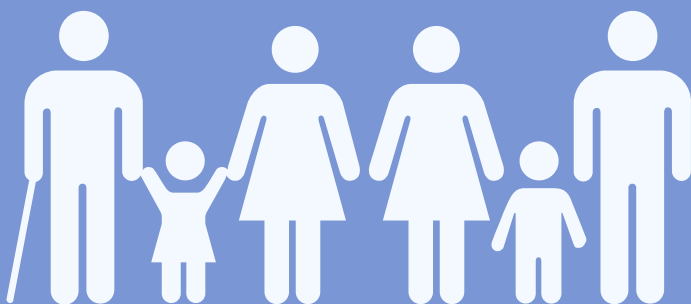
The average cost for rent of a 2-bedroom apartment in Orangeville is \$1,481/month.

Healthy food for an average family of four costs \$900/month.

Electricity and heating costs for the average household in Orangeville is \$267/month.

On top of these basic necessities, many more members of our community are struggling to afford transportation, insurance, childcare, healthcare, clothing, internet, cell phones, and hygiene products.

They are unable to participate in their communities by joining teams, or social groups without having to decide to forego other needs.



Ontario Works– Monthly Amounts:

Single Adult: Basic Needs \$343 Shelter: \$390

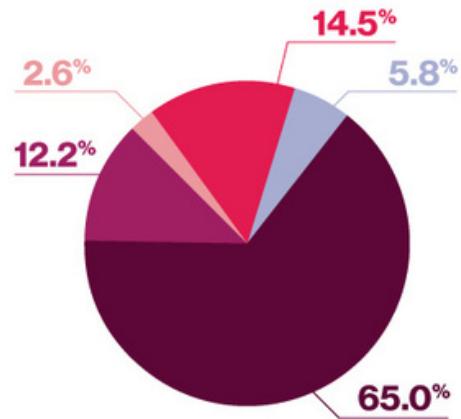
Single Parent: Basic Needs: \$360 Shelter: \$697

Family of Four: Basic Needs: \$494 Shelter: \$756

Senior Receiving Old Age Security: \$1,253

Food-insecure households' MAIN SOURCE OF INCOME

- Wages, salaries or self-employment
- Senior's income, including dividends and interest
- Employment Insurance or workers' compensation
- Social Assistance
- Other



With permanent full-time work difficult to find, many people have to find multiple jobs to make ends meet.

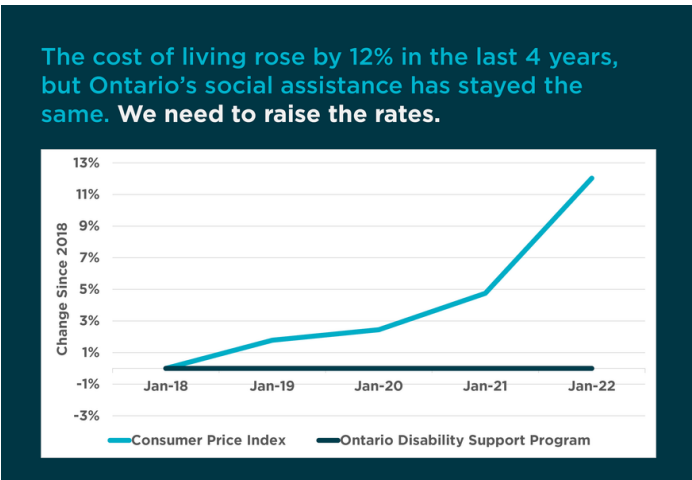
With prices at the pumps and in the grocery stores on the rise, most families are struggling to find the funds to pay for their basic living costs. They have to find ways to trim down already slim budgets. Many are having to choose between housing or food for their family.

What can be done about Food Insecurity in Canada?

We can advocate for change by contacting our local MPP, MP, and municipal representatives to let them know that we want policies that are anti-poverty and pro-food security, as well as affordable housing.

We can learn about, and help educate others, about the issues that create food insecurity and poverty in our communities.

You can use your social media platform of choice to spread awareness and tag your MPP, & send them a link to Feedontario.ca/housing-gap



Mushroom & Beef Burgers

Ingredients for Burger Patties:

- 1 Pound of lean ground beef
- 1 Pound roasted Mushroom base (see below for recipe)
- 1/2 cup finely chopped onion
- Salt and freshly ground pepper to taste
- 1/2 teaspoon Worcestershire sauce
- 1/2 cup chopped fresh parsley, or an equal mix of parsley, mint, cilantro and dill
- 1 Egg
- 1-2 Tablespoons of Canola or grapeseed oil for pan

Ingredients of Roasted Mushroom Base:

- 1/4 cup Extra Virgin Olive Oil
- 2 pounds cremini mushrooms, cut into small pieces (diced if large, quartered if small)
- Salt to taste
- 1/4 teaspoon of freshly ground pepper
- 1 teaspoon of mushroom powder, made by pulverizing dried mushrooms in spice mill (optional)



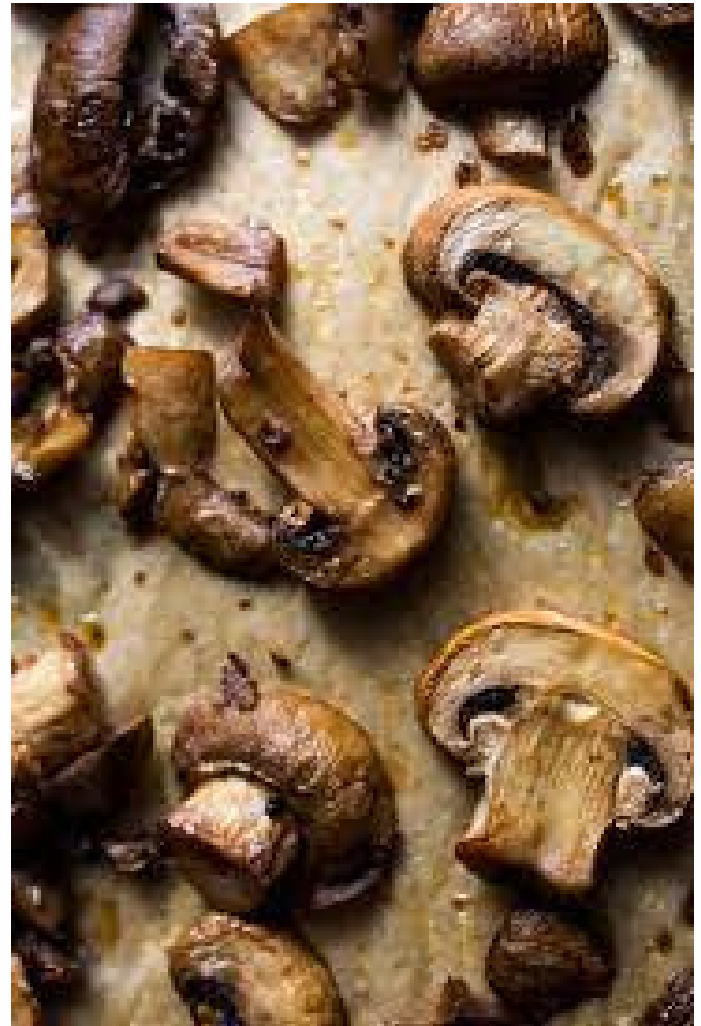
Instructions Roasted Mushroom Base:

1. Preheat oven to 400 degrees. Line 2 baking sheets with parchment.
2. In a large bowl, mix together the olive oil, mushrooms, salt & pepper. Spread in an even layer on the baking sheets.
3. Bake 1 sheet at a time in the middle rack for 15-20 minutes, stirring every 5 minutes, until tender.

Mushrooms will reduce in volume. Allow to cool then process in a food processor until chopped fine, but still retaining some texture. Mix in mushroom powder if desired.

Instructions Burger Patties:

1. In a large bowl, mix together the beef, roasted mushroom base, onion, salt & pepper, Worcestershire sauce, herbs and egg.
2. Form 6 to 8 patties and place them on a plate or a lightly oiled sheet pan, and refrigerate for 30 minutes.
3. Preheat the oven to 425 degrees. Line a sheet pan with parchment. Heat 1 or 2 large, heavy skillets over medium-high heat and add enough oil to lightly coat the bottom (about 1 tablespoon).
4. When pans are hot, add the patties and cook for 4 minutes on each side.
5. Transfer to the parchment-lined sheet pan and place in the oven for 5 minutes.
6. Remove from the oven and let sit for a couple of minutes, then serve.



This recipe can be found in NY Times Magazine and online. It was created by Scott Samuel of the Culinary Institute of America.

Fresh Food Vending Machine

An exciting new project is in the works behind the scenes at Orangeville Foodbank!

With funding provided by the Larry Schafer Foundation, and a vending machine donated by an anonymous volunteer, we will be bringing fresh food to Downtown Orangeville using a refrigerated vending machine.

The vending machine will be stocked with a variety of snacks several times a week, such as veggie sticks, wraps, salads, and sandwiches. Items will be available for just 25¢ each, with the option to choose to donate more in support of this project and/or Orangeville Foodbank.

This vending machine will be located inside the Orangeville Public Library, at 1 Mill Street. The library is open 10-6 Monday through Sunday (except for Holidays) allowing access to healthy foods to the community 7 days a week.

We are aiming to have the machine in place by late June.



We are inviting and encouraging the whole community to use the machine in order to help remove the stigma that surrounds using services such as Orangeville Foodbank.

Thank you

**THE LARRY
SCHAFER
FOUNDATION**

FOR YOUR FINANCIAL DONATION



Orangeville
PUBLIC LIBRARY

Coming Up...



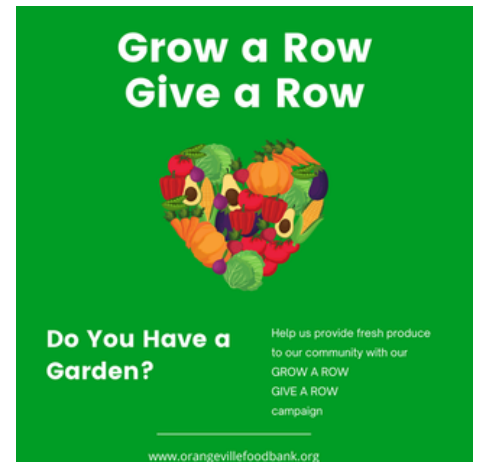
Coming up in the next Orangeville Foodbank Newsletter:

30th Anniversary

The next issue of our newsletter will be a special 30th Anniversary Edition where we will be looking back to where we started, as well as looking forward to our plans for the future.

This summer please join Orangeville Foodbank as we commemorate 30 years of serving our community.

Save the date: August 8th, 2022



To stay up-to-date on all things OFB,
you can visit us online:
Orangevillefoodbank.org



Shopping Hours:

Tuesday	10 AM to 1 PM
Wednesday:	5 PM to 8 PM
Thursday:	10 AM to 1 PM
Friday:	10 AM to 1 PM
Saturday:	9 AM to 12 PM



PLEASE SAVE THE DATE
AUGUST 8TH, 2022 &
JOIN US
COMMEMORATING

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3 COMMERCE ROAD