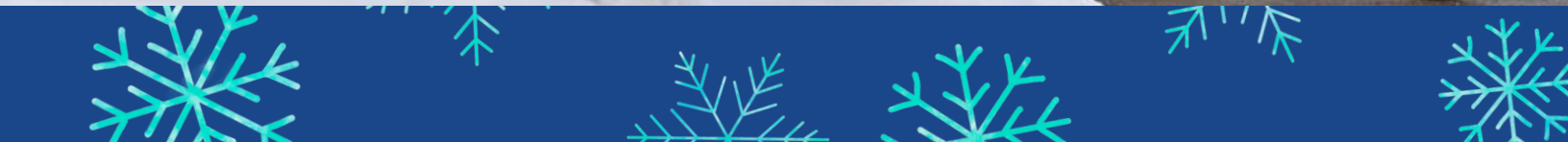


Inside:

- CNOY Fundraising Begins!
- Food Rescue In Our Community
- Winter Warmer Recipe
- Feed Ontario Hunger Report



Message from Heather

December at the Food Bank is a magical time. We see the very best of people but we also see the acute needs of those in our community facing food insecurity. Utility costs, inflation, and the Holiday Season all add pressure to those with few resources.

The need has risen 46% over this time last year and since 2015 we have seen a 171% increase in individuals accessing the food bank. These percentages represent people you know, these are your neighbours, they are the parents of your children's friends, they are owners of businesses that you've frequented; and these are your grandparents. You don't need a food bank until you do.

Like so many, inflation has had a huge impact on our budget. Over the past year the cost of milk has increased by 171 % and eggs by 286% . We know that perishable items like milk, eggs, fresh fruits, vegetables, and proteins are at the top of most people's shopping list at the food bank because they are nutritious and very costly. It is our priority to ensure that these staple items are always available to those in need.

We are incredibly grateful to all our donors for supporting us at this time of year specifically but really all throughout the calendar year. Hunger does not take a break.

With Gratitude
Heather



Food Rescue in Our Community

This has been a busy year for finding new food resources. With client numbers reaching an all-time high, we have had to look for other opportunities in our community to provide for our neighbours.

One way we are working at meeting the demand is through food rescue. We partner with local grocery stores and farms to collect food that is safe to consume but no longer salable.

We rescued close to 40,000 pounds of food in our first quarter with the help of our dedicated volunteers. Once the food is rescued, volunteers bring it back to the food bank, where it is divided into three categories. Food that can go straight to the shelf, foods that can be frozen for later use, and foods that will be made into a healthy individual or family-sized meal by Chef Mark.

We are thankful for these opportunities and the ongoing generosity of our community.

How can you help reduce food waste in your household? Here are some ideas to get you started

- Organize your pantry, making it easier to see what you have in stock. Use what you have on hand.
- Create a shopping list and stick to the meal plan.
- Understand the labels on your food. For instance, a best-before indicator is just an indication of when the item is at its optimal freshness and flavour but may still be safe to eat.
- Buy and prepare foods in smaller portions.
- Choose local! Farm-fresh products last longer.
- If your family isn't a fan of leftovers, cook in smaller quantities preparing just enough.
- Food doesn't have to look good for it to taste good. Remember that a healthy meal can be created with all sorts of leftovers.

Savanaha O'Reilly
Food Manager

VOLUNTEER SPOTLIGHT

BY LORI ROBERTSHAW,
VOLUNTEER COORDINATOR



Lori Robertshaw, Richard Langridge,
& Mr. Bliss Daley – presenting the
memorial award.



This October, we were delighted to award The June Daley Memorial Award to our incredible volunteer Richard Langridge. The award is unique and specially designed to recognize exemplary service and contribution to the community.

Richard has been with the Orangeville Foodbank since April, 2021. He has a collaborative approach, is a dedicated volunteer, and a solid team player.

Richard holds the waste management position. He comes several times each week, spending invaluable hours tending to the recycling, composting and other waste management tasks. He organizes bins for our animal rescue and for farms to pick up.

The management of waste is essential. This helps to ensure we are doing the upmost to re-purpose, recycle and help keep our facility clean. Richard tends to the constant demand, with his great sense of humor, and with a smile on his face. Richard is more than just the 'garbage man'. He has carried out his support for OFB in several other ways, even hosting a summer gathering fundraiser at his beautiful home. Our needs are at the forefront of his actions, and we are fortunate to have his caliber of kindness and hard work on the team.

About June & the June Daley Memorial Award

The June Daley Memorial Award was created to annually recognize a volunteer who reflects June's energy and passion for giving back to the community we serve.

June had been a full-time volunteer at the Food Bank since her retirement. Prior to that, she and her husband Bliss, had been involved, along with many others from our community, in getting a food share program off the ground back in 1991.

June was a strong advocate for those in need and embodied our mission of working with our community to reduce hunger while preserving dignity. June provided compassionate and comfortable experiences for all of our clients. She was a great ambassador for the Orangeville Food Bank at many events and came in every Tuesday, even when it became difficult.

Everything June did was about identifying ways to best serve our clients and donors. She was a solid team player and her collaborative approach and care for the community was clearly evident in all of her interactions. Her energy permeated everything she did. She had time for everyone and was everybody's friend.



June receiving Senior of the Year Award from the Town of Orangeville in 2015.



We are grateful that June's husband Bliss continues to support Orangeville Food Bank as well as attending the award presentations each year.





*Donation suggestions are not brand specific



ADVENT CALENDAR



Collect all 24 items between November 25th and December 19th and drop your donation off to the Orangeville Food Bank Monday, Tuesday, Thursday, and Friday from 9 am-4 pm or Tuesdays and Wednesdays from 4-7 pm

Hunger Report 2022

The Deepening Cracks in Ontario's Economic Foundation

On December 5th, Orangeville Food Bank was host to Feed Ontario as a stop on their 2022 Hunger Report Roadshow. Annually, Feed Ontario collects data from the Ontario food banks in their network, and uses that data to create their 'Hunger Report', an analysis of the Who, Where and Why of Ontario Food Bank usage.

Below are some of the highlights of their presentation.

Ontario food bank use, 2021-22



4,353,880

food bank visits

+42% over 2018-19



1 in 3

were first time visitors

+64% over 2018-19



Employment is less protective against poverty



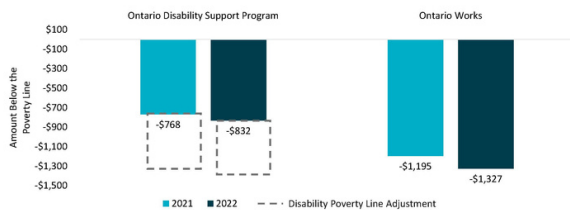
+47%

people with employment
visiting food banks

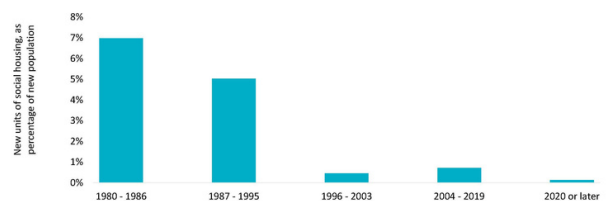
over 2018-19



Social assistance falls well below the poverty line



Social housing builds have not kept up with population growth in Ontario



Food Banks continue to work hard to fill the gap, but they are not a solution to food insecurity or poverty. Strong public policies are needed to ensure every Ontarian can access all their basic needs.

Feed Ontario has several recommendations for change: Quality employment; Double OW and ODSP payments; Investment in social housing; and Putting people with lived experience at the centre of policy and program design.



february 25, 2023

coldest night of the year

it's cold out there #cnoy23



The **Coldest Night of the Year** is a winterrific family-friendly walk to raise money for local charities serving people experiencing hurt, hunger, and homelessness. Team up, fundraise, walk, and **gather for good...** because it's cold out there.

walk / donate / volunteer / share / cnoy.org



Coldest Night of the Year 2023

Each year, for the past 5 years, Orangeville Food Bank's volunteers and staff have hosted 'The Coldest Night of the Year - a family-friendly walk to raise money for local charities serving people experiencing hurt, hunger, and homelessness.

Since 2015 Orangeville Food Bank and this community have raised \$359,341.00! At the 2022 event, we raised an amazing \$106,102.00. There were 310 walkers and over 52 teams who blew our original goal out of the water, significantly exceeding our expectations!

Now, more than ever, the need for community support is crucial. Orangeville Food Bank has seen a 46% increase in clients from October of 2021 to October 2022. We served 940 individuals this October. With the community's support we can ensure that our clients are part of a well nourished community.

Please consider joining us for this fantastic event! You can walk, or donate, or volunteer. Visit the event page at CNOY.org/location/orangeville





MOST NEEDED ITEMS

PEANUT BUTTER
CEREAL & OATMEAL

CHUNKY SOUP

DISH SOAP

CONDIMENTS

KRAFT DINNER

INSTANT COFFEE

CANNED FRUIT

PUDDING & FRUIT CUPS

SIZE 6 DIAPERS

KLEENEX

Noodle Soup in Pork Bone Broth

A recipe from our Community
Kitchen Coordinator
Mark Comendador

Winter Warmer

This recipe is a simplified version of traditional ramen, that Mark made in-house using reclamation products. The main idea is to make a healthy, quick and delicious meal. Hopefully this recipe helps you with dinner ideas!

Ingredients:

Broth and Pork Roast:

- Pork Tenderloin 500g
- Pork bone 500g
- Vegetable oil 15ml
- Onion diced 1
- Peppercorn
- Bayleaf

Noodle & Vegetable Topping:

- Vegetable Oil 5ml
- Green Onion thinly sliced
1 bunch
- Whole Onion thin slices 1
- Carrot thin slices 1
- Noodles 500g (any available
ramen or instant noodles
will do)
- Salt and pepper to taste

Soy sauce flavoring (Tare)

- Soy sauce 200ml
- Sugar 30g
- Garlic 3 cloves
- Ginger powder 2 Tbls
- Smoked Paprika 2 Tbls
(optional)
- Black pepper 1 tsp
- Red wine 50ml (optional)

Instructions:

1. Prepare the vegetables and set aside the vegetables for the topping.
2. In a large pot, add 5ml of vegetable oil and sauté the vegetables for the broth until lightly caramelized. Then add the pork bone until lightly caramelized.
3. Add water (or stock if available). Add peppercorn and bay leaf, then bring to a boil for 20 minutes uncovered.
4. Add pork tenderloin to the broth and simmer on medium-high heat for another 20 minutes.
5. While the broth is simmering, make the soy sauce flavouring. Combine all of the ingredients in a small sauce pot. Bring to a boil and then remove from heat.



Noodle Soup in Pork Bone Broth

A recipe from our Community
Kitchen Coordinator
Mark Comendador

Winter Warmer

Instructions Continued:

6. Remove the tenderloin. Season it with salt and pepper and brush with some of the soy sauce flavoring (set the rest of the soy sauce flavouring aside).

7. After seasoning the pork tenderloin, prepare a frying pan with the remaining 10ml of vegetable oil. Sear all sides on high heat until caramelized and let it rest.

8. While pork is resting, strain the pork broth and add the soy sauce flavoring to the strained broth. Salt to taste.

9. In a small pot, bring water for noodles to a boil, Slice the pork tenderloin in 1/2 inch thick slices.

10. Add the 5ml of vegetable oil to a frying pan and sauté the vegetables for topping on medium-high heat until caramelized.

11. Add the noodles to the boiling water and strain when cooked.

Plating:

Ladle the broth into a bowl and add the freshly cooked noodles. Add the sautéed vegetables and pork tenderloin slices on top.

Notes: You can even use any pack of instant noodle and add the flavour packets that come with it to your broth. You can use a precooked chicken from the store instead of pork, removing the meat from the bone and using the carcass for the broth. At the end of the day try to make use of what you have at home, so the sky is the limit for this versatile dish.





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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