

MARCH 15, 2021

ORANGEVILLE FOOD BANK

Caring for the community

Most Needed Items

- Crackers
- Toothpaste
- Canned Tomatoes
- Toothbrush
- Canned Fruit
- Canned Potatoes



On February 20, we held our annual Coldest Night of the Year. This fundraiser helps to bring awareness to hunger and homelessness in our community. This year was the most successful year to date bringing in an astounding \$78,000. This was all raised by 249 walkers and our sponsors!

A warm and hearty thank you to all those who participated and donated to this cause.





Food Insecurity

- In the past 10 years, there has been a 150% increase in people served at Orangeville Food Bank.
- In this same time period, single women/mothers using OFB has risen 250%.
- There has been a steady increase of those with disabilities coming to OFB this past decade.
- Seniors are the fastest growing demographic who need extra food assistance each month. Their incomes are not keeping pace with the increasing costs of food and rent.
- 31% of clients served at Orangeville Food Bank are children.
- On average 22,000lbs of food are distributed each month through our Food Bank.
- Last year 292,000 pounds of community donations were received by the Food Bank.
- Orangeville Food Bank shares food products with local shelters and similar agencies.
- Recognizing the value of proper nutrition in health and well-being, OFB has been increasing the amount spent on fresh fruits and vegetables each and every year.
- Nation-wide, 70% of food bank clients find that their rent is too expensive causing them to struggle to pay other bills, including food.
- In Canada, 1 in 8 households experience food insecurity.

Food is national security. Food is economy. It is employment, energy, history. Food is everything.

JOSÉ ANDRÉS





Food Related Observances

The month of March is full of food holidays and observances.

- March - Nutrition Month
- March 1 - Peanut Butter Lovers Day
- March 7 - Cereal Day
- March 10 - Oreo Cookie Day
- March 14 - Potato Chip Day
- March 16 - Artichoke Day
- March 19 - Poultry Day
- March 22 - World Water Day
- March 26 - Spinach Day

Fruit or Vegetable?

The difference between a fruit and a vegetable is based on where it comes from in the plant.

Fruits come from the flower and contain seeds. Cucumbers, pumpkins, peppers and beans are often placed in the vegetable category but are actually fruits.

Vegetables are the other parts of the plant, like the leaves, roots and stems.

Client Hours:

Tues 10-1

Wed 5-8

Thur 10-1

Fri 10-1

Sat 9-12

Last orders taken 30 minutes before close





Seniors' Market

The Orangeville Food Bank not only provides food items to those who come to visit our location at 3 Commerce Road, we also visit several of the County of Dufferin Rent-Geared-to-Income seniors' buildings.

We arrive with our van filled with milk, eggs, fruits, vegetables, frozen meals and other items and hand them out to the residents in those buildings. This is a service that is in great need.

Over the past decade, the number of seniors relying on Food Banks and similar services has gone up an astounding 1400%; those numbers only reflect those we know about.

By providing additional food items free of charge, we ensure that the residents of these building are provided the nutrition and dignity that everyone deserves.

We are grateful to have received financial support from Rotary Orangeville and New Horizons. This funding is scheduled to end March 31. If you wish to support the Senior's Market, you can donate financially [HERE](#), or send a cheque to:

Orangeville Food Bank
3 Commerce Road,
Orangeville, ON L9W 3X5
519 942 0638

Items Included at OFB:

Milk
Fresh Fruit/Veg
Hygiene items
Non-Perishables
Frozen food
Pet food Cleaning





Volunteer

Getting to know

Stacey joined Orangeville Food Bank as a volunteer on March 31, 2020. At that time, the COVID pandemic was just beginning in Ontario and OFB moved to the temporary location at Salvation Army. He became the Tuesday Greeter meeting with the clients and seeing what food items were needed. Having prior experience as a client himself, he understood the challenges of not being able to provide adequate nutrition for his family.

Over the past year, he also filled the position of Shopper and filled in as Admin on one occasion.

Being able to volunteer was something that was really important. He wanted to "pay back" the help he received from the food bank and even begin to contribute after a long period of time on ODSP.

Today you can speak directly to him by calling Orangeville Food Bank; he is the one who is answering the phones now. "It has been an interesting journey through my life that had me as a client for a food bank, volunteering at this food bank and now working full time in the administrative position. I am grateful for this opportunity to help out the very community that has offered me and my family so much assistance these past years."

**"The
smallest act
of kindness
is worth
more than
the grandest
intention."
Oscar Wilde**

