

APRIL 7, 2021

# ORANGEVILLE FOOD BANK

Caring for the community

## Most Needed Items

- Toothbrushes
- Canned fruit
- Pudding cups
- Fruit cups
- Granola bars
- Small cans of soup.



We are very fortunate to have two large garden spaces donated to us and within walking distance to the Orangeville Food Bank. Last year we harvested 2,126 pounds of produce. That is a 58% increase from the previous year. Thank you to The Town of Orangeville and Dufferin Garden Centre for this priceless donation.





## What We Do Matters

TO THE LOVELY FOLKS AT  
THE ORANGEVILLE FOOD BANK



YOU'RE SO BERRY SWEET!  
THANK YOU FOR ALL THAT YOU DO.

Last week, a crafted card was delivered anonymously to Orangeville Food Bank.

We are making a difference in our community.

What we do really matters.

“Act as if  
what you do  
makes a  
difference. It  
does.”

WILLIAM JAMES

To all the staff and volunteers of the food bank. I want to thank you for your kindness, generosity and empathy. From the moment I called to inquire, to when I was welcomed on my first visit, to when I picked up my gift at the front door, I was treated with such kindness and respect. You have helped me through a difficult time and I am deeply grateful.

Thank you for all that you do. From the bottom of my heart, a thankful client.





# Food Related Observances

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

- April 1 - Burrito Day
- April 4 - Carrot Day
- April 12 - Grilled Cheese Day
- April 19 - Garlic Day
- April 22 - Jelly Bean Day
- April 23 - Cherry Cheesecake Day (why not a whole week!)
- April 26 - Pretzel Day
- April 28 - Stop Food Waste Day

# To Berry or Not To Berry

The definition of a berry is something that has an outer skin, seeds on the inside and a fleshy middle. Strawberries, although called berry are in fact not. Watermelon and bananas are berries as are grapes, oranges and eggplant.

A cherry could be called a berry under this definition but it only has one seed. Berries need at least 2 seeds to be a berry.

## Client Hours:

Tues 10-1

Wed 5-8

Thur 10-1

Fri 10-1

Sat 9-12

Last orders taken 30 minutes before close







## Shopping at Orangeville Food Bank

Here at Orangeville Food Bank, we take great pride in providing as much as we can for all of our clients. Understanding that proper nutrition is the first step to proper health, OFB has a wide selection of items to offer. Ranging from toothbrushes and toothpaste, to fresh milk and eggs. There is a variety of fruits and vegetables, all freshly purchased from our local grocery stores or donated by farmers. We provide feminine hygiene products, and cleaning supplies. Even pets can get a meal from us, with treats.

School and learning is made easier when the child has had a wholesome meal. We have "Kids Zone" to provide a healthy option to lunches. This has yogurt, fruits and veggies and cheese.

Frozen meals are very popular and they come from ClubLink, Cafe at the Centre, Lavender Blue and from many of our supermarkets.

All of this can be done because of the generosity of donors like you. Please donate [HERE](#)

## Items Included at OFB:

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







Fiddle Foot Farm is a biodynamic farm that is committed to caring for the earth and maintaining the integrity of our land for future generations.

**Sometimes it takes only one act of kindness and caring to change a person's life.**

Jackie Chan

Not only are they committed to the earth, but they also commit to their neighbours. Fiddle Foot Farm has been a supporter of OFB for many years. This partnership has been beneficial to all of our clients in the product and services that they provide.

Over the years, they have provided seedlings for our community gardens. We would grow them and give these to our clients. Fiddle Foot have also shared with us their produce after the Farmers' Market. Most importantly, Fiddle Foot offers the purchase of gift cards for the benefit of Orangeville Food Bank directly on their website.

We wish to thank Fiddle Foot for their continued support to the Food Bank and the community we serve.

796530 Third Line EHS, Mulmur. [Website](#)





# Garlic Tomato Chickpea Soup Meal in a Bag

## INGREDIENTS:

- 6 cloves of garlic
- 1 small onion
- 1 jalapeno pepper
- piece of fresh ginger
- 2 Tbsp water
- 1 Tbsp oil
- 1 strained tomatoes
- 1 tsp tumeric
- 2 cans chick peas
- 2 Tbsp of lemon juice
- 1/4 tsp cayenne

## PREPARATION:

- In a blender, pulse together onion, garlic, jalapeno, ginger. Add water if needed. Puree until smooth.
- In skillet, medium heat, add puree and cook with oil until brown. Pour in tomato and turmeric. Bring to a simmer. Add chickpeas, lemon juice and cayenne.
- Cook for 15 minutes or until thickened.







# Volunteer

## Getting to know

As a young girl, Faye had a desire to work in a grocery store. When Faye retired from her job as a PSW, she wanted to do something more than housework, so coming to the Food Bank was a natural choice. Here at OFB, she has stocked the shelves, helped do shopping for people, and packed groceries and has done every other task that can be found in a grocery store and here.

Faye has discovered that helping others feels great and has met many new people, some of which have become good friends. "The Orangeville Food Bank is an awesome organization with awesome people in leadership positions."

When she is not volunteering, she does jobs on her farm, golfs, curls, walks daily and loves to dance.

Family and friends are very important and when she can, she hosts gatherings at her farm.

Thank you Faye, for your years of dedicated work and service to our community.

Interested in volunteering?

[volunteers@orangevillefoodbank.org](mailto:volunteers@orangevillefoodbank.org)

**We make a  
living by  
what we do,  
but we make  
a life by  
what we give.**

Winston Churchill

