



# ***Newsletter***

***Summer 2023***

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# A Message from Heather

It's hard to believe that we're already halfway through 2023. We're thrilled about the progress we've made with our garden programs like Grow a Row and Give a Row, as well as our new community vending machine and summer workshop series. Our primary focus is on ensuring that everyone in the community has access to food, to break down barriers, and not only bring people to food, but to **bring food to people.**

As I write this, I can see our front garden beds from my window, and they're thriving. The raspberry canes are lush and the strawberries are starting to bear fruit. Thanks to the generous support of Whispering Pines Landscaping, who planted and maintain these beds, we have access to the best fresh produce.

Compass Run 4Food will have concluded by the time you read this, but its impact on supporting food insecurity programs throughout the county will have a lasting effect. We're immensely grateful to them for their dedicated work over the past 10 years, making our community a better place.

**AllPro Roofing** is gearing up for their annual Golf Tournament in support of the food bank. The golfers in our volunteer crew speak highly of this event, and we extend our gratitude to **AllPro Roofing** for supporting our mission.

A big thank you goes out to the **Morningview Foundation** for their continued generosity. Their belief in our work truly makes a difference to many in our community.

The demand for our services keeps growing, as the challenges with housing and food prices continue to affect many individuals in our community. In April alone, we witnessed a 65% increase in those seeking support compared to April 2022. As summer approaches, we anticipate that children will require additional assistance as schools close and their access to nutrition programs diminishes. Thankfully, an anonymous community member consistently donates to ensure we have the resources necessary to feed people throughout the year. As you make your summer plans and embrace the warmth and beauty of the season, we kindly ask you to consider dropping off kid-friendly snacks, condiments, or, better yet, a financial donation. This will help us keep both young and adult bellies full during this season.

To our donors and community members, we express our deepest gratitude for investing your time and resources in supporting your neighbours.

-Heather Hayes, Executive Director





# PROGRAMMING

## *at Orangeville Food Bank*

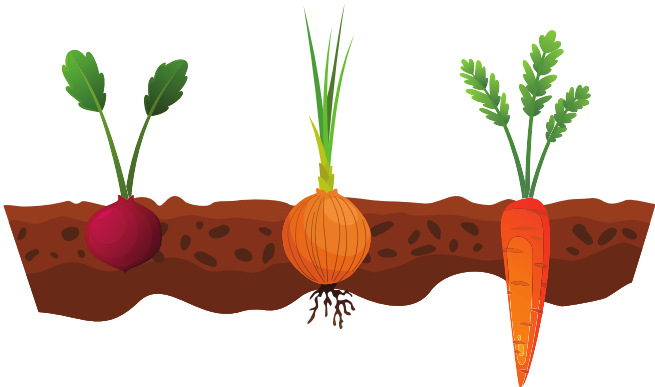


### ***KidZone***

Established in 2013, the Kidzone program was introduced as the first perishable items the Orangeville Food Bank would offer its customers. Recognizing that children under 18 need more nutrients in their diets, the pack consisted of eggs, yogurt, cheese, oranges, carrots and other freshly cut vegetables. Since then, the pack has transformed into 2 yogurts, 2 cheese strings, 2 apples, 2 oranges, and a bag of mini carrots or cucumber, depending on your family's preferences. This package is a once-per-month offering that doubles in the summer when student nutrition programs are unavailable.



**Kidzone package 2013**



### ***Grow a Row, Give a Row***

2017 saw the introduction of the Grow a Row, Give a Row program. This program encourages community members to dedicate a row in their gardens to grow fresh food for the food bank. Once the produce is ready to donate, they harvest, wash, and bring it to the Food Bank, where volunteers will accept it.

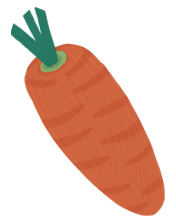
### ***Westside Secondary School Meals***

In 2018 Westside Secondary School joined the OFB (Orangeville Food Bank) team. In an effort to reduce food waste, a partnership was born. The students in the culinary programs of Westside Secondary School, under the direction of Chef Mark Wilson, use some of our overstock items, such as canned beans, dry pasta, and extra produce to create prepared meals that customers can heat and enjoy at home.



# PROGRAMMING

## at Orangeville Food Bank



### **POP UP Markets**

2018-Orangeville Food Bank saw a need in our community and introduced a Seniors Pop Up Market to a low-income senior building in Orangeville. The market initially distributed fresh fruits, vegetables, milk, and eggs, a few non-perishable options, and prepared meals at no cost to the seniors.

2020-With the support of the Rotary Club of Orangeville and financial contributions from the Government of Canada, the market expanded to include one senior building in Grand Valley, one additional location in Orangeville, and three more buildings in Shelburne, making six locations in total.

2023-We are now serving three locations, farmers market style with 8-10 varieties of fresh fruits and vegetables, milk, eggs, and prepared meals.



### **Vending Machine Market**

As the number of clients increases, our goal is to bring food to people. With our new vending machine purchased by a volunteer and supported by the Lawrence Schafer Foundation, people can purchase lunch and snack options created by our chef and volunteers at only 25¢ per item. This machine will be located temporarily at Town Hall outside council chambers and will be relocated to the Orangeville Public Library on Mill Street once construction is complete.





# PROGRAMMING

## at Orangeville Food Bank

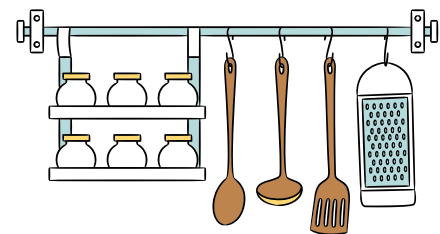


### *Food Bank Kitchen*

In 2021 we were fortunate to receive funding from The United Way to create our own kitchen here at OFB. Hiring Chef Mark Comendador three days a week, allows us to accept larger donations of fresh produce, proteins, and reclaimed product from local grocery stores and transform them into delicious meals.



**Dehydrating Zucchini**



If you would like to support any of the above programs through a financial donation or with time please email [administration@orangevillefoodbank.org](mailto:administration@orangevillefoodbank.org)

# *Hunger can hit anyone at anytime*

There can be a stigma attached to poverty, yet more than half of Canadians are less than a paycheque away from dire financial circumstances.



Seniors represent 8.9% of Canadian Food bank users, with the rate of increase far outpacing other age groups.

33.1% of food bank users in Canada are children, while only representing 18.8% of the population.

53% of Canadians surveyed by Canada's largest insolvency firm MNP LTD said that they are, at most, \$200 a month away from being unable to pay all their monthly bills and debt obligations.

Learn More by Visiting Food Banks Canada's Hunger Count at [HungerCount.FoodBanksCanada.ca](https://HungerCount.FoodBanksCanada.ca)

The annual HungerCount is Food Banks Canada's signature report documenting food bank use in Canada.



# the helpers

HELPING  
WELLNESS SESSIONS

Investing in our volunteers is paramount here at Orangeville Food Bank. Partnering with other community organizations is just as important.

We had the pleasure of hosting Dr. Jill Bailey for a session on wellness. We know how important it is to be mindful of the emotional impact that may happen to us as we see the needs and struggles of our neighbours increase.

Together, with Telechek Orangeville we organized a wellness session for our frontline volunteers called "Helping the Helpers"

Jill provided us with some great tools to manage the effects of vicarious trauma. The session was created especially for us in mind and was very well received.

We hope to invite Jill back again in the future as we continue to invest in our super-heroes.

-Lori Robertshaw, Volunteer Coordinator

I am a family physician by training and a member of the Dufferin community for 17 years. In 2022, after 14 years of general family practice, I shifted the focus of my work to mental health and addiction medicine.

After experiencing my own season of burnout and empathy fatigue, I now have a special passion for supporting other helping professionals who are struggling like I was. I have seen the benefits in my own life of the tools that I teach. I draw on evidence-based therapy modalities such as CBT (cognitive behavioural therapy), ACT (acceptance and commitment therapy) and mindfulness.

My hope is that by helping the helpers, there will be positive ripple effects in the communities that they serve. I firmly believe that we don't need to care for others at our own expense. True service is also nourishing to the giver, and caring for ourselves is never selfish.

-Jill Bailey MD CCFP FCFP FMCBT, GP Psychotherapy, Mindfulness Teacher, Addiction Medicine



# Lemony Apple Cabbage Salad

## Ingredients:

- 1 small head of Cabbage, sliced thinly
- 2 Honeycrisp Apples, sliced thinly
- 1 lemon, zest and juice
- 1/2 Red Onion, sliced thinly
- 2 tbsp. Olive Oil
- 2 tbsp. Oregano
- Salt and Pepper to taste



## Instructions:

1. Put the sliced cabbage in a strainer and season with salt, allow water to drain for 15 minutes.
2. When the water is drained from the cabbage, put the cabbage, apple, and onion in a mixing bowl.
3. Grate the lemon zest, and juice the lemon into the bowl, then add the oregano and oil
4. Mix well, and season to taste with the salt and pepper.



This recipe will make 6 servings and you can substitute the Honeycrisp apple with any other apple you prefer.



# from the kitchen

A RECIPE CREATED BY OUR  
COMMUNITY KITCHEN BY CHEF MARK



# In Our Calendar

## Food Drive

Orangeville Food Bank, along with FM101 Orangeville, will be hosting our annual Food Drive on **Thursday, August 24th!**



FM 101  ORANGEVILLE



The 10th annual Compass Run for Food was held on Saturday, June 10th

This event benefits Orangeville Food Bank as well as other local food insecurity initiatives in Dufferin County

We'd like to send a big **THANK YOU** to everyone who participated!

## Holiday Closures

**Canada Day:** The office will be closed on Monday, July 3rd for Canada Day. This will not affect shopping hours.

**Civic Holiday:** The office will be closed on Monday, August 7th for the August Civic Holiday. This will not affect shopping hours

**Labour Day:** The office will be closed on Monday, September 4th for Labour Day. This will not affect shopping hours.

**Thanksgiving:** The office will be closed on Monday, October 9th. This will not affect shopping hours.



The 5th Annual AllPro Charity Classic Golf Tournament is back on **July 21st, 2023** at Woodington Lake Golf Club!

<https://www.allprorooftinginc.ca/giving-back/>

Register your foursome today, or email [brier@allprorooftinginc.ca](mailto:brier@allprorooftinginc.ca) for more info!



Food Banks Canada  Banques alimentaires Canada

**No more pencils,  
no more books...**  
No more breakfast,  
no more lunch?



### *What's in a pack?*

For most kids, the last day of school marks the beginning of fun summer days filled with sunshine, laughter and friends.

For others, it means the end of the critical in-school meal programs that keep their growing bodies healthy and strong.

That's why Food Banks Canada created "After the Bell."

Since its first summer in 2015, and throughout the COVID-19 pandemic, "After the Bell" has distributed over 660,000 food packs.

This year "After the Bell" will deliver an additional 185,000 Healthy Food Packs to Children in Need.

As a participating Food Bank, Orangeville Food Bank will receive and help to distribute these Healthy Food Packs to children right here in our community.

Each pack contains child-friendly, nutritious foods. The packs are assembled at a Food Banks Canada packing day event with shelf-stable items such as milk, hummus, crackers, cereal, oatmeal and sunflower seeds. The packs are then sent to the local food bank who use grant money to supplement the food packs with perishable items such as apples, sugarsnap peas, cheese, and yogurt.



Learn More Here: [After the Bell](#)





## Most Needed Items of the Summer

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





# WORKSHOP SERIES

LOOKING FOR HELP OR  
INSPIRATION IN THE KITCHEN?  
JOIN US FOR A WORKSHOP!

ALL INGREDIENTS ARE PROVIDED BY US  
AND YOU GET TO GO HOME WITH WHATEVER  
YOU MAKE, AND A GUARANTEED SMILE!

JUNE 19TH 2PM

## PRESSED SANDWICHES

JOIN CHEF MARK AND MARGO  
TASKER FROM WESTMINSTER  
CHURCH FOR AN AFTERNOON  
OF SANDWICH MAKING



JULY 17TH

## GARDEN SIDE SALAD MAKING

ON LOCATION AT  
HEADWATERS HAPPY  
HARVEST GARDEN, WE  
WILL MAKE FRESH  
SALADS RIGHT FROM  
THE GARDEN



SEPTEMBER 18TH

## SCHOOL SNACK IDEAS

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



AUGUST 21ST

## SALSA MAKING

IT'S TIME TO FIND A  
WAY TO USE ALL THOSE  
TOMATOES. LETS MAKE  
SALSA



OCTOBER 13TH

## PIE MAKING WITH HEATHER

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



KEEP AN EYE OUT ON OUR SOCIAL MEDIA FOR MORE INFORMATION  
TO REGISTER, EMAIL OUR COMMUNITY KITCHEN COORDINATOR AND CHEF:  
[MARK.COMENDADOR@ORANGEVILLEFOODBANK.ORG](mailto:MARK.COMENDADOR@ORANGEVILLEFOODBANK.ORG)



# 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](http://Orangevillefoodbank.org/donate-now)

## Sponsoring

Host a corporate event, food drive, or matching program. Visit:  
[Orangevillefoodbank.org/get-involved](http://Orangevillefoodbank.org/get-involved)

## Volunteering

Our work would not be possible without the many volunteers who give their time. Visit:  
[Orangevillefoodbank.org/volunteer](http://Orangevillefoodbank.org/volunteer)

# VISIT US & STAY UP TO DATE



TWITTER



INSTAGRAM



FACEBOOK

### Visit Us In Person:

3 Commerce Road  
Orangeville, ON L9W 3X5

### Office Hours:

Monday-Friday 9am-5pm

E: [administration@orangevillefoodbank.org](mailto:administration@orangevillefoodbank.org)

T: 519-942-0638



Charitable Registration Number:  
139418313RR0001