



30 Years

orangeville

**FOOD BANK**

caring for the community



# Commemorating 30 Years Neighbours helping Neighbours



On August 8th Orangeville Foodbank commemorated our 30th year of Service in Orangeville, as well as opening the doors to our new home officially!



We welcomed the local community partners as well as volunteers, past and present, to join us in taking a look back at the last 30 years of dedication and growth, as well as a look forward to what Orangeville Foodbank has planned for the future.



## A Word from Heather

Opposite is the speech Heather Hayes, Executive Director, gave to those in attendance at the 30th Anniversary Event.

30 years- Wow! and I don't think anything is truer for us today than a quote by Aristotle "The whole is greater than the sum of its parts" Thank you for taking the time out of your day to join us in commemorating 30 years of service to the community and being part of the whole.

Today we are welcoming you into our beautiful newish building. It would not have been possible without the very generous support of the Morningview Foundation; The Lawrence Shafer Foundation; The Humeniuk Foundation, TPC Osprey Valley Toronto, Bob Spittal and The Morguard Foundation.

Covid threw us all a curve but with the support of the community and these foundational donors we were able to purchase and renovate this building at the beginning of the pandemic - As you would!

Not only did we have the financial support to do all of this we had the assistance of so many great tradespeople, architects, real estate agents, local businesses and community champions, all truly skilled at what they do; we had volunteers who gave literally thousands of hours in labour, a Board of Directors who didn't think I was out of my mind (mostly) and our families who got co-opted into "just stopping in for a sec" code for either not coming home on time or there is work to be done! All of them made this possible. All of you made this possible!



# A Word from Heather



We are pleased to have the Mayor and the Warden joining us today to say a few words:

The Town of Orangeville have championed our build and supported the food bank through out the pandemic including staff who have volunteered at silly o'clock cutting veg for local school programs. We are honoured to have Sandy Brown the Mayor of Orangeville join us today.

Thank you Mayor Brown

The County of Dufferin continues to work closely with us although I think everyone cringes just slightly at the sight of my number. Wade Mills, Warden of the county has graciously agreed to join us as well today.

Thank you Warden Mills



# A Word from Heather

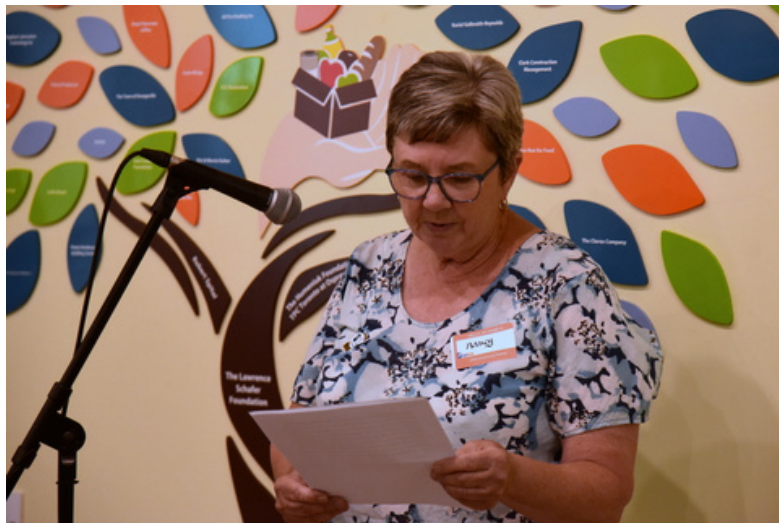
We are also honouring the incredible skills and dedication of our volunteer force present and past - And they are a strong force of nature. They are a soft place to land for many; they perform acts of unseen kindness; are anonymous donators and they champion the Food Bank in their everyday lives. Simple put they are the heartbeat of our service, and our work couldn't be done without them.

So many have contributed to what the food bank is now, and we are honoured to have some of the original founders with us, Nancy Rampley; Eleanor Elston, and Terri Hunter (June Quinlan). I have had the pleasure of working along side some of these incredible women. They have given so much to the food bank over the years ensuring that community members would have access to food during difficult times.

I'd like to present Nancy, Eleanor and Terri with a small token of our appreciation for their years of service the community of Orangeville. Please join me in a thanking these inspiring women.

As some of you may know Nancy received the Lifetime Achievement Award from Feed Ontario for her thirty years of volunteering with the Food Bank at the beginning of June. Nancy does not seek out the spot light and quietly operates in the background making connections for us and doing spinach pick ups for us. I'd like to turn it over to Nancy Rampley to say a few words.

Thank you Nancy



# Unveiling our Donor Wall



Some of you know that I was taken out of the design process very early in the game by our contractor Aryan of Bauhouse Renovations, who pointed out I had gone with the McDonald's Funland colour scheme so design decisions were being taken away from me, and rightfully so. This Donor Wall installation came together with the skill of our designer Jennifer Miller from Kreatif Designs and The Brothers Markle.

After two long years we finally have the opportunity to formally acknowledge all of the amazing donors who have made this possible.

Giving is not just about making a donation; it's about making a difference. ~  
Kathy Calvin.

Our community of donors have truly made the difference in many lives. Over the last ten years we have distributed 1,900,000 lbs of food and had 54,000 visits to the food bank. We've seen 644 % increase in that time of seniors accessing the food bank and a 127% increase in the number of working families needing assistance. You make our work a reality with your support.  
A round of applause for these incredible individuals.

# Take a Look Back in Our Archives



## Orangeville Food Bank opens

The ribbon was cut for the Orangeville Food Bank on Saturday and volunteers will be putting the finishing touches on it for its June 2 opening. Taking part in the ceremony is (from left) Bob Crane, vice-president Conrodgkinson, Denise Cage, Lauretta Brown, Corey

Boon, Mayor Mary Rose, president Judy Kendrick, treasurer Chris Blaymires, secretary Rayma Blaymires, food sourcing director Wendy Beer, Cheryl Nash and Salvation Army representative Lt. Jim H



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Photo/ NATASHA ZAHODNIK  
**LIBRARY DONATION.** Administrator of the Orangeville Food Bank Lauretta Brown receives a grocery cart full of donations from Chief Librarian Barry Holmes. Donations were collected at the library from November 20-22 for patrons with overdue fines that were given an opportunity to donate food instead of paying their fine. 2022



## Food awareness week!

Orangeville Mayor Mary Rose (seated) proclaimed the week of Oct. 5 to 10 "Food Awareness Week." The proclamation acknowledges the importance of nutritional support for families who sometimes have trouble feeding themselves, and the role of the Orangeville

Food Bank and the Salvation Army in providing that support. Standing behind the mayor are food bank director Chris Blaymires, Salvation Army Captain Jim Hann, food bank directors Rayma Blaymires, Bob Crane, Judy Kendrick, Corey Boone and Wendy P.



# Then and Now, a look at how Orangeville has grown and changed in the last 30 years

According to the 1991 Census, the population of Orangeville was **17,921** when Orangeville Foodbank opened its doors. 30 years later, the 2021 Census recorded a population of **30,167!**

### ***What does that mean?***

Orangeville has grown, and many citizens here have to commute to surrounding communities for work. With costs rising in all sectors, it is getting harder and harder for many people to make ends meet. 12.5% of Canadians accessing food banks are employed



In 1991 **9.5%** of the population was 65 years or older  
in 2021 **15.2%** of our population was 65 years or older

### ***What does that mean?***

Seniors are nearly twice as likely to need the services of a food bank on a long-term basis than those under 65. In addition, with a growing senior population, there is a greater need for the services we provide, such as our Seniors pop-up markets.



# Meet Our new Community Kitchen Coordinator



Mark Comendador comes to Orangeville Foodbank as Community Kitchen Coordinator from a background in fine dining and brings eight years of experience with him. Mark studied culinary arts through George Brown's program, graduating in 2014.

In the last two months since he joined our team part-time, Mark has produced 962 meals and helped to reduce food waste and overstock.

We asked Mark to answer some questions so we could get to know him.

## ***Why did you decide to become a chef?***

Mark: I decided to become a chef, one because I enjoy cooking, but also because I love what food can do for people. What I mean by this is that food can be nostalgic, tasting a butter tart just like my grandma used to make, or food can be a comfort, such as a hot bowl of soup on a cold winter's day.

I also did not want to go to school to become a starving artist, so I became a starving chef instead, as I could use all my creativity and make people happy.



## ***What would you say is your signature dish?***

Mark: My signature dish can be considered a relatively easy one that anyone can make, and it is pasta, more specifically, spaghetti. In Canada, many spaghetti sauces I have found people to enjoy are tart and not very thick in texture. However, back home in the Philippines, my signature pasta sauce is considered a favourite among family and friends. It starts with the perfect al dante spaghetti, and then I make a sauce, sweet, as is traditional back home, and thickened with bread crumbs.



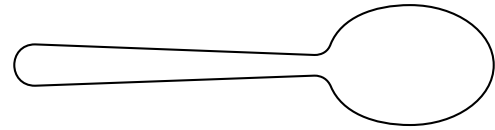
# Meet Our new Community Kitchen Coordinator



## ***What would you say is your least favourite food or dish to prepare?***

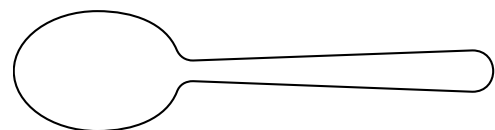
Mark: My least favourite dish to prepare is foie gras. This dish is not only difficult to prepare because it has to be cleaned and deveined but the ducks and grease from which this dish comes are treated in a very inhumane way.

I also dislike preparing most seafood dishes as I have a shellfish allergy and find it to be a waste to kill these animals for such small quantities of meat.



## ***Where would you say you've gotten the most hands on experience?***

Mark: In terms of preparation for this position, the most hands on experience I had would be working at Hockley Valley Resort, where I had to prepare and portion food for large numbers of people. However, the place where I had the opportunity to experiment with my culinary creativity was at Paradise Farms Beef Bistro, where, as head chef, I created the dishes daily and plated them as one would at an upscale restaurant.



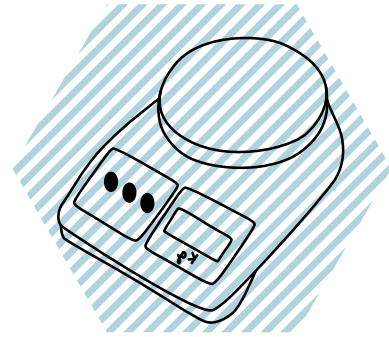
# Meet Our new Community Kitchen Coordinator



## **What made you apply for the Community Kitchen Coordinator position?**

Mark: When the COVID-19 pandemic happened, I was looking for a kitchen position and quickly realized this would not be possible as restaurants were forced to close their doors. When the restrictions began to ease, I had done a lot of thinking and was not sure that I wanted to return to the kitchen. The traditional restaurant industry is wasteful and hard on the environment. Good food is rejected because of small imperfections, and this is not sustainable.

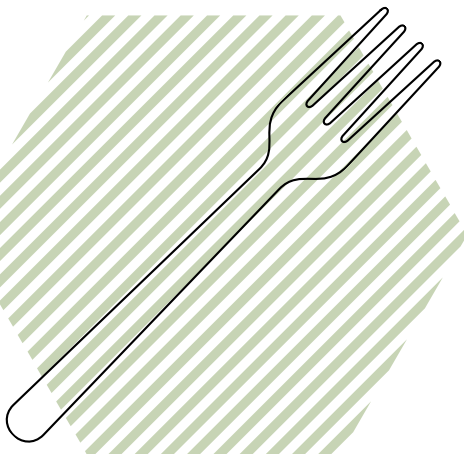
The Community Kitchen Coordinator position seemed ideal. I would have the opportunity to "prepare and repurpose excess product" so that very little would go to waste. I also liked that I would have some creative freedom to make fusion dishes that all backgrounds can enjoy.



## **Name the one kitchen tool you can't do without:**

Mark: This question required the most thought, but I think that the one kitchen tool that I cannot do without right now is a scale.

Normally in a restaurant, I would just "eyeball" the portions, but this is not feasible at the food bank. In the spirit of fairness and equity, the scale is one of the first tools that I brought to this kitchen so that everyone would have an equal distribution of food in their meal.



# Meet Our new Community Kitchen Coordinator



## ***If you could pick any person to cook you a meal, who would it be?***

Mark: In terms of a famous chef, I think that many people, including myself, would love for Gordon Ramsay to cook for them. I admire that Gordon Ramsay expects nothing but perfection for his dishes, and I especially appreciate that he has recently softened his stance on vegetarianism and veganism.

However, I must say that I would love my grandmother to cook me a meal again. Back home, farm to table has a different meaning as the family raises and slaughters the chickens and pigs, grows rice in the fields and farms vegetables for sale at the market.

If grandma were to cook me a meal, I would know where every ingredient came from and how it was grown. Grandma always cooked with the number *one ingredient in my mind*, and that was love for her family. I suppose this is part of my answer for the first question, as my grandmother has always inspired me, and I want to continue her legacy in the kitchen.





Orangeville Foodbank would be nowhere if not for our Volunteers, below are some thoughts and stories

from a few of them:



'The food bank's evolution in the last ten years has been exponential when compared to the first twenty. The first twenty was marked by deep compassion and commitment to all who needed help with food, and that help was delivered in any way possible by so many dedicated volunteers. In the last ten, everything has grown and matured at a tremendous pace, including the physical size and location, the food freshness, capacity and diversity, the client centric service model, use of technology, the permanent leadership and stewardship but more importantly, the focus on providing a dignified experience for clients and the compassion for everyone in our community, regardless of their background, identity, or circumstances - truly living the foodbank purpose of 'neighbours helping neighbours care for our community'.

-Lori K



### **Peanut Butter and Jelly Anyone?**

It all started with a simple phone call. A group meeting at the Hockley Valley Resort was having a team building experience. The goal during the final hour was to see how many peanut butter and jelly sandwiches your group could make. The food bank was asked if we would we be interested in coming and picking up the leftovers after a large Toronto Food Bank had taken what they wanted. We could have sandwiches and any unopened jars of peanut butter and jelly. Of course, we said yes.

Do you know how many sandwiches 100 people can make in an hour? 9200!!! Our share was 1200 individually wrapped sandwiches. It took 3 trips with a pickup and SUV to transport the sandwiches and the jars. We delivered them to Choices, The Door, The Lighthouse and any other group in town who could take them. We couldn't give them to our clients because they weren't prepared in a certified kitchen, so we fed them to the class of high school volunteers who came to OFB to help sort food. Luckily there were no nut allergies in the group. We had enough jars peanut butter and jelly to give to our clients for several months!

-Colleen B



## The Great Exchange

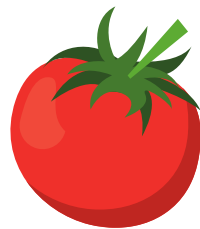
Once upon a time, the Orangeville Food Bank had too many boxes of “Other Beans.” This included but was not limited to chickpeas, pinto beans, kidney beans, black beans, and Six bean Medley. The day arrived when we had more than 50 cases of surplus beans. I persuaded a volunteer who was a police officer in a neighbouring county to find a food bank that might have use for our surplus beans. Within days, she brought me a list.

The first food bank I called was more than happy to take the beans. They even said they would come and pick them up. Not being a good negotiator, I chose that moment to ask if they had anything they would like to exchange. They kindly offered fresh tomatoes. I accepted.

Later that day, a van arrived, in my memory, bulging with banana boxes full of tomatoes. The two smiling young men now seemed like Cheech and Chong, only with tomatoes.

By the time the exchange was complete, we had moved 50 boxes of beans and received 47 banana boxes full of the most beautiful tomatoes I have ever seen. As if from a magical kingdom, they were all perfect. Box after box of flawless tomatoes. We were overjoyed to be able to share them with all the agencies we supported. No tomatoes went to waste. Truly a memorable experience.

**-Willie B**



# Change to Shopping Hours



## **Notice:**

There has been a rapid increase in the number of clients we are seeing each month, for the last several months, with the highest numbers of clients attending on Tuesday day shifts and Wednesday evenings.

After careful consideration, using client surveys and usage statistics, the decision was made to close the Foodbank for Saturday shopping, as well as to add another evening shift during the week.

This change will be made effective as of November 1st, and we will continue to monitor Foodbank use and reevaluate as necessary.

### **New Shopping Hours as of November 1st**

<b>Tuesday</b>	<b>10 AM to 1 PM &amp; 4 PM to 7PM</b>
<b>Wednesday:</b>	<b>5 PM to 8 PM</b>
<b>Thursday:</b>	<b>10 AM to 1 PM</b>
<b>Friday:</b>	<b>10 AM to 1 PM</b>



## Mission

To lead in meeting the nutritional needs of our community, by providing dignified food assistance, education, and advocacy for solutions to end poverty

## Vision

A well-nourished community

## Values

Inclusiveness and Respect

Innovation

Accountability

Collaboration

To stay up-to-date on all things OFB,  
you can visit us online:  
[Orangevillefoodbank.org](https://www.Orangevillefoodbank.org)



## October 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