



Food for Thought !

Eden Food Bank

"Quarterly" Newsletter, February, 2007

www.edenfoodbank.org

From the Editor.....

We started out with the intention of having about four newsletters per year, but for a variety of reasons, we have "slipped" a little with this issue. One of the reasons, is that there has been a great deal going on at the Food Bank, and this kept everyone so busy, that something had to fall by the wayside. Unfortunately, that 'something' was this issue of the newsletter.

However, please read on.....

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President Dave says.....



As I look back over the last few months, I can't help but get excited about our accomplishments at the food bank. Let me mention some of these events, as they come to mind.

— Last November, we held what has become our annual strategic planning review, where we analyze what we have done in the immediate past, how we have succeeded in meeting our objectives, and set objectives for the next 12 month period. It was heartwarming to see over 30 dedicated people give of their free time on—not one, but two—Saturdays, to contribute to the ongoing and increasing success of the food bank and our clients.

— Not only that, but many attendees committed even more of their time and talents to help us by serving on at least one of our Committees. We now have

active groups in the areas of advocacy, fund raising, marketing, information technology, plus an ad-hoc task force which is examining some of the options and alternatives in the all important area of space planning.

— November was also the time of our 2nd annual "Toonie Tuesday" campaign in the public and separate school Boards, and we were thrilled to be able to announce that we raised almost \$16,000 this year.

— This momentum spoiled over into December, with over 4,500 kg of food being donated from local schools.

— December has always proven to be one of our best months for donations from the public at large, and this was true again this year. It is a time of year when many of us recognize just how fortunate we are, and take a step to help others.

— Still in December, we were thrilled to receive the largest single financial donation ever to come our way, courtesy the wonderful people at GE Canada. There will be more on this item of news later in this newsletter.

— Eden United Church coordinated their annual Christmas Basket programme, providing Christmas dinner and gifts to 246 of our client families (765 people). Our thanks go to everyone who donated a basket, gifts, food and/or money. A special vote of thanks must go to both Heather Barbour and Sheena McLean, who orchestrated it all — a huge task, incredibly well done. Thanks.

— Rev. Evelyn McLachan (Eden United) introduced us to the "Souper Bowl Sunday" concept of fund raising a number of years ago, and this year our fundraising committee brought the concept to each of the ministries in our postal codes, and we expect that there will be 10 church congregations supporting Eden Food Bank this year. Kudos to Beth Barnes who spearheaded this project.

With all the above good news and sunshine, I guess we have to accept that a little rain has to fall as well. At the beginning of the year, Anne Green tendered her resignation as one of our Operations Managers at Eden Food Bank. Anne has been an amazing supporter of the food bank for over seven years, both as a volunteer, and as our first staff person. Her presence will be missed, and we wish her all the very best in her future endeavours.

Donna Behmer has now assumed the role of Eden Food Bank Manager. She is currently recruiting for a part-time Operations Supervisor (estimated at 15 to 25 hours per week), who will supervise the shift coordinators at each of the sessions when the food bank is open to clients, as well as organizing the supply and organizing of the food.

We have a whole bunch of new initiatives coming up, and if you feel the urge to help us, please get in touch through our web-site at www.edenfoodbank.org

I would like to take this opportunity to thank everyone who has helped Eden Food Bank in any capacity in the past year. Thanks to you all!!

Milestones at EFB...

Many of our readers have expressed an interest in knowing the history of Eden Food Bank, and so we have prepared a "potted history" of our operation for your information.

We date back some 16 years, when the congregation of Eden United Church decided to start a food bank, and when they opened their doors on Monday, April 9 1990, there were seven people waiting to be served. (Boy, how we've grown!).

An attempt was made to also open on a Tuesday, but after a trial period, this practice was discontinued.

Our first Trillium grant was applied for and won, and "Friends of Eden Food Bank" raised the matching funds necessary to purchase and install an elevator to make easier access to the foodbanks location in the basement.

It was not until January 11 2002 that Eden Food Bank was incorporated, and the first official Board of Directors was set up.

In March 2003, we held our first SWOT Analysis meeting, the acronym standing for Strengths, Weaknesses, Opportunities and Threats. Since then, these meetings have been held on an annual basis, and the outcomes have been instrumental in assuring the success of EFB. In this way, Board members and volunteers alike, form a common bond, with the end result of continuous improvement in service and relevance to community needs.

In September 2003, we held our first Visioning Workshops, and we re-established our relationship with Food Path. Feeling the need for improved communication, we launched our website in December 2003 - a website which grows monthly. If you have never visited the site, we urge you to take a moment to do so now.

May 2004 saw us add fresh produce to our food offerings, we hired a part-time fundraiser, and held our second strategic planning workshop. A month later, in June 2004, we elected a new President of the Board. Later that year, in October, we hired Anne Green as a part-time Operations Manager.

We started 2005 with a successful application for another Trillium Grant, to cover the costs associated with the position of Operations Manager, and Donna Behmer started to share that

position with Anne Green.

A significant change was made in early 2005, when our service catchment area was reduced to two postal codes, L5M and L5N, yet our number of clients continues to rise.

Our commitment to Action planning continued with a meeting in April 2005, and at about the same time, we were forced to search, and ultimately use a school, for off-site storage of non-perishable food goods.

In September 2005, we were introduced to, and participated in the "Kraft Hunger Challenge." October that year saw us hold a very successful "Share the Harvest" concert, and our highly innovative and successful "Tooney Tuesday" programme was launched.

Our Visioning review process continued in January 2006, our monthly donor programme was introduced, and on June 6, we participated in our 1st Hunger Awareness day.

We repeated our involvement in the Kraft Hunger Challenge on September 6, and the next month saw us add another client opening on Monday evenings. It was at about this time that one of our volunteers decided to break up the rather austere environment in the basement, by starting to sing!! A nice touch.

We conducted a client survey to make sure we were on the right track in serving their needs, and in November, we opened up our second Tooney Tuesday campaign.

Towards the end of the month of December, we did another SWOT update, and finally, on December 31 2006, our Trillium grant expired, and we were now on our own to fund the operation all on our lonesome!! Our sincere thanks to Trillium for helping us out when we needed it most

Well, that brings you more or less up to date. We have a wonderful team of Board members, Advocates and Volunteers, and as you can see, we are a busy bunch.

It really is amazing that we started off in such a small way, but we feel that we have grown to meet community needs, in an organized and responsible manner. Your comments on our growth and management of the food bank would be appreciated.

Here we Grow Again!

Based on information from our Operations Manager, the following reflects the demands made on Eden Food Bank over the past three months for which data is available:

People served	Oct '06	Nov '06	Dec '06
Adults	457	520	391
Children	323	384	288
Babies	41	39	23
Families	262	301	219
New Fam's	56	22	TBA

Tony's Corner.....

(from Tony Hill)



In the last issue, I wrote about the misconception that people should eat more meat, and I looked at protein requirements.

In this article, I will talk about some of the problems commonly associated with high protein diets.

1. Osteoporosis. High protein intake has been shown to encourage urinary calcium losses, and it has also been demonstrated that this induces a higher risk of bone fracture. Plant-based diets, which provide adequate protein, can help protect against osteoporosis. Calcium-rich plant foods include leafy green vegetables, beans, and some nuts and seeds as well as fortified fruit juices, cereals and non-dairy milks.

2. Cancer Although fat is the dietary substance most often targeted as increasing the risk of cancer, animal protein also plays a role. Specifically, certain proteins in meat, fish and poultry, cooked at high temperatures—especially when grilling or frying—have been shown to produce compounds linked to various cancers, including those of the colon and breast. It has been reported that diets high in red meat were considered probable contributors to colorectal cancer risk.

In addition, high protein diets are typically low in dietary fibre which appears to be protective against cancer. Thus, a diet rich in whole grains, fruits and vegetables is important in decreasing cancer risk.

3. Impaired kidney function. When people eat too much protein, it releases nitrogen into the blood stream or is

digested and metabolized. This places undue strain on the kidneys, which must expel the waste in the urine. High-protein diets are associated with reduced kidney function which over time increases the risk of permanent loss of kidney function.

Researchers at Harvard recently confirmed that high protein diets led to a significant decline in kidney function, based on observations of 1624 women participating in a study. The good news is that the damage was only found in those who already had some function reduction at the start of the study. On the other hand, one in four adults in the USA may already have reduced kidney function, suggesting that most people who have renal problems are unaware of the fact, and so do not realize that bad diets could put them at risk of further deterioration.

Kidney damaging effects are only seen with animal protein—plant protein had to reported harmful effects.

In the next issue, I will talk about heart disease, problems with weight loss, and give you a protein checklist.

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Words from Anne Green.....

I couldn't let this issue go to press without some words of wisdom from Anne Green, who sent this to me just before she left the food bank. So, in her own words.....

Traditionally around Christmas time, many people work hard on food drives for our foodbank, and this year was no different. We are very grateful to Dale and Patti of Patti's Fine Foods, who provided space to store the excess food for a while.

A big thank you must go to Our Lady of Mt Carmel, and John Fraser Secondary Scholl, who contributed huge amounts of food and monetary donations. Plum Tree Park, Churchill Meadows, Streetsville Secondary, Maplewood Elementary, Dolphin Sr. Public School, Edenwood Sr. Public, Lisgar Elementary, Millers Grove, Oscar Peterson, Osprey Woods, Shelter Bay, Middlebury and Trelawney Schools also collected amazing donations for Eden Food Bank.

Employees at CCSI Technology Solutions, NSK Canada, Ciba Vision, Ciba Specialty Chemicals, Dollar Thrifty Automotive Group, Henkel Canada, Tibco Software, Premier Fitness and Wal-Mart were also great supporters of food drives this season.

We brought in 16 tons of food in December alone, which presented a "collect, sort and shelve" problem. We have about 85 volunteers who work hard at this during the year, and they were augmented by Board members, committee members, etc, all wonderful people without whose help, EFB could not be so successful.

In December, these forces were bolstered by support from employees from General Electric, Hays, Golder and Associates and Wal-Mart.

I must also mention the support we get from Tim Hortons, Dominion Stores on Derry, and Loblaws on Glen Erin.

Little Caesars (10th and Eglinton), Edible Arrangements, Country Style Donuts, Starbucks, Shoppers Drug Mart keep us supplied, as does Kraft Canada, whose supplies are picked up by Meyers Transport.

Our Christmas Hamper programme at Eden could not have been as successful without the provision of 40 hams by Glen Crawford and 40 turkeys by Sysco Foods.

If I have missed your name off my exhaustive list, please accept my apology, and know that you are recognized and appreciated in the hearts of many. It takes many people to feed a community, and our community is certainly stepping up to the plate!

(Ed's note: Thank you for this report, Anne, and for your years of dedicated service to the Eden Food Bank. Your efforts will be missed.)

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Recipe of the month.....

In this issue, let us take a look at the humble scone. It is hard to describe a scone to someone who has never had one. It is lighter than a biscuit, smoother than an English muffin, heavier than a muffin, and thicker than a flatbread. The derivation of the word 'scone' is from the Gaelic "sgonn", which rhymes with 'gone'.

Before the advent of baking powder (1850), scones were made on a griddle, and called drop scones, but they have since been modified to the scone most of us know today, and which forms the basis of traditional English Cream Teas, where they are eaten with strawberry jam and clotted (typically Devonshire) cream, which can be purchased at Loblaws and elsewhere. Often, scones are modified by the addition of raisins, other fried fruits, candied peel, etc.

The following recipe is for my personal favourite, a cheese scone which can be eaten cold, warm, or even toasted and dripping with butter!!

Ingredients:

- 8 oz flour
- 2 level teaspoons, cream of tartar
- 1 level teaspoon, bicarbonate of soda
- 2 oz margarine
- 2-3 oz grated cheese (I prefer cheddar)
- 1/2 teaspoon of salt
- Dash of pepper
- 1 teaspoon dry mustard powder
- 1/4 pt milk (approx).

Sieve the dry ingredients into a bowl and rub in the margarine. Stir in enough milk to give a light, spongy dough, just firm enough to handle. Turn out onto a floured board, knead gently to remove any cracks, roll out to about one inch thick, and cut into rounds with a sharp cutter dipped in flour.

Place on a floured cooking sheet, and glaze with beaten egg or milk. Bake on a top rack at 450°F for 7 to 10 minutes till brown and well risen. Cool on a rack, and then enjoy. This should make about 12 scones.

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Think on these things....

"Great and miraculous things happen when people come together with an intent to create hope and opportunity."
- Oprah Winfrey

(Could she have been talking about our Eden Food Bank?)

It has been estimated that the amount of food Americans waste in a single day, could feed 240,183 people for a year!!

The first food permitted to have colour added is butter. It is naturally white.

Most of us will know that Silver weddings are celebrated after 25 years, and Golden weddings are the 50th. But did you know that the traditional gift for the 44th anniversary is Groceries!!

Our Story in Pictures



Without our volunteers, we would be nothing.

On the previous page, you can see some of the volunteers from General Electric who helped sort and store food from John Fraser School food drive .



The picture above shows Linda Maloney presenting us with a cheque for \$10,256 The donation specifically came from GE Commercial Finance group. The GE Volunteers are made up of employees from various businesses within GE, from all over the world.

Sunday drive, and we are pleased to confirm that 10 churches participated this year, bringing in 420kg of food, and nearly \$900 in cash.



In this photograph, we have Phil Day, Melissa DeSouza, Donna Behmer (Manager, Eden Food Bank), Diane Saldanha, Cherlyn deSouza, and Louis Ross from St. Joseph's

Eden Food Bank Personnel.....

As we become more involved in additional responsibilities on behalf of our growing client base, we have to "share the load", otherwise we would get bogged down, and would become significantly less efficient.

Therefore, we have to add additional names to our list of Directors and volunteers. So that you can recognize the people who do such a great job, I have put the following list together.

Executive:
 Dave Pratt, President
 Bill Bates, Vice President
 Gayle Morais, Treasurer
 Karen Skyba, Secretary

Board Members:
 Bill Crawford,
 Tony Hill,
 Rakesh Gupta
 Ron Saito
 Carrie Fisher

EFB Manager:
 Donna Behmer

School Liaison:
 Esther O'Toole

Committee Chairs:
 Human Resources, Dave Pratt
 Advocacy, Carrie Fisher
 Fund Raising, TBA
 Marketing, Ron Saito
 Information Tech., Dominique Ramblie
 Space Planning, Jason Sack

In addition, we have several operating and Ad Hoc Committees which would not be able to operate without the following people:

Brenda Harrison, Sheryl Babcock, Beth Barnes, Marilyn Matthews, Nadine Perry, Tony Swierkot, Nancy Pleich and Michael Burgoyne

Add to this, all the people we need to man the three opening times, including the coordinators, the servers, bulk portioners, front desk people, fresh table helpers, food transporters, and all the student volunteers, and you will clearly see that we have a great many people to thank, without ALL of whom, we would not be able to feed our clientele.

So, if your name appears anywhere in this newsletter, or if you provide any kind of service but for some reason I did not get your name in print, just listen very carefully, and you might be able to hear the applause—or even the cheers—being sent your way by our readers.

The last laugh.....

In the space I have left, let me try to put a smile on your face.

Seen outside a house.....
 "For Sale Buy Owner".

At photographer's studio.....
 "Have the kids shot for Dad from \$19.95".

In Massachusetts.....
 "Entrance only—Do Not Enter".

In a Sears store.....
 "Bargain Basement Upstairs".

In Cape Cod.....
 Caution—Water on Road During Rain".

At the Safari Park.....
 "Elephants Please Stay in your Car".

In an office building.....
 "Toilet out of order - please use the floor below".

The final word.....

Well, that's another newsletter put to bed. I would just like to take a moment to thank, once again, anyone and everyone who had anything to do with our fundraising efforts recently, and on a more personal level, to thank the various contributors to this issue.

- So, here's to the next time!

Please note: The opinions expressed in this Newsletter are those of the various contributors, and do not necessarily reflect the official position of Eden Food Bank.



Gayle Morais sorting and counting some of the money from our second annual Toonie Tuesday event, which brought in very nearly \$16,000. Our thanks to Trustees Esther O'Toole and Sue McFadden, and Superintendent Mike Prospero who were instrumental in launching this programme.



The photo above shows students and staff at Our Lady of Mount Carmel, where they held a "dress down" day for Toonie Tuesday and raised \$2700 for Eden Food Bank. Pictured are Cathy Kwiatoski, principal, Laurie Condo, teacher, Donna Behmer, Eden Food Bank, and the students of the Experience Success program who were instrumental in raising awareness and enthusiasm for Eden Food Bank.. Thank you to all for a job well done

President Dave made reference in his lead-off column, to the Souper Bowl