



Food for Thought !

eden community food bank

"Quarterly" Newsletter, July, 2007

www.edenfoodbank.org

The President's message



As you can see from my picture, there have been some changes at the Foodbank since our last newsletter. I am Bill Bates, and I have taken over from Dave Pratt as President of the Board, effective the date of our AGM last May. Dave served for three years as President, and as such is to be commended for the wonderful job he has done over the years. Dave will be remaining on the Board, as well as acting as our liaison with FoodPath.

You will also, no doubt, have noticed our new name and logo. We are now known as "Eden Community Food Bank". Our thanks go to Chris Fisher who designed the new logo. We have added the word "Community" to our name to indicate that we are a part of the local community. We intend to foster this impression by making ourselves better known in this community, and running a number of community events in the coming year. These will likely include a community garden to grow fresh vegetables for the foodbank, a community BBQ on the labour day weekend, a new birthday programme for children, as well as a new "grow-a-row" contest. We

will publish more about these initiatives as they become firmed up—hopefully later on in this newsletter.

Many great things have happened since our last letter, including:

Souper Bowl Sunday in February, involving more than ten of our local churches in getting donations. Thanks to Beth Barnes who ran this event.

Maria Glidden has been hired as our Operations Supervisor, and has been a great addition to our staff, and a great assistant to our Manager, Donna Behmer.

As mentioned above, we have a vibrant new logo, as well as new posters and brochures. Thanks to Chris Fisher and Ron Saito and his committee for their work in this regard.

Peel Environment Day in April, gave us a chance to collect food donations as well as cash at the Lakeview water treatment facility. Donations of food and cash tripled compared with last year. Kudos to Bill and Andrea Bates for this.

In May we held our Volunteer Appreciation evening, featuring the new logo. Volunteers each got a t-shirt featuring the new green apple logo, and long service volunteers were rewarded with special golf shirts with the new logo. Our

thanks to Dave Pratt for the awards, and to Lorraine Fiset and her committee who put the event together to such great effect.

Meadowvale West Rotary Club ran a food and bottle drive which netted 2300 kilos of food, plus \$700 from the bottles. Our thanks to Jason Sack who organized this event, and his myriad helpers who made it happen so successfully.

June 5th saw us celebrate Hunger Awareness Day with a breakfast get-together at Eden United Church. It featured a "wall of hunger", made up of plates filled with comments from many of our clients. It was a great success—thanks to Donna and Maria and all the volunteers who made it happen. Thanks also to Tim Horton's for their donation of food and coffee etc.

A number of additional events were held on June 5 to raise both awareness of the plight of hunger in our community, as well as to raise funds to help us in fulfilling our quest.

As we move forward, we will be working on a programme to eliminate plastic shopping bags, and bring in re-useable bags which our clients can bring back and re-use on every visit.

More from me in the next issue.

Message from the Editor.....

Mea culpa!! I have to take most of the blame for the fact that you have not received a Newsletter for soooooo long!! Without going into detail, I have not been in the best of health for a little while, but I am now back on my feet, and raring to go.

I suppose I could have got a newsletter out a short while ago, but there were so many changes afoot, that it seemed sensible to wait until all the changes had been implemented.

So, here we are with a new name, a new logo, and a new committee!

Hunger Awareness Day.....

was celebrated (if "celebrated" is the right word in the context of HUNGER, but you know what I mean) with a breakfast meeting at Eden United Church on Tuesday, June 5, with too many people present to count.



These young ladies and gentlemen are either looking for advice from a teacher,

or were wondering when the do-nut table was going to be opened!

Across the room, some of our volunteer ladies were seen wearing their new T-shirts, sporting our new logo.....



While, in the VIP corner, this tête-à-tête was going on!! Planning for the next Toonie Tuesday, perhaps?

This student from Mount Carmel gave us her thoughts on hunger,



after which we heard from two students from Thomas Street Middle School. followed by several students from Shelter Bay Public School, who presented their thoughts in skit format.



After all this from some wonderful children, we heard a truly touching story from one Food Bank client whose name I cannot mention, but the story is printed elsewhere in this newsletter, in this client's own words.

The events of the day were wrapped up with our new President, Bill, putting his thoughts forward into the TV cameras.



No reporting on this event would be complete without us offering a great big vote of thanks to the Companies which participated in various "Hunger Awareness" events.

Each and every one of the following played a role in making that day a great success.

In no particular order, we thank the following:

Wal Mart, Tibco, The Karen Shank Foundation (more on this later), Mattell, Abbott Canada, Sysco Foods, CCSI, Robert Bosch Inc., Trios College, Cyclone Mfg, Maple Reinders, M&I Heat Transfers, General Electric, Golder & Associates, Hilti, Meadowvale Community Church, Ciba Vision, Cram-a-Cruiser, Sage Software, Russell Metals, Thomas Street Middle School, Shelter Bay School, St. Faustina School.

I trust that I have not left anyone out!!

Here we Grow Again!

As in previous issues, we want to let you see how our Foodbank is increasingly needed in this community. In the last three months for which I have data available, this is how we have grown:-

People served	Feb '07	Mar '07	April '07
Adults	477	486	452
Children	352	341	338
Babies	44	39	46
Families	239	263	257
New Fams	25	24	15

Spike-out-Hunger Beach Volleyball tournament

June 16th was the date of the "Spike Out Hunger" beach volleyball tournament. This was the second such event, held annually by the Karen Shank Foundation, and all proceeds went to support Eden Community Food Bank.

Event organizers Susan McCreary and James Clark first spoke to us a few months ago, and decided that Eden was to be the beneficiary of the proceeds of the event.

Susan came to our Hunger Awareness breakfast on June 5th and Pres Bill asked her what help they needed for the event. Susan replied that they were all set, but Bill volunteered the help of himself and his wife, Andrea.

As can be seen in the pictures, it was a beautiful day, and 23 teams competed for various prizes. The teams also brought food donations, and there was a prize for the biggest team donation of food, as well as for most team pledges.

Bill and Andrea manned the Foodbank information tables, and also sold raffle tickets. In addition to information on ECFB, we also gave out free green apples and water.

It was a fun day, and at the end of the final event, Susan and James presented us with a cheque for \$9,000. In addition, we received over 300 kilos of food. They did an amazing job, and Bill and Andrea were speechless when they saw the amount of the cheque.

We cannot thank the Karen Shank Foundation and all their workers enough for the wonderful job they did for us. Hats OFF to Susan, James, Eric and all the others who made it all happen in such a meaningful way.

We have decided that the money received will be used to add more refrigeration space so we can bring in more fresh fruit and vegetables, and also to fund such initiatives as our new birthday programme. Under this initiative, all children will receive a birthday package which will ensure that every child can celebrate their birthday with a cake, decorations, party favours, balloons, and even a present.

In these next two pictures, you can see Andrea selling raffle tickets, and Bill receiving the cheque from (L to R), David Liddon, James Clark, Susan McCreary and Eric Strom.



To quote from the website of the Foundation, "The Karen Shank Foundation was created in 2005 in memory of our dear friend Karen Shank to commemorate and celebrate her life by carrying on her spirit making a difference through community involvement".

"Our organization strives to raise awareness of the many needs in our local communities and to promote participation through volunteering in our day-to-day lives".

Tony's Corner.....

When we last heard from Tony, he was telling us about such "problems" as osteoporosis, cancer and impaired kidney function. Read on, while Tony informs us about affairs of the heart.....



Heart Disease. Typical high-protein diets are extremely high in dietary cholesterol and saturated fat, and it is believed that such diets pose additional

risks to the heart, including increased risk for heart problems immediately following a meal. Adequate protein can be consumed through a variety of plant products that are cholesterol-free and contain only small amounts of fat.

Protein Checklist

High protein diets are unhealthy, but adequate, not excessive amounts of protein to maintain body tissues, including muscle, are still important and can be easily achieved on a vegetarian diet. If you are uncertain about the adequacy of protein in your diet, take inventory.

Here is a table which may help:

Healthy Protein Sources (in grams)	
Black beans, boiled (1 cup)	15.2
Chickpeas, boiled (1 cup)	14.5
Lentils, boiled (1 cup)	17.9
Peanut butter (2 tbsp)	8.0
Whole wheat bread (1 slice)	2.7

If you have access to the Internet, you can find this unedited article and more at the PCRM site, <http://www.pcrm.org/>

Tony's next article in this series will be about **canned foods** ... look out for it.

Grow a Row Programme

This new programme will encourage people within the community to donate produce from their own gardens, to Eden Community Foodbank. There will be brochures distributed throughout the community (libraries, community centre, churches etc.) describing the programme.

Interested people will sign up for the programme, and when they bring in their produce to the Foodbank, it will be weighed and entered on a chart bearing the names of all participants. At the end of the season, there will be first, second and third prizes for those who have donated the most produce. We will get prized donated by local nurseries and garden centres.

We hope all local gardeners will send us their excess produce and help us to provide more nutritious and healthy foods to our clients. We hope to start this programme in July, so keep your eyes open for the brochures.

Community Barbecue.....

We will be hosting a community BBQ and fun day at Eden United Church on Saturday, September 1, from noon until 4pm. We invite all our ECFB families to enjoy a free BBQ that day.

In addition, we will invite the community at large to come out and share in the barbecue for a nominal fee.

All proceeds will go the Eden Community Food Bank, and we will get the food donated by local merchants.

There will be games for the kids, balloons, face painting, and other activities.. The idea is to hold a community event which will involve both our clients, as well as the greater outside community. It will also serve to mark the end of summer, and will be a fun day for everyone - young and old alike!!

Thoughts from one of our clients.....

This is a true story, written by the client, whose name we will protect.

"There are 4 of us in my family, ranging in age from 15 to 56, and the best day of the week for us is Thursday - Food Bank Day - and I cannot thank you enough.

"I get ready, and walk at least a mile and a quarter to the foodbank, and we often get there an hour and a half before it opens. We all sit, or stand - rain or shine - because we are hungry. Some people have cars, and others have vans. Me? I have a bundle buggy.

"It costs \$8 to take a taxi to bring the food home, but sometimes I have no money for the cab fare.

"Why? Well, I am on disability. My grandson is on disability as well. I have a son who can work, and he pays all he can, but our condo maintenance fee just went up to \$741 a month which puts the cost to keep a roof over our heads up to \$1420 a month. Selling this condo is not an option, because the market value is lower than when we moved in.

"So, as you can see, I am stuck. Therefore, I go to Eden Food Bank four times a month. Not only do they provide me with some food, they also give me strength, hope, some laughter, and they help wipe

away my tears. They have helped me get things fixed in my condo, and they have given me clothes, hope, friendship and even help in trying to sell this place. The big thing is that they care.

"And I get food!! Good food!! Sometimes I get a litre of milk but no meat or toilet paper, and living on peanut butter or pasta is hard, but I am still thankful. Some people from other countries need ethnic food, babies need diapers. They also need formula and a calm mother who has food. With no food, the mothers don't eat so they can feed the children.

"I am sure that I speak for everyone, when I say that I appreciate what you are doing for us. Please keep helping, and we will be very grateful, healthier, and we will have FULL tummies".

If you have a story to tell, write it in your own words, and give it to one of the volunteers at the Food Bank. They will get it to me. I promise not to identify you.

Alternatively, if you have access to a computer, you could e-mail it to me at:

michael.burgoyne@edenfoodbank.org

+++++

Recipe of the month....

Try this recipe for a delicious, yet inexpensive meat pie, which you can serve with boiled potatoes and peas for a well rounded meal:

Ingredients:

- 1 lb ground chuck
- 1/3 cup chopped onion
- 1 cup diced carrots
- 1/4 cup diced celery
- 1 cup cubed potatoes
- 2 bouillon cubes
- 2 cups tomato juice
- 1 tsp salt
- 1/4 tsp pepper
- 1/2 tsp thyme
- 2 1/2 tbsps cornstarch.

Cook the meat in enough water to just cover it, for about 1/2 hour. Let stand overnight and remove fat from the top. (I find that if you strain off the liquid from the meat, it is easier to lift off the fat).

Next day, add everything else except the cornstarch and cook until the vegetables are done. Add the cornstarch to thicken slightly (to taste).

Make (or buy) your favourite plain pastry.

Bake pies at 425°F for 10 minutes, and then add the filling, and bake at 350° for 20 minutes more.

Your new Committee.....

The recently elected committee comprises:

Executive:

- Bill Bates, President
- Rakesh Gupta, Vice President
- Gayle Morais, Treasurer
- Karen Skyba, Secretary
- Dave Pratt, Past President

Appointed Committee Chairs:

- Advocacy, Open
- Fundraising, Open
- Marketing, Ron Saito
- Foodpath Rep, Dave Pratt
- Eden United Rep, Dave Pratt

The last laugh.....

Certain common phrases really bug me. What about you? For example, "It's not rocket science". Of course not—rocketry is engineering, not a science.

Or when the waitress plonks your plate in front of you and says "There you go", where do I go? Where is 'there'?

"It's only \$1,999.99". Hmmmmm! Makes you think, doesn't it?

The final word.....

Well, that's another newsletter put to bed. I would just like to take a moment to thank everyone who had anything to do with our fundraising efforts recently, and 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.