



FOOD FOR THOUGHT

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Food Bank Hours: Monday 1:00 pm -3:30 pm; Thursday 6:00 pm -8:30 pm

The Food Bank will be closed Victoria Day May 24, 2004

Hunger Quiz: by Daily Food Bank:

1. Approximately 14 % of the world's total population is under nourished.

True or False?

2. People are hungry because there is not enough food for everybody on our planet.

True or False?

3. People in places such as Africa and India are hungry because they don't know how to grow their own food.

True or False?

4. Hunger is not a problem in a powerful, wealthy country such as Canada.

True or False?

5. In Canada, food banks only exist in big cities.

True or False?

6. People who come to food banks in the GTA usually receive a weeks worth of food for their families.

True or False?

7. The number of hungry people in the world is declining, even as the world's population increases.

True or False?

8. Ending hunger is possible.

True or False?

Answer Key available on page 5

Notes from the Food Bank

Things are changing again around the Food Bank. Lyn Chapman now has a

“real” job (i.e., with a pay cheque), so we have lost her as our advocate. Lyn has been very dedicated, working both Mondays and Thursdays at the Food Bank. She has collected a great deal of information to pass on to our clients. Lyn has also devised a new record keeping system and has passed some of her knowledge onto the new advocates. Fortunately, for now, Lyn will continue to put together the wonderful newsletter that can be found on the table outside the office and which is also made available to our clients, volunteers and donors on a quarterly basis. We will certainly miss Lyn and her dedication.

Hopefully Lyn's past efforts will make the job a little easier for Eric White and Beth Barnes who will be acting as advocates on Monday afternoons. These two have graciously accepted this new challenge along with the many other duties they perform. So far they have done a great job looking after the many new people who have come through our doors. Thursday evenings advocacy will be shared between Garry Hall and Janis Boltman who has been working well with it for a while and rookie Karen Furster. Although I personally have not seen these people in action, I am sure that they too will do a wonderful job.

We are also blessed to have had two great people step into the empty shoes of our two departed coordinators. Bob Hill is now serving as the second coordinator for Thursday evenings. He has adapted very

well to this very busy position. When you consider that there can be up to 15 volunteers and that there have been up to 45 families visiting the Food Bank on a given Thursday evening, you can imagine what Bob has taken on. The second new coordinator is Lorraine Fiset. She is a huge asset to our organization as she has taken on the task of organizing our volunteers and has also already become a major troubleshooter, net worker and very enthusiastic “food driver”. Thank you so much Bob and Lorraine for sharing your talents.

I would also like to thank Board member Bev Woziuk who stepped forward in the fall, to send out thank-you notes to all our generous donors. I don't think Bev was quite aware what she was getting into but she did a great job filling in until recently. Bev has now passed the reigns to a new volunteer, Tony Hill and we are all very grateful that Tony is now taking over that very important job.

The other big news at Eden Food Bank would be our switching alliance from Daily Bread to Food Path Mississauga. Daily Bread very generously delivered food to us for years until we were ready to get help within our own area. In January, after a lot of hard work by many of our board members including Dave Pratt and Bev Woziuk, we started our affiliation with Food Path. To date, we have been very pleased with the food and personal needs items that we have received from them. Our joining with Food Path has helped them to satisfy their mandate to service all of their donations within Mississauga and allows us to share those donations that have originated in our own community.

Thanks to everyone for doing your part to help our Food Bank serve our community.

Anne Green, Coordinator

The food bank is not a supermarket! Most products in the food bank are donated. There is no control over items, product brands or quantities, therefore, do not expect the food bank to fill all your needs.

Notice Board

Empty Shelves!!!

Current items needed include pudding cups, cheese whiz, fruit cups, tetra pak of juice, salt, flour, sugar, oatmeal laundry soap, cleansers and diapers.

Special Gifts: If you are interested in making a food/cash donation to the Eden Food Bank in lieu of a birthday gift, or to mark a special occasion or in memoriam, we would be pleased to send a card recognizing your gift to the recipient. Call the church office and leave a message for Anne (905) 824-5578.

VISITS FOR EXTRA EMERGENCY FOOD AND BABY FOOD: Due to limited supplies Fresh Table food is not available to clients on these visits.

EXTRA ITEMS TABLE: Items on and under this table can only be taken after completing your turn in the food bank.

Phones-for-Food – Recycle your Cell Phones. A cell phone can be worth a jar of peanut butter, a carton of milk, or even a whole meal. Drop off your used cell phones at Eden United Church and support the Food Bank. – www.phonesforfood.com

thINK Food is a fund raising effort, and environmentally friendly project which partners food banks and the ink jet recycling industry. The idea for the project is simple: turn used ink jet cartridges into food by providing used cartridges to the remanufacturing industry in return for

proceeds for the Food Bank. If you or your organization is interested in participating in

this fund raising effort call 1-888-271-3641 for further information or drop-off your ink jet cartridges at Eden United Church.

FOOD BANK DONORS

3rd Meadowvale Scouts
 Bison Industries Inc.
 Canada Revenue Agency
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 Candoes
 CCRA
 Clarkson Christian
 Reformed Church
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 Dominion - Derry Road
 Dominion - Meadowvale
 Dr. Dino Fallavollita -
 Dentist
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Eden United Church
 Edenwood Middle School
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 Glen Erin Baptist Church
 Henkel Loctite Canada
 Ltd.
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 Plowman's Park Public
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 School
 St. John of the Cross
 Church
 Streetsville Masonic
 Lodge
 Streetsville United Church
 Streetsville United Church
 Youth Group
 The Dam
 Thomas Street Middle
 School
 Vita Manor

Thank you individual donors! At this time, due to the new privacy laws, we are unable to thank you personally in the newsletter. We are working as quickly as possible to set up structures that will allow us to do so.

Donations of food, money and time are the mainstay of our food bank. Without the generous and thoughtful support of our donors and volunteers we would not have a food bank at Eden United Church.

Household Hints

Mayonnaise will kill lice. It will also condition your hair.

For Your Health

You Are What You Eat! If you would like your family to be healthier, it is important to pay attention to your food choices. The following are

foods that can make you feel and look better as well as help to prevent serious disease:

1.Colorful fruits and vegetables: Red, green, orange, yellow and purple, more color means more variety of healthful nutrients and disease fighting compounds, such as antioxidants.

Consuming fruits and vegetables daily can help prevent and fight many diseases such as obesity, cancer and heart disease. Try berries, apples,

oranges, leafy greens, carrots, squash, sweet potato and peppers.

2. **Complex carbohydrates:** 100% whole grain, whole wheat, oat bran and rye are complex carbohydrates that provide your body with the energy, B vitamins and fiber it needs. Look for breads, cereals, pastas and crackers that say "good source of fiber" or "high fiber". Avoid simple carbohydrates such as white breads, crackers and other products made from white flour, which are stripped of their nutrients and fiber and are not a good source of nutrition.

3. **Omega-3 eggs:** Omega-3 eggs are similar to regular eggs except that they've been fortified with omega-3 fatty acids. Omega-3 fatty acids have been shown to help prevent and reverse heart disease, reduce inflammatory response and help repair nails, skin and hair. Try having an omega-3 egg omelet for breakfast or use omega-3 eggs in homemade baked goods.

4. **Soy:** Soymilk, tofu and soy burgers are just a few of the many variations of soy available. Soy is a protein-rich bean that contains little or no cholesterol or saturated fats and has many health benefits-such as protecting against heart disease and some forms of cancer, decreasing the risk for osteoporosis and improving symptoms of menopause. Soy is also a good milk substitute.

5. **Salmon:** Salmon is a rich source of protein, loaded with vitamins D, B6 and B12. It is also a good source of vitamin E, and has been shown to reduce the risk of heart disease. Salmon is low in saturated (bad) fat and high in omega-3 (good) fat.

6. **Legumes:** Beans, peas and lentils are highly nutritious foods that are a good source of cholesterol-lowering soluble fiber. Legumes help regulate blood sugar levels by producing less insulin. Legumes also provide useful protein, iron and B vitamins for those eating vegetarian diets. Try adding kidney beans, chickpeas or soybeans to salads, wraps, soups and pasta.

7. **Avocado:** Some people avoid avocados due to their high fat content. But what most people don't know is that the high fat content is mostly of the monounsaturated kind, which can actually improve cholesterol levels in the body and promote heart health. Avocados are also an excellent source of folate and potassium and

contain fiber. Try adding sliced avocado to wraps and salads or enjoy tortillas chips with guacamole dip.

8. **Green Tea:** Green tea has been shown to prevent certain types of cancers, reduce blood cholesterol levels, aid in weight loss, strengthen immunity and increase energy. Try drinking green tea instead of your morning coffee.

Other ways to be healthy: Stay hydrated: Water is essential to health because it regulates body temperature, transports nutrients to cells in the body and carries waste material away from the body. Be sure to drink six to eight eight-ounce glasses of fresh, clean water daily. - *Taken from Truestar Health Newsletter, Jan 15, 2004*

For easier registration, please remember to bring your food bank number card with you.

Please note that people who come for baby food only will be served immediately.

Kitchen Tips

Make-ahead Baked Tuna Melt with Eggs Serves 4

Place in a 9x13" baking pan:

4 slices of bread spread with mayonnaise

Combine in a bowl:

1 7 oz can tuna, flaked

¼ cup chopped celery

¼ cup chopped onion

1 tsp salt

½ tsp paprika

Spread tuna mixture over bread slices.

Add:

4 slices of Swiss or Cheddar cheese

Top with

4 slices bread

Combine in a bowl:

3 eggs

1-1/2 cup milk

Pour over sandwiches. Refrigerate 2-12 hours. Bake at 375 degrees for 45 minutes.

(Use salmon, mackerel or other canned fish.)

-More-with-Less Cookbook

The food bank is not a supermarket! Most products in the food bank are donated. There is no control over product brands or quantities that are given to the food bank. It is possible that not everyone will get what he or she wants from the food bank.

Kids' Stuff

Paper Weight Fun

Rock

Pictures clipped from magazines

White craft glue

Paintbrush

- Go rock hunting with your children and have them choose a rock.
- Clean if off.
- Pick a picture that fits the rock.
- Paint picture with watered-down glue onto the rock
- Let dry.

Answers to the Hunger quiz

1. True. Of the 6.2 billion people in the world in 2002, 840 million were malnourished.(1)

2. False. Hunger does not exist because the world does not produce enough food. The challenge we face is not production of food and wealth, but more equitable distribution. (1)

3. False. When people actually starve to death—where virtually no food is available—the cause is primarily political. In North Korea, millions starved because of the government's failed economic policies. In Sudan, millions are threatened with starvation because of an ongoing military

conflict and restrictions on emergency food relief.(1)

4. False. Close to 800,000 different Canadians turn to a food bank for emergency food supplies each month.(2)

5. False. Food banks are not just in urban centres – 36.5% of member food banks of the CAFB operate in communities of less than 100,000 people.(2)

6. False. Typically member agencies of the Daily Bread Food Bank are able to provide people with three days worth of food. Food bank recipients reported that in 1995 their median 'after-rent income' was \$7.40 per day per person, in 2003 that amount had shrank to just \$3.95 to buy everything they need, including food? (3)

7. True. Overall the proportion of people going hungry has declined, but there are considerable differences across regions and populations. (1)

8. True. The financial costs to end hunger are relatively slight. The United Nations Development Program estimates that the basic health and nutrition needs of the world's poorest people could be met for an additional \$13 billion a year. Animal lovers in the United States and Europe spend more than that on pet food each year.(1)

(1) *Bread for the World Institute.* Available online @ <http://www.bread.org/hungerbasics>

(2) *Canadian Association of Food Banks (CAFB).* Available online @ <http://www.cafb.ca>

(3) *Daily Bread Food Bank.* Available online @ <http://www.dailybread.ca>

Just a Thought

We need to teach the next generation of children from day one that they are responsible for their lives. Mankind's greatest gift, also its greatest curse, is that we have free choice. We can make our choices built from love or from fear.

- Elizabeth Kubler-Ross, Author