

# FOOD FOR THOUGHT

Eden United Church, 3051 Battleford Road, Mississauga, ON L5N 5Z9  
Tel: 905-824-5578 Fax: 905-824-5580

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

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**THE FOOD BANK WILL BE CLOSED MONDAYS SEPTEMBER 1, LABOUR DAY  
AND OCTOBER 13, 2003, THANKSGIVING DAY,**

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## **IN REMEMBRANCE OF BILL KINCAID**

June 3, 1925 to August 1, 2003

The following is an excerpt taken from the eulogy written and read by Brenda Rutter at the memorial service given for Bill at Eden United Church.

Bill was there right from the start in 1989 – he saw a great need and responded with the vision of a safe friendly place, where people in need of food would be treated with dignity and respect whatever their background. They would be given food donated by the local community and churches and helped by Food Path and latter Daily Bread. So Eden Food Bank was born because Bill was a man of action, not just a dreamer. Bill liked a well-organized system and didn't like it to be messed about! This could be quite irritating at times when some of us perhaps wanted to cut corners. Luckily Bill didn't allow us to do that. It was good that people learned to trust us and feel comfortable about accepting our help. They knew that they would be treated fairly, in the same way, whenever they came to the Food Bank.

The beginnings were small with few volunteers and clients. Unfortunately people's needs grew and the Food Bank steadily grew to the size it is today. Bill was there all these years. Bill did many jobs over the years. For much of this time he worked on the desk, when it was situated in the cold draughty stairwell. He was often the first person the clients saw as they came down the stairs. They signed in and Bill checked their records. If they were new he took all their details and helped them to feel at ease – no

advocate in those days. Bill was happy to chat with anyone, but work came first and on busy days he firmly kept things in order and would not be rushed. Then the age of computers invaded the Food Bank and Bill, wisely in my estimation, decided it was time to change jobs. He then served the clients and chatted to them as he took them from cupboard to cupboard, again firmly keeping to the system, treating everyone in the same manner. He was never still. If there was a quiet period, he would stock the shelves, deal with the shopping bags, carry food upstairs, look to see where help was needed and quietly got on with the job. He rarely missed any sessions and would always try to get someone to replace him and only rang the co-ordinator as a last resort. Outside Food Bank hours Bill helped with Food Drives and collected donuts every week until ill health put a stop to this.

Right until a few weeks ago Bill came to the Food Bank and helped as much as he was physically able. I remember a conversation with him when we laughed together, because both of us had been given permission not to weigh the clients' food – this is a heavy and tiring job. Instead we were to use our experience to guesstimate the weight. We both agreed that this was done on the grounds of old age and infirmity. He was able to laugh at himself. That was his last visit to the Food Bank.

Bill was no ordinary person – he was special. I have talked to people about Bill and the words that have kept cropping up were – caring, compassionate, courageous, dedicated, loyal, reliable, generous, fair-minded, a person with a vision who lived out his faith by serving others.

We will miss you Bill and treasure our memories of you. We will not try to replace you, but inspired by you we will endeavour to carry on with the work you helped to start and continued with for 14 years.

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.

*DESIGN A NEW LOGO FOR EDEN FOOD BANK WEBSITE*

AND WIN GIFT CERTIFICATES FROM DOMINO'S PIZZA FOR FOUR MEDIUM PIZZAS

- Your entry must be on an 8" x 11" white sheet of paper or email it as an attachment to:  
dave.pratt@edenfoodbank.com
- Please make sure that you include your name and phone number.

SEND OR BRING YOUR ENTRY TO THE FOOD BANK OR THE CHURCH OFFICE BY

**Monday, September 29, 2003**

**EMPTY SHELVES!!!**

Our stock of food is low and we are desperately in need of pasta sauce, pasta, canned beans, canned fruit, canned vegetables, soup, stews, canned luncheon meat and salmon, peanut butter, crackers, apple juice, baby food, diapers and personal care items.

**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](http://www.phonesforfood.com)

**NOTES FROM THE FOOD BANK**

**Blackout Compensation:** OW, ODSP recipients and working people who use the food bank, if you had to throw out food due to the blackout please speak to the advocate in the food bank for information on contacting Ontario Works for compensation.

**Serving Our Clients:** To help our volunteers serve you appropriately please make sure that you arrive at the food bank 15 to 20 minutes before closing time which is 3.30 p.m. Monday and 8.30 p.m. Thursday.

**GROW A ROW**

Do you have extra produce from your garden this summer? Don't forget the Food Bank. It is a gift that will be really appreciated!!

**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 or Lyn (905) 824-5578.

**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 – June, July and August 2003**

3<sup>rd</sup> Meadowvale Scouts Group  
Ann Giorgi  
Astrid Orchin  
Barbara and Jack Duff  
Bob and Lorraine Leschied  
Congregation of Christian Reformed Church of Meadowvale  
Congregation of Eden United Church  
Congregation of Erin Mills United Church  
Congregation of Glen Erin Baptist Church  
Congregation of Grace Community Church

Congregation of St. John of the Cross Roman Catholic Church  
Congregation of Streetsville United Church  
Dominion – Derry Rd. and Tenth Line  
Dominion – Meadowvale Town Centre  
Dora Canavan  
Dr. Dino Fallavollita  
Dr. Wozniuk  
Evelyn McLachlan  
H.R.D.C.  
Inga Mehl  
John and Catherine Ambrose  
McNeice’s Fruit Farm and Greenhouses

Meadowvale Seniors  
Meyers Transport  
Midge Prong  
Mr. And Mrs. Wilson  
Ralph Lise  
Rivergrove Seniors  
Shirley Champion  
The Farmers from Erin Mills  
Town Centre Farmers Market  
The Member of the DAM  
The Residents of Bent Oak Circle  
The Staff and Students of Eden Vacation Bible School  
The Teachers at Eden Day Care  
Velma Morley

**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**

Permanent marker on appliances and counter tops (like store receipt BLUE!) can be removed by using rubbing alcohol on paper towel.

**For Your Health**

**Eat a Banana:** If you want a quick fix for flagging energy levels there's no better snack than a banana. Containing three natural sugars - sucrose, fructose and glucose- combined with fiber, a banana gives an instant, sustained and substantial boost of energy. Research has proved that just two bananas provide enough energy for a strenuous 90-minute workout. Bananas have

four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals than an apple. It is also rich in potassium and is one of the best value foods around.

You can't get better value than a banana for breakfast. It is one high energy snack that is economical to buy and has the added bonus of being fat-free and comes in its own biodegradable wrapper So don't just save them for the fruit bowl! Sliced on toast, on top of cereal or whizzed in a blender with milk, bananas can give kids the perfect start to the day. Bananas are also a natural remedy for many ills. Here are a few examples:

**High Blood Pressure:** Doctors in India have discovered just two bananas a day can reduce blood pressure by 10% in just one week. This backs up a previous American study showing that eating five bananas a day was 50% as effective as taking prescription medication to reduce hypertension.

**Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water-balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be re-balanced with the help of a high-potassium banana snack.

**Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers because they contain the natural mood enhancer, tryptophan.

**Smoking:** Bananas can also help people trying to give up smoking, as the high levels of Vitamin C, A1, B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

**Heartburn:** Bananas have a natural antacid effect in the body so if you suffer from heartburn, try eating a banana for soothing relief.

It's time to change the well-known phrase and say "A Banana A Day Keeps The Doctor Away!"

[http://www.bananas.uk.net/banana\\_group.html](http://www.bananas.uk.net/banana_group.html)

## Kitchen Tips

**Meat-Potato Quiche** Serves 4-5

Stir and press into a 9" pie plate:

**3 Tblsps vegetable oil**

**3 cups coarsely shredded raw potato**

Bake at 425 degrees for 15 minutes. Remove from oven.

Layer onto the potato crust:

**1 cup grated cheese**

**¾ cup cooked diced chicken, ham or browned sausage**

**¼ cup chopped onion**

Beat together in a bowl:

**1 cup evaporated milk**

**2 eggs**

**½ tsp salt**

**1/8 tsp pepper**

Pour this egg mixture over the other ingredients.

Sprinkle with:

**1 Tblsp parsley flakes**

Return quiche to 425 degree oven for about 30 minutes, until set. Cool for 5 minutes before serving.

**A word to the wise:** It is suggested that cans, bottles and packages from the food bank be washed or wiped before opening. Some supplies in the food bank have been sitting in warehouses for some time before they reach the food bank. The cans of Kid's Pasta do not have a best before date so please check for freshness before serving.

## Kids' Stuff

### Leaf Impressions

Crayons

Lightweight paper

Paper clips

Fall leaves

Place leaves between 2 sheets of paper

Clip the sheets together

Rub crayon over entire surface and see the leaf impressions appear.

**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.

## Just a Thought

*People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success-Norman Vincent Peale 1898-1993, Speaker and Author*