



FOOD FOR THOUGHT

3051 Battleford Road, Mississauga, ON L5N 5Z9

Phone: 905-824-5578 Fax: 905-824-5580

E-mail: info@edenfoodbank.com; Website: www.edenfoodbank.org

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

The Food Bank will be closed December 22, 25, 2003 and January 1, 2004

We thank all our volunteers and donors for the gifts of time, talent, food and money that have been so freely and generously given to the food bank during 2003. All of us at Eden Food Bank wish you and yours a Holiday Season of joy and generosity and may 2004 bring good health and prosperity to you all.

Eden Food Bank Update: The need for the Food Bank continues to grow as we are now providing emergency food to over 600 people each month. As the community's need increases, it puts more strain on our resources.

During the last week of September, all volunteers from the Food Bank, the Outreach committee and Eden staff were invited to participate in a "visioning" process to help prioritize our activities over the next few months. Two independent facilitators, Fred Simons and Danette Romard, led the process. We first asked everyone to complete a SWOT (Strengths, Weaknesses, Opportunities and Threats) questionnaire, and then held three 4-hour workshops with the following questions being addressed:

1. What are the hopes and dreams of the Eden Food Bank over the next 2-3 years?
2. What blockages are standing in the way of accomplishing these dreams?
3. What are we going to do to move the barriers that stand in the way of the vision?
4. What are we going to do in the next 6 months?

Answers to the "hopes and dreams" question helped to compile the participant's VISION that the Eden Food bank will:

- Ensure a constant supply of quality food to our

clients.

- Support clients beyond basic needs, to educate clients towards self-sufficiency.
- Be an active political lobbyist.
- Adapt responsively to the needs of the community (not static).
- Design, develop or acquire facilities that accommodate all of our needs.
- Ensure continuity and consistency of service through a core of paid staff and sufficient active, committed volunteers.

Several obstacles were identified that need to be overcome in order to fulfill this vision. The participants established working groups to help us move in strategic directions aimed at removing some of the blockages over the next six months. These include:

- **Inadequate & inconsistent supply of quality food & personal needs items:** The donations we receive are not sufficient to meet all of our client's needs. For the past few years we have relied on additional food from Toronto's Daily Food Bank. Since the visioning meetings we have established a new relationship with Foodpath Mississauga and will be receiving a delivery each Monday. Both our organizations are committed to serving residents of Mississauga, and we look forward to partnering with Foodpath in new and innovative ways.

- **Strengthening the Board in numbers, competence & influence:** The Eden Food Bank Corporation was founded in January 2003. Currently we have only 6 individuals serving as Directors. We need additional persons with networks in our community, especially with strengths in fundraising, legal and human resources. We hope to add four directors by the end of March.

- **Communicating needs & presence to the wider community.** We need support from the community as a whole and ideally strong support from each of the churches in our area. There are far too many people, both potential donors and recipients, who do not know about the Food Bank, nor where we are located. We have developed a new website which is up and running at www.edenfoodbank.org. We will be meeting with a number of church and community groups to tell them our story and enlist their support.

- **Mutually clarifying the relationship between Eden United Church and Eden Food Bank:** In past years the church's Outreach Committee and Eden's ministers have overseen the general direction of the Food Bank. Over the last couple of years we've seen changes in the Food Bank such as becoming separately incorporated to oversee its' own affairs, and importantly that Eden United's calls to its current ministers do not include responsibilities for the Food Bank. We both need to work though this new relationship to determine how we can be most helpful to each other.

- **Establishing a core team of paid staff and secure consistent core funding.** The current operation has become too large to be operated 100% by volunteers. We are burning them out, and this could lead to self-destruction. Our hiring group has formulated a job description for a part-time fund raising manager, and we will be hiring shortly. The Board has committed all of its unencumbered funds to establish a six-month contract. The incumbent's first task will be to establish ongoing funds for a staff person to oversee the day-to-day operations and the coordination of our dedicated volunteers.

Insufficient volunteers to fulfill commitment to our clients. It is an ongoing effort to recruit new volunteers. If you are interested in becoming a volunteer please phone the food

bank at 905-824-5578 and leave a message or e-mail us at info@edenfoodbank.com.

- **Limited space & storage facilities may block our growth.** We do not currently have sufficient space for food storage, nor the private area for intake and advocacy. At peak times (Xmas, Easter) our food storage strains the restraints established by the Fire Marshall and food inspection agencies. We are investigating alternative space arrangements, including re-arranging storage within our current premises as well as researching new space possibilities.

- Another group of volunteers will be **conversing with other organizations in order to gain insight re: operational practices.** While the Food Bank has been operational for a number of years, we've been a separate corporation for only a short period of time and we need to learn from others, rather than "re-inventing the wheel".

As you can see, there is a lot happening! We thank you for your support. It is your donations of food, dollars and time that are making the difference in the lives of many in our community. – Dave Pratt, Secretary - Eden Food Bank Board of Directors

www.edenfoodbank.org

Our very own website! The website becomes one more tool to provide information about the operation of the food bank. There is information for clients including: hours of operation, areas we serve, how to find us and what personal information to bring on a first visit. You will also find: current food needs, opportunities for food donations, cash donations and our volunteer needs. Our newsletter *Food for Thought*, how to contact us and other useful links can also be found on the website.

We owe a huge **THANK YOU** to **Lauren Leibner** who devoted many, many hours to the creation and execution of the site design. She has done an absolutely superb job. She even searched to find an individual on a photo website who volunteered to take a picture of her daughter for our website. And we were able to do all of

this at absolutely no cost to the food bank! Lauren kindly donated her professional webmaster skills; ParaFX.com discounted their web hosting fees; and an anonymous donor has paid the balance of our out-of-pocket costs.

So, check it out! Bookmark it, and come back often. We intend to update it frequently.

We have a new Logo!

Check out page 1 of the newsletter and for the neat coloured version at www.edenfoodbank.org

Many thanks to all of those who submitted an entry to our logo contest. All the submissions were great, making the selection process very difficult. **Patrick Cederberg** from Dolphin Street Public School in Streetsville submitted the winning entry. Patrick learnt about the contest from our last *Food for Thought*. Dolphin Street Public School conducts food drives and regularly donates to Eden Food Bank. We really appreciate your contribution Patrick – enjoy the Pizzas!



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 have been sitting in warehouses for sometime 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.

Notes from the Food Bank

Notice Board

Needed: A dining room table and 4 chairs. Please call 905-824-5578 and leave a message for Lyn (Advocacy).

Empty Shelves!!!

We are in need of **crackers, chicken noodle soup, canned vegetables, whole-wheat pasta, brown rice, canned luncheon meats, baby formula, hair shampoo, toothpaste, toilet paper and Kleenex.**

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.

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 – October and November 2003

284 Miller’s Grove Girl Guides
Beaver Colony of 4th
Meadowvale West
CGIT & Explorers – Eden United Church
Clarkson Christian Reformed Church
Clarkson Secondary School
Deborah & Rick

Dianne & Murray Wilson
Dominion – Derry Road
Dominion – Meadowvale
Dr. Dino Fallavollita
Eden United Church
Glen Erin Baptist Church
Grace Community Church
HRDC
Leaders, Girl Guides –
Evergreen Division Dinner

Meyers Transport
Mississauga Men’s Senior Slow Pitch
No Frills – Terry & Renata
Panalpina/M.G. Transport
Rivergrove seniors
TBG
Thomas Street Middle School
Victoria Johnston

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

Keep your mattresses fresh by sprinkling baking soda over the whole surface. Let it sit for a few hours and then vacuum. If someone should have an accident in bed, sponge the spot with white vinegar and rinse with warm water. Then sprinkle with borax. Allow the mattress to dry and then vacuum the area. – *“Evelyn’s Household Hints”, Home Digest, Fall 2003.*

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.

For Your Health

Suffer from Indigestion? Pick up some cayenne pepper next time you are in the grocery store. Cayenne is safe and gentle. Use it when you’ve stuffed yourself (after Christmas Dinner perhaps?). Just put ¼ teaspoon into a glass of water and take three times a day. – *Prevention Magazine, Aug ’03.*

Kitchen Tips

No-Bake Cereal Cookies – 2-3 dozen

- ½ cup brown sugar
- 1/3 cup light corn syrup
- 1 tsp vanilla
- ¾ cup peanut butter
- 3 cups ready-to-eat cereal flakes
- 1 cup flaked coconut (optional)

Combine sugar and syrup in a saucepan and heat to boiling. Stir in vanilla and peanut butter. Mix until smooth. Stir in cereal flakes and coconut. Drop by teaspoonfuls onto wax paper.
- *More-With-Less-Cookbook*

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.

Just a Thought

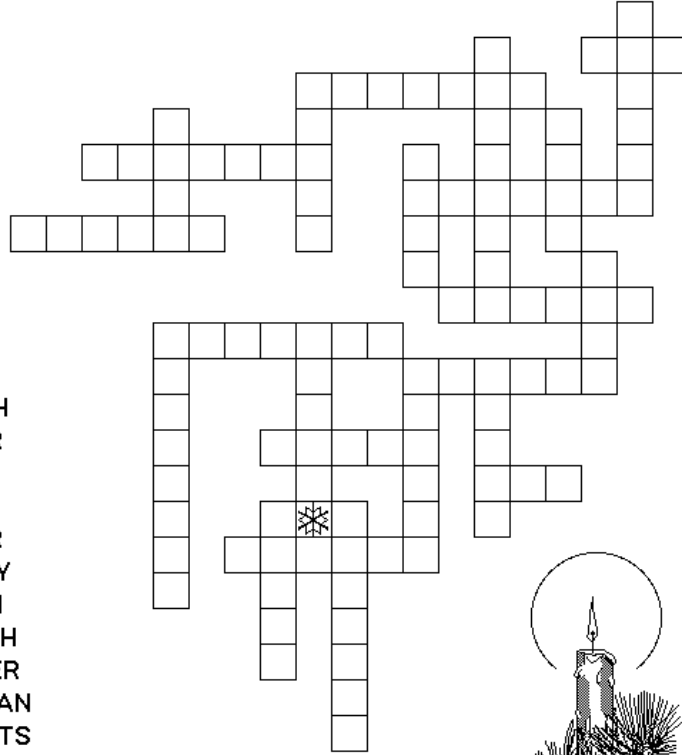
Please understand my friend, that where you find yourself tomorrow is a function of the positive decisions and actions you take today.
- *Akin A. Awolaja, Educator of Wise Living*

Kids' Stuff

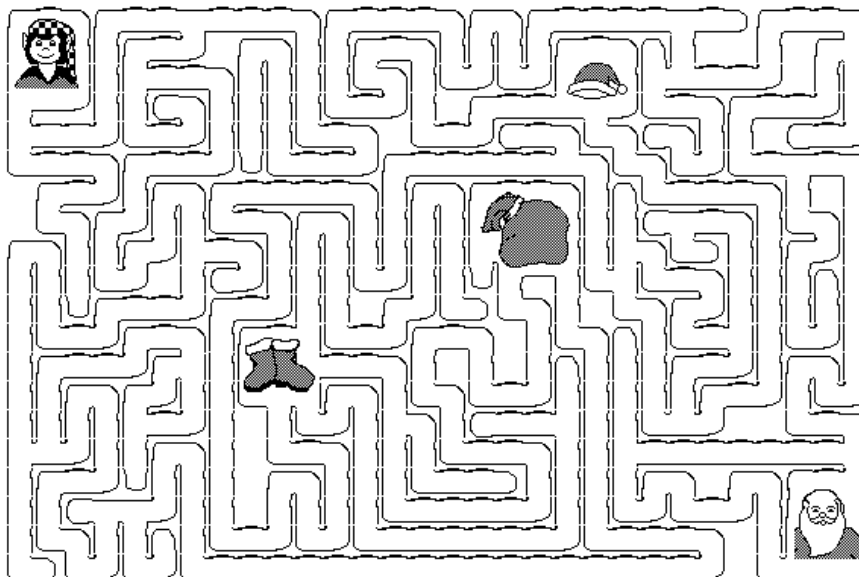
Christmas Crossword

Make all the words fit into this crossword.
Each word is only used once.

- ELF
- TOY
- GIFT
- BELL
- TREE
- STAR
- SANTA
- COMET
- CUPID
- VIXEN
- CANDY
- FROSTY
- WREATH
- DASHER
- DONNER
- SLEIGH
- DANCER
- CHIMNEY
- BLITZEN
- RUDOLPH
- PRANCER
- SNOWMAN
- PRESENTS
- REINDEER



©1999 The Kid's Domain www.kidsdomain.com free for non-profit use



Help the Elf get Santa ready

©1995-1998 The Kid's Domain
www.kidsdomain.com
free for non-profit use