

# 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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## **CANADIAN HUNGER FACTS 2003**

Taken from the Canadian Association of Food Banks' Annual Survey of Food Banks & Emergency Food Programs, October 2003.

### **Nationally the demand for food bank services has increased:**

- The number of people using a food bank in a one month period in 2003 is 777,869.
- Compare this with the population of New Brunswick, which is 756,650.
- The increase in use of food banks since 2002 is 5.5%. The most significant increase in use since March 2002 has been in Quebec and Ontario.
- There are 639 food banks in Canada
- The number of meal programs open in March 2003 where 450.
- All provinces & territories in Canada now have food banks.
- The first food bank was opened in Edmonton 21 years ago.

### **Some examples of the geographical demands within Canada:**

- Newfoundland has the highest provincial per capita food bank use at 3.58%.
- The percentage of food bank users in cities with more than 100,000 people is 63.5%.
- The percentage of food bank users in areas with less than 100,000 people is 36.5%.

### **There are challenges meeting the demand for food:**

- 40 % of food banks have difficulty meeting the demand for food.
- 7.03 million pounds of food is distributed nationally in one month.

- 2.29 million meals are served in one month.
- The number of full-time equivalent jobs provided by volunteers in one month is 12,473.

### **There are more working families using food banks:**

- 12.9% of food bank users have jobs.
- The annual income of a four-person family, living in a large city at Statistics Canada's (2002) "low-income cut-off" (LICO) level, is \$30,576.
- There are no provinces or territories with minimum wage rates above Canada's (2002) "low-income cut-off" level.
- 55.8% of food bank users are receiving social assistance.
- There are no provinces and territories with welfare rates above the LICO.
- According to Dieticians of Canada the monthly cost of groceries for a 4-person family \$629.
- However, the actual monthly amount a family receiving social assistance has in Ontario for groceries, after paying (CMHC) average rent is \$203.

### **There are more children being fed by food banks:**

- 39% or 306,552 of food bank users are children. Ontario has the greatest number of children using food banks at 42.5%.
- The likelihood that a food bank recipient is a child is more than 2 in 5.
- It is 14 years since the federal government promised to eliminate child poverty.
- Since 1989, 155,552 more children are going hungry.

The UN Special Rapporteur on the Right to Food states that an individual has the right to have regular, permanent and unobstructed access, either directly or by means of financial purchases, to quantitatively and qualitatively adequate and sufficient food corresponding to the cultural traditions of the people to which the consumer belongs, and which ensures a physical and mental, individual and collective, fulfilling and dignified life free from anxiety.

- [www.cafb-acba.ca](http://www.cafb-acba.ca)

**baby food, diapers and personal care items.**

**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.

**NOTES FROM THE FOOD BANK**

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

**Notice Board**

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

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.

**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)

**EMPTY SHELVES!!!**

**As usual for this time of year our stock of food is low. We desperately need pasta sauce, pasta, cereal, canned beans, canned fruit, canned vegetables, soup, stews, canned luncheon meat, tuna and salmon, peanut butter, crackers, apple juice,**

**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: August, September and October 2003**

Angela Smith  
Camp Wyoka – Girl  
Guides  
Christian Reformed  
Church of Meadowvale

Cummins Ontario Inc.  
Dave MacLean  
Diana Funk  
Diane Crawford  
Dianne & Murray Wilson

Dominion – Derry Road  
Dominion – Meadowvale  
Plaza  
Doris Paxton  
Dr. Dino Fallavollita

Erin Mills United Church  
 Erin Mills United Church  
 – Youth Group  
 Frances Shearim  
 Frank Mancini and family  
 Front Hall Kitchen – St.  
 Vincent de Paul – St. John  
 of the Cross  
 Glen Erin Baptist Church  
 HRDC  
 Inga Mehl  
 Ken Jull  
 Lorraine Schmeller  
 Masonic Lodge  
 Mississauga Children  
 Montessori Schools

Mississauga Men's Senior  
 Slo-Pitch League  
 No Frills – McLaughlin &  
 Derry  
 Noel Pinkerson  
 Pirkko Mikkola  
 Plowman's Park Junior  
 Public School  
 Ralph Lise  
 Raman & Viji Nair  
 River Grove Seniors  
 Friendship Club  
 Salvation Army –  
 Cornerstone Community  
 Sharon Stevenson  
 St. John of the Cross

St. Vincent de Paul – St.  
 Joseph's Parish  
 Streetsville United Church  
 Streetsville United Church  
 Messenger & Explorer  
 Group  
 The Dam Youth Drop-In  
 Thomas Street Middle  
 School  
 Tony Barrow  
 Women's Fellowship  
 Group, White Oak  
 Presbyterian Church  
 Eden United Church

**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.**

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## Household Hints

When you get a splinter, reach for the scotch tape before resorting to tweezers or a needle. Simply put the scotch tape over the splinter, and then pull it off. Scotch tape removes most splinters painlessly and easily.

## For Your Health

If the nutrient content of fruits and vegetables is falling - as research suggests - it raises the question: Should everyone take nutritional supplements to make up for shortcomings?

"Absolutely," said Aileen Burford Mason, a biochemical nutritionist and a Toronto-based nutrition counselor. "Taking a multivitamin is risk-free and could have tremendous benefit." Dr. Burford Mason stresses that eating well is essential and that supplements are precisely that - complementing good food choices, not substituting for them. But, as someone who has spent her career

studying the importance of various micronutrients for overall health, she is also adamant that, no matter how careful people are about their diet, they need help from supplements. While that seems like a radical notion, it has increasing support in the nutrition community. In recent years there has been a raft of evidence about the importance of basic vitamins and minerals for long-term health.

It used to be thought that supplements were necessary only to avoid exotic diseases such as scurvy, beriberi and rickets. But today it is believed that common killers such as cardiovascular disease and cancer may have their roots in nutrient deficiencies. Research into this area began in earnest after it was discovered that a deficiency of a seemingly innocuous nutrient, folic acid (or folate) caused the devastating birth defects spina bifida and anencephaly. A little extra folic acid may also reduce the risk of heart disease and cancer in adults, particularly if they drink alcohol (which robs the body of the nutrient). Walter Willett, author of *Eat, Drink and Be Healthy*, said the research

suggests that taking supplements (in addition to eating well) "could substantially improve our long-term health". Dr. Willett, chairman of the department of nutrition at the Harvard School of Public Health, said the Canada Food Guide should include a recommendation that supplements be included as part of a healthy diet. He said the five nutrients that people don't get enough of in their diets are folic acid, vitamin B6, vitamin B12, vitamin D and vitamin E. These can all be found in a standard multivitamin, though he suggests that men and postmenopausal women should take an additional vitamin E supplement. He calls a daily multivitamin a good, cheap insurance policy.

According to a survey commissioned by the Canadian Health Food Association, only 30 per cent of adults take a daily supplement - even though two-thirds of respondents feel that Canadians, in general, are not receiving enough nutrients in food. - *globeandmail.com, Saturday, July 6, 2002*

## Kitchen Tips

### Barley-Cabbage Soup: Serves 6

Combine in a large saucepan:

¼ cup pearl barley  
4 cups meat or vegetable broth (may use bouillon).

Simmer covered for 2 hours.

Sauté in skillet:

3-tbsp oil  
2 medium onions, chopped  
3-4 cups green cabbage, finely chopped  
¼ cup parsley chopped

Cook until soft, but do not brown.

Make a white sauce with:

4-tbsp vegetable oil  
4-tbsp flour  
4 cups milk  
4 chicken bouillon cubes  
½ tsp celery salt

Add white sauce to barley and broth. Stir in sautéed cabbage and onion. Check seasonings. Serve sprinkled with bacon bits, chopped ham or croutons.

- *More-With-Less Cookbook*

**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

### A Side Walk Game

Draw a line about 8 inches from a wall. Draw another line six feet from the wall. Kneel or sit behind the farthest line. Toss 10 pennies. Try to get them behind the line close to the wall WITHOUT touching the wall. How many could you do that way? Try another 10 tosses. Can you improve your score?

**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

*Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. - Melody Beattie, Author*