

THE SOURCE



Supporting those who feed our hungry

Box 123, Lindsay, ON K9V 4R8

telephone: (705) 324-0707

www.kawarthalakesfoodsource.ca

klfoodsource@bellnet.ca

<http://www.facebook.com/KawarthaLakesFoodSource>

Volume 12, Issue 2

MARCH 2014



Tickets:

Regular-\$25

Bench seating /Standing-

\$15

**TORONTO MAPLE LEAF ALUMNI
VS
"The NON PERISHABLES"
(Food Source team)**

Available from any member of Kawartha Minor Hockey Association or at KLFS office, 41 George St. West Lindsay (705) 324-0707

**Saturday, March 8th, 2014
Lindsay Recreation Complex
7:00 pm**

Canada 


KAWARTHA LAKES
Community Futures Development Corporation



Another successful year for the annual **Chiefs' Charity Pasta Feast with great entertainment by Rick & Terri. KLFS raised \$4,600!**



Ross Memorial Hospital held their annual Valentines Food Drive to benefit Kawartha Lakes Food Source. This initiative provided the warehouse with 654 non-perishable items and \$1,374.00!

**Notice of
ANNUAL GENERAL MEETING
Wednesday, March 19th, 2013
9:00 am
Queen Street United Church (hall)
35 Lindsay Street North, Lindsay**

For the purpose of:

- Review of Annual Financial Statements
- Election of Board members
- Review of Annual Committee Reports
- Ratification of Acts of Corporation
- Appointment of Accountants
- Ratification of changes to the Constitution



FOOD SOURCE MEMBER AGENCIES

- Adult Protective Services
- CKL Social Services Cooking Class
- C.M.H.A.
- Central Food Cupboard: (joint effort by Queen St. United, Bethel Evangelical, St. Paul's Anglican Church, St. Andrew's Presbyterian & St. Vincent de Paul Society)
- Coboconk Food Bank
- Dunsford Food Bank
- Fenelon Falls Salvation Army
- HKPR Health Unit
- K L Centre of Hope
- Little Britain Food Bank
- Omemee Food Bank
- School Breakfast /Snack Programs
- Sir Sandford Fleming College Food Cupboard
- Women's Resources
- Woodville Christian F.B.

The 12th annual Pasta Challenge



And the winner is....

1 Lindsay Collegiate & Vocational Institute

Lindsay Collegiate & Vocational Institute won the 12th Annual Pasta challenge by contributing 2,369 boxes of macaroni and cheese.

The challenge pits the three Kawartha Lakes secondary schools against each other to see which can collect the most boxed macaroni and cheese dinner in two weeks for the Kawartha Lakes Food Source.

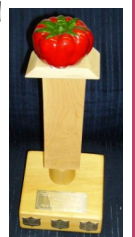


Results are adjusted by population to allow for a fair comparison between larger and smaller schools. Students at LCVI (1) collected 2.91 boxes per student while FFSS (2) students collected 1.80 boxes per student. IEWSS (3) came in at 1.39 boxes per student. Overall, the three schools amassed an impressive 5,204 boxes of macaroni and cheese, which will be distributed on a fair share basis to the Food Source's member agencies, allowing them to spend their limited cash on other items needed by the families they serve.



The twelfth annual Pasta Challenge ran from Feb. 7 to Feb. 24. The winning school receives a trophy — topped with a bright red tomato — to display for a year.

CONGRATULATIONS
And many thanks!




Spring Extra Helping Food Drive
April 4th to 17th
Loblaws and Valu-mart

From April 4th to April 17th, 2014 please consider purchasing a bit extra to donate to The Kawartha Lakes Food Source.



Get tagged!!

Our volunteers will be outside the L.C.B.O. and selected stores throughout the City of Kawartha Lakes on **SATURDAY, MAY 24TH** asking for much needed donations.

Getting rid of your pocket change will certainly lighten your load and help needy families.

HOW PEOPLE ARE HELPING

- Happy Birthday to **Julia Cossarin** who collected 151 non-perishable items at her party instead of gifts.
- Renewing their Patronage: **Tom & June Pick, Eva Netherton, Lindsay C.R.C. Deacons, Lindsay Iron & Metal, Nexicom Telecommunications, Kaye Reeds and Clifford Anderson.**
- Food donations have been received from: **Reenie Bryden, Sandra Kennedy, Mark & Laura Mitchell, Kelly Clysdale, LCBO, Bikers Rights Organization Kawartha Lakes, Peniel United Church, Cambridge St. United Church, Fairview Baptist Church, Cambridge St. Baptist Church, Miracles in Paradise, Linda & Rick Hilton, Cambray United Church Women, Food Basics, Paul Sadler, Carla & John Monk, Dan McMorro, Heritage Christian School, Senior Citizens Association of Lindsay, Lindsay AETC, Fit Body Boot Camp, Luke Manley, Mike Mudie and King Albert Public School.**
- Financial donations have been received from: **Jeannette Bales, Leslie Graham, Anne & George Davies, Darlene Hallett, Leah Campbell, The Pampered Chef, Aileen Naylor, Investors Group Financial Services, TS Manufacturing, John Glenney, Dalrymple United Church Women, Lindsay Creative Quilters Guild and Laura McMinn.**
- **Giant Tiger's** manager and staff collected \$459 in gift cards which we turned into spaghetti sauce.
- **Long Sault Ridge Runners Snowmobile Club** selected KLFS as the beneficiary of their recent snowmobile fundraising event. The participants collected 41 food items and \$1,161.00!
- New Patrons: **Sarel & Sonja Vorster, Dr. M. Pretorius, Dr. W. Stanley and Narayanan Krishnan Medicine Professional Corporation.**
- Donating through Canada Helps: **Elizabeth & Paul Thompson, Kawartha Dairy Ltd. and Charles Webster.**
- Donations to purchase food: **Beta Sigma Phi Laureate Beta Mu.**

Different Meaning by Judy Beall

March Break is just around the corner and for many families it means a trip to a Caribbean island, a visit to Disneyland or maybe a ski holiday at Whistler or Quebec.

For many children in the City of Kawartha Lakes, March Break could mean no breakfast.

Bagels, cheese, fresh fruit, fruit cups, hot and cold cereal, milk and granola bars are some of the items served at the breakfast programs in our area schools. Students, both elementary and secondary, utilize the breakfast programs because they just aren't hungry at their early bus times, but an hour later they're starved.

Other students, and there are many of them, don't eat breakfast because there just isn't enough food in the cupboards and fridge at home. It's a reality for some families that not everyone can have 3 meals a day so family members take turns at meal times so groceries can last longer.

Students who eat are able to learn. Many health professionals have declared breakfast is the most important meal of the day. This vital meal feeds students' brains so they can learn and feeds their bodies with the energy to stay awake and to engage in physical activities. It is hard to concentrate on a math problem or compose a paragraph when your tummy is rumbling.

There are 37,000 children who access our local school breakfast programs in one month- 9,250 per week. When holidays like March Break occur these children are at home for 5 extra meals. This means families experience a shortage in their groceries and this in turn puts a higher demand on our food banks to supply extra juices, granola bars, cereal etc. Nearly 41% of our local food bank recipients are children.

As you prepare for your holiday this month, please take the time to make a contribution to our food bins or you may send a monetary donation to Kawartha Lakes Food Source, P.O. Box 123, Lindsay, Ont. K9V 4R8