

THE SOURCE



Supporting those who feed our hungry

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Long Sault Ridge Runners Snowmobile Club's Show and Shine event provided KLFS with 80 non-perishable food items and \$2,378.26! Many thanks!

The Commonwell Mutual Insurance Group recently donated \$10,000 to support KLFS' mission. From left to right the C.A.R.E. committee members are: Scott Crone, VP of Business Development, Alicia Hughes, Jennifer Hope, Ann Lean, Regena Scott and Catherine Danbrook, Chair, KLFS Board of Directors.





Ross Memorial Hospital held their annual Valentines Food Drive to benefit Kawartha Lakes Food Source. This initiative provided the warehouse with 818 non-perishable food items and \$1,000 from the lab and an additional \$85 from staff!



Spring Extra Helping Food Drive March 20th to April 9th Loblaw and Valu-mart

Please consider purchasing a bit extra to donate to The Kawartha Lakes Food Source.

Notice of **ANNUAL GENERAL MEETING** **Wednesday, March 25th, 2015** **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



Please join us.

FOOD SOURCE MEMBER AGENCIES

- *Adult Protective Services*
- *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*
- *Omeme Food Bank*
- *School Breakfast /Snack Programs*
- *Sir Sandford Fleming College Food Cupboard*
- *Women's Resources*
- *Woodville Christian F.B.*

The 13th annual Pasta Challenge



And the winner is....

Lindsay Collegiate & Vocational Institute

Lindsay Collegiate & Vocational Institute won the 13th Annual Pasta challenge by contributing 1,806 boxes of pasta.

The challenge pits the three Kawartha Lakes secondary schools against each other to see which can collect the most pasta 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 2.51 boxes per student while FFSS (2) students collected 1.71 boxes per student. IEWSS (3) came in at 0.72 boxes per student. Overall, the three schools amassed an impressive 3,850 boxes of pasta, 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 thirteenth annual Pasta Challenge ran from Feb. 9 to Feb. 23. The winning school receives a trophy — topped with a bright red tomato — to display for a year.



CONGRATULATIONS

And many thanks!

LCVI also won the G7 trophy for the most pasta collected in the Trillium Lakelands School District!

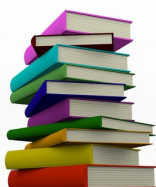


Another successful **Chiefs' Charity Pasta Feast**—thanks to all customers, volunteers and especially Dave Tomlinson for great pasta/sauce!



HOW PEOPLE ARE HELPING

- Happy Birthday to **Julia Cossarin** who collected 100 non-perishable items at her party instead of gifts.
- Renewing their Patronage: **Ross Chambers, Clifford Anderson, Earl Manley, Dr. & Mrs. Peter Anderson, Nexicom Telecommunications Inc., Caleb Stillwell, Doug & Kristen Watson, Cathy Barrow-clough.**
- Food donations have been received from: **Cambray UC Women, Nick Crockford, Fit Body Boot Camp members, Charlee Feor, Tom Pick, Miracles in Paradise, Pauline Burns, Bronze Bliss Tanning, Owen Gray, attendees at Laurie Scott's levee, Aberdeen Wool, Dorothy Mohr, Carol McMullen, Visual Sports staff & patrons and Lindsay Recreation Centre.**
- Financial donations have been received from: **Acupuncture Works, Mary Auld, Mr. & Mrs. D. Warren, Bob Mark New Holland Sales Limited, Mary Jane Beatty, Ann L. Day, Lindsay C.R.C. Deacons, Lyle & Linda Willard, LCBO Pontypool, Darlene Hallett, Lindsay Seniors Knitting Group and Hydro One.**
- Donating through Canada Helps: **Kawartha Dairy Ltd.**
- Donations to purchase food: **Wooden Expressions Inc., John Carew and Kennedy Moylan.**



BOOKS FOR SALE

Through the generosity of a long-time volunteer, KLFS can offer soft and hard cover publications by **Stuart Woods, V.C. Andrews, James Patterson, Jan Karon and Nora Roberts** to name a few.

Come in and see our selection and take home a treasure!

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