



The Source

Volume 19 • Issue 3 • July 2021

If you or someone you know is in need of food bank support, visit the “Find A Food Bank” page on our website, or phone 705-324-0707

“CHIP IN” to help!

It’s official - we have launched our own brand of salsa with a social purpose. The proceeds from KLFS Salsa are invested into operating expenses such as rent, allowing us to continue to deliver food access and food literacy programs within the City of Kawartha Lakes.

Over the course of the past year, we have been quietly working away at product ideation, recipe development, marketing assessments, and regulatory compliance. The final recipe was developed in collaboration with George Brown College’s Food Innovation and Research Studio, and the salsa was produced by KLFS staff and volunteers alongside the knowledgeable employees of the Ontario Agri-Food Venture Centre.

Retail locations include Reid’s Valu-Mart, Farmer’s Butcher Shop, Mariposa Woolen Mill, Fresh FueLL and Burns Bulk Food.



We would like to express our sincere thanks to the Investment Readiness Program funded by the Government of Canada’s SI/SF Strategy for providing us the initial funding.

For more information about KLFS Salsa or the organization, please visit <https://www.kawarthalakesfoodsource.com/salsa>



A HUGE thank you

to our volunteers who sort, pick up donations, drop off supplies, plan events, organize food drives, tend to the gardens and so much more!

Look who's helping feed our neighbours!



Cash Donors:

Mondelez Canada and Suncor Energy, Marcia White, Burns' Snow Removal and Lawn Care Ltd, Dianne Conway, June Gall, Ilean Foster, Barb Jones, Lindsay Christian Reformed Church, Lucy F Moulton, Hector and Aileen Naylor, George Thomson, Stan and Jen Tishhaw, Victoria West District Women's Institute, Dilshad and Oanali Zavrey, Melissa Cave, Costco Peterborough, Robert and Barbara Lovitt, Brenda McLean, Lucy F Moulton, Max and Patricia Radiff, George Thomson, Dorothea Weise, Hermine Flynn, Jim and Janice Herlihey, Brenda and William Moynes, Bill Wilms, Marion Bowins, John and Julia Ruitter, St Paul's Anglican Church, Anne Rodd, Virginia Reeds, Sandra Scriver, Lloyd O'Connell, Terrance and Debra Oliver, Grant and Carol Peters, Girish Patel, Richard and Darlene Poisson, June Marsh, Brenda and William Moynes, John and Florance Murray, Hector and Aileen Naylor, Ken Raymond, Margaret C Ross, Mary Riley, Rosepark Landscaping Ltd., Larry and Linda Todd, Marg Wansbrough, Yvonne Pearson, Jean Wilson, Vivien Ross, John and Julia Ruitter, Wayne and Sandra Kutasienski, Gerard and Andree Curtin, Anna Evans, Ron and Kim Fintelman, Donald and Elizabeth Kellistine, Lindsay Christian Reformed Church, Rev. Michael Locke, Wendy Goller, James Deitch, Kim Devolin, Lyn David, Dale and Bonnie Drake, Ross and Carole Brown, Helen Brasier, Brenda J Bailey, Lorne and Marilyn Bagshaw, Nanci Byer, Susan Brooks, Douglas Horton, Kawartha Credit Union, Melvin Maclsaac, Thomas and Linda Bartlett, Mike and Beryl Connell, Valerie Holland, Marion Walden, Mary Martha Group, Patricia Clarke, Patricia Barton, Arlene Chick, Alexander Gray, Natale Stoppa, John and Helen Wood, IE WELDON ANTICS 2021, Jim Williamson of Williamson Chrysler

Monthly Donors:

Marion LeBlanc, Charlie and Ina Currie, Barbie Corp, Shannon Kuypers, Mary Auld, Kelsey Gibson, Laurie Cameron, Barbara Taylor, Roberta Allen, Patti Jones, Rose and Rob Barg, Bert and Sheila Stillwell, Barbara Truax, Doug Watson, Alexandra Fulton, Catherine Philp, George and Anne Davies, Jacey and Francis Culham, Larry and

20th Anniversary – share your story



The Kawartha Lakes Food Source (KLFS) opened its doors on March 3, 2002, after a collective of community members representing a variety of local organizations observed a sudden increase in individuals seeking food support. At that time, community members around the organizing table agreed upon a mission of supporting those who feed our hungry. Nearly twenty years later, our organization is still doing just that, thanks to the strong foundations laid during those early years.

Today, KLFS is the largest non-profit food distribution organization in our region, operating as a hub to over 30 members. We procure, sort, store, and distribute food and other household essentials while also advocating for food security and educating the community on poverty in our area through programming and community outreach. While the backbone of our organization continues to be food banking, over time we have developed and maintained innovative programs such as the Family Cooking Project, Open Gardens, Summer Outreach Lunch Program, Lindsay Community Food Market, and Community Kitchen.

Join us in commemorating 20 years of supporting those who feed our hungry by visiting <https://www.kawarthalakesfoodsource.com/20th-anniversary> to learn more of our history, share your story, and read stories of impact from our community members.

Visit [kawarthalakesfoodsource.com](https://www.kawarthalakesfoodsource.com) to donate online.

DONATE NOW!





Food Drive Results

The City-Wide Drive Thru Food Drive on June 8 was a great success. The grand total across all locations was over 2,100lbs of food and over \$1,000 in cash donations! Amazing!

Thank you so much to the generous donors and volunteers all around CKL for helping our food banks support those who are in need.

A Dash of Denny

Leaha, owner of A Dash of Denny, put together and furiously doodled logos for the #LindsayLogoChallenge over the past few weeks and we are so proud to be the recipients of her generosity! \$280 was raised from the sale of cookie doodle kits, and a spotlight was brought to our local small businesses at the same time.

Well done to all of the participants, those doodles were beautiful, and thank you Leaha for your hard work and dedication.



Look who's helping feed our neighbours!



Monthly Donors (cont'd):

Michelle Wilson, Yvonne Kehoe, Lisa Fedele and Michael Cummings, Brian and Pat Henderson, Patricia Jarvie, Katherine Le Gresley, Jo-Ann Nairn, Betty Kellestine, Virginia Reeds, David and Sheila Smith, Peter Luskin, Joan Shippel

Online Monthly Donors:

Armada Toolworks Ltd, Barb Donnan, Barbara Evans, Barbara Glass, Beth Tait, Brian Rump, Bruce Couling, Cathie Ritchie, Christine Schaafsma, Daniel Grima, Deborah Mohr, Deborah Smith, Donna S Thompson, Gwen Allore, Janet Armstrong and John Sanders, Jennifer Connor, Jeremy Kraemer, Jesse McLinton, John and Elizabeth Gundy, Kenneth Koski, Lisa Van Halteren, Mark Whalen, Mary Ellen Wood, Michael T and Mary Scott, Muriel Ellis, Nanci Byer, Pamela Lawson, Peter Maitland, Sallie Byer, Sandra and Bob Laurence, Shannon Roszell, Steven Roffe, Tim Jenkins, Veerle De Lombaerde

In Memory of Dan Burns:

Lindsay Rugby Club, Colleen Morrison, Reginald Garbutt, Jack Graham, Sandra McCabe, Ray and Kathy Burns, Dianne Hall, Tom and Judy Ralph, Leonard and Joan Johnson, Marguerite O'Connell, Pat and Yvonne McDonald, Farrell and Cathy Garbutt, Susan Bianconi, Cathy Korcsis, Mike and Catherine Puffer

In Memory of Frank Richards:

George Piggott, James and Frances Byrne

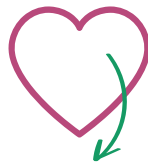
In Honour of:

In honour of this year's retirees: D. Patterson, J. Montford and R. Warren from Trillium Lakeland District School Board.

Food Donors:

Crossfit Lindsay - Ryan Hawkrigg, St. Paul's Anglican Church, Cambridge St United, Fairview, Ashley Webster, Food for Kids, Feed Ontario, United Way, Fleming College Community Gardens, Cordula Winkelaar, Pam White, Brandesten Farms - John and Bonnie Stinson

Look who's helping feed our neighbours!



Donate a Dish:

Sharon Drew, Marquis Snow and Ice Ltd., Susan Schell, Karen Callaghan, Hugh and Nancy Doggett, Michelle Sanders, BLKRZ Inc, Beukeboom Construction Ltd., Shirley Cave, Doug Tozer, Susan Wallace, Karen Garbutt, Betty Steffler, Coldwell Banker RMR Brokerage, Lisa Scott, Kate Winn, June McCallum, Cynthia MacDonald, Deb Laidlaw, Margot J Fawcett, Cathy and Steven Drinkwalter, John Richardson, Kerri Murphy, Sara-Lynn Francis, Louise Middleton, Becky Lodwick, Mary and Mark Cossarin, Shelley Parkinson, David Sirrs, Pat Castonguay, Ruth Cameron, David Nigh, Karen MacNeill, Marina Hodson, Michael Grant, Joanne Roberts, Barbara Carter, John and Maryon Allen, Bonnie Hancock

Barb Truax Award

Kawartha Lakes Food Source relies heavily on volunteer support, as the jobs are many and the number of staff is small. Without volunteers to sort the incoming food, KLFS would not be able to get that food out to member food banks as quickly. Linda, Cecylia, Pat and Jennifer, came in one at a time, wore as much PPE as could be fit on them, and continued their important work in the midst of those frightening early pandemic days. This is why they are the recipients of The 2020 Barb Truax Award.



(l-r) Kate Dorotheou (KFLS Staff), Pat Gassien, Linda Berry, Cecylia Barr, Barb Truax and Jennifer Styles

KLFS MEMBER AGENCIES:

- Coboconk Community Food Bank
- Dunsford Community Food Banks
- Fenelon Falls Salvation Army
- Kinmount & Area Food Bank
- Lindsay Community Food Market
- Little Britain/Mariposa Food Banks
- Omeme Food Bank
- Women's Resources
- Woodville Eldon Food Bank
- 16 School Breakfast/Snack Programs

SUMMER LUNCH PROGRAM

Free and healthy bagged lunches for **ANY** elementary-aged child!

JUNE 16
-
AUGUST 20
Wednesdays
& Fridays

King Albert PS (49 Glenelg St.) 11 AM -12 PM
Queen Victoria PS (11 John St.) 12:30 PM -1:30 PM

Social distancing and strict COVID-19 protocols will be followed on site.
If a child is ill, please send someone to pick up on their behalf.

For more information, please contact:
Kawartha Lakes Food Source at (705) 324-0707
The Salvation Army Lindsay at (705) 878-5331 EXT 2

