



# The Source

Volume 18 • Issue 7 • MARCH 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**

## FAMILY COOKING PROJECT

Our Family Cooking Project, which we piloted in 2019, is now officially a full-time permanent program.

The goal of the Family Cooking Project is to help families make better use of simple ingredients, learn new recipes, stretch their grocery money, improve health, and increase family time while also building confidence and the skills of all family members in the kitchen. Each eight-week session of the Family Cooking Project provides ten local families with recipes, non-perishables, fresh ingredients, and the one-on-one support they need in order to produce three healthy and delicious meals a week. Clients will also receive, free of charge, the kitchen equipment that is required to prepare all recipes.

Thank you to our community for all of the support! We could not develop and maintain these meaningful programs without you. For more information, please visit our website or contact us.



## Look who’s helping feed our neighbours!



### Cash Donors:

Anna Auger, Adelaide Place, Bonnie Kennedy, City of Kawartha Lakes, Daniel & Sandra O’Neill, David and Ellen Edney, Dilshad and Oanali Zavery, Elsie Cherwaiko, Frances Shelton, Frank Bassingthwaite, George Piggott, George Thomson, Girish Patel, Gord Travis, Heather Sisson, Hector and Aileen Naylor, Ivan and Elaine Nancekieville, Jane Shulist-Green, John and Julia Ruitter, Joyce Pounds, Katherine Reddick, Ken Raymond, Kitty Stone, Korda Charitable Giving, Loren Harris, Lucy Moulton, Marion Stafford, Mark Joncas, Michael Goldgrub, Michael Green, Mr. & Mrs. John & Helen Wood, Mrs. Darlene Hallett, Nanci Byer, Ray Bain, Robert and Shirley Glassford, Tracie Madsen, Valerie McQuat, BDO Canada LLP, Conservative Party of Canada, Kinsmen Club of Lindsay, Lindsay C.R.C. Deacons, Lindsay Christian Reformed Church, Nicole Carruthers, Ontario Alpha XI Master, RBC Foundation, Show Kids You Care/Trinity Global Support, St. Paul’s Church, St. Vincent de Paul, The Kent Florist, Vancouver Foundation

### Monthly Donors:

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### Online Monthly Donors:

Anonymous, Armada Toolworks, Barb Donnan, Barbara Evans, Barbara Glass, Beth Tait, Brian Rump, Cathie Ritchie, Christine Schaafsma, Daniel Grima, Deborah Mohr, Deborah Smith, Deniel Grima, Donna S Thompson,

## Look who's helping feed our neighbours!



### Online Monthly Donors (cont'd):

Gwen Alore, Janet Armstrong, Jennifer Connor, Jeremy Kraemer, Jesse McLinton, John and Elizabeth Gundy, Kenneth Koski, Lisa Van Halteren, Mark Whalen, Mary Ellen Wood, Nanci Byer, Pamela Lawson, Peter Maitland, Sallie Byer, Sandra and Bob Laurence, Shannon Roszell, Steven Roffe, Veerle De Lombaerde

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### In Memory of:

Beverly Baxter in memory of **Jacqueline Le Blanc**, Douglas Raymond in memory of **Stan Raymond**, Isabella Ross in memory of **Jacqueline Le Blanc**, Kathleen Nichols in memory of **Jacqueline Le Blanc**, Lucy Moulton in memory of **JEC**, Michael Bak in memory of **Connie Young**, Joan Dales in memory of **Jacqueline Leblanc**, Mike Van in memory of **Fred Balcombe**

### Food Donors:

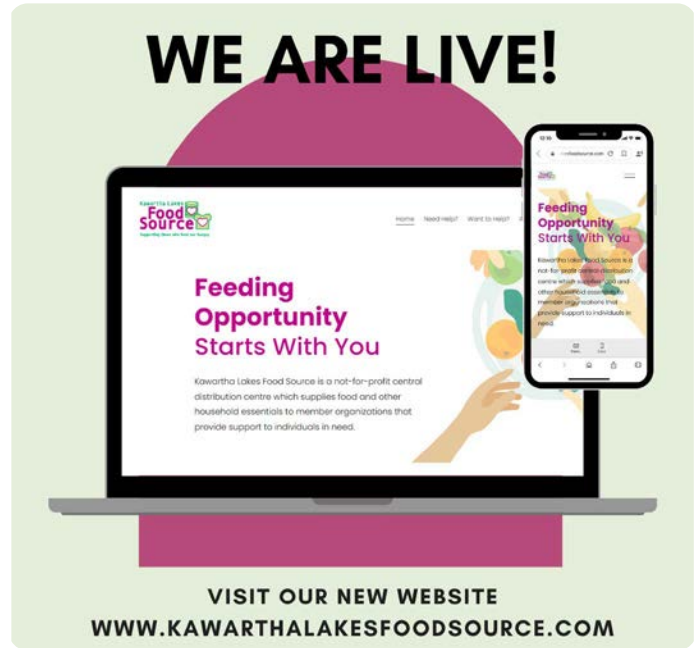
Deanna Hollinger, Ed Hanson, Emma Hollinger, Heron's Landing Dunsford, Kawartha Credit Union, Zara Ahmed

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

**DONATE TODAY!**

## New Website

Our new site is easier to navigate and offers all of the up-to-date information you need!



## Food Literacy Program

Thanks to an Ontario Trillium Fund Seed Grant, we are happy to announce the start of our Community Kitchen program. This new program is an opportunity for clients of the Lindsay Community Food Market (a non-traditional food bank owned and operated by KLFS) to grow more engaged in our community and strengthen their food literacy. By hosting cooking classes, facilitating a collective kitchen, and providing opportunities for safe food handling training, the program aims to improve the food skills, budgeting, sustainability, and employability of participants.



### Yuk Yuk's Virtual Comedy Fundraiser

If there is ever a year when we deserve a good laugh, we think it is this one.

Kawartha Lakes Food Source is thrilled to share that our Sixth Annual Yuk Yuk's Comedy Fundraiser is going virtual! On March 17 at 7:30 pm (St Patrick's Day) you can help us fight food insecurity from the comfort of your couch.

Our PG show will feature two talented Yuk Yuk's performers Matt O'Brien and Julia Hladkowicz. Local radio personality Vanessa Murphy will be the night's emcee, and special guest comedian Rebecca Reeds will be returning to her local roots to show love for the community she grew up in.



Tickets are \$22 each and proceeds go to the Kawartha Lakes Food Source. They can be purchased online through the Kawartha Lakes Food Source Eventbrite page. After purchasing a ticket, a link for the show will be emailed to each attendee. Head to our Eventbrite page for all the details and to get your ticket today.

### Love Month Food Drive

Our Love Month Drive Thru Food Drive yesterday was a success thanks to generous community members and volunteers. We collected total of 1,127 lbs of food and \$330! We asked our community to show those in need some love for Valentine's Day and Family Day and you did not disappoint. On behalf of our 10 member food banks and the community members they serve - thank you.



## Lindsay Community Food Market Deliveries

Officially launched in December, our Lindsay Community Food Market food bank has developed and implemented a robust delivery model to ease the strain on clients who do not have access to reliable transportation. For clients without access to transportation, walking home with a sizable amount of groceries can be very difficult, especially for those with disabilities or families with young children. During winter months, this challenge is amplified due to poor weather conditions. Our new delivery model allows clients a more comfortable experience when accessing our support. Additionally, our delivery model significantly improves our ability to ensure social distancing during COVID-19 to keep our volunteers, clients, staff, donors, and community as safe as possible. Clients have been thrilled with the delivery service and feedback has been overwhelmingly positive!



## 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!



## Annual General Meeting

The Kawartha Lakes Food Source invites you to attend their virtual 2020 Annual General Meeting on March 22, 2021 from 5 pm - 6:30 pm. To attend, please RSVP to Heather Kirby, Executive Director of the Kawartha Lakes Food Source, by March 15. RSVPs may be emailed to [heather@kawarthalakesfoodsource.com](mailto:heather@kawarthalakesfoodsource.com) or phoned in to 705-324-0707. Upon receiving your RSVP the Kawartha Lakes Food Source will provide you a link.

### KLFS MEMBER AGENCIES:

Coboconk Community Food Bank  
Dunsford Community Food Banks  
Fenelon Falls Salvation Army  
K L Centre of Hope  
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