

THE SOURCE



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Supporting those who feed our hungry

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Hunger Awareness Week is an effort to engage communities and individuals across Canada to raise awareness of the issue of hunger in Canada and the role of local food banks. The City of Kawartha Lakes has a population of 74,000, of that 2,400 people are food bank clients. Of all food bank clients in CKL 34% are children. It is clear that precious employment, low income and high housing and utility costs are affecting people in this community. In CKL, we are reaching out and asking local restaurants to get involved and go silent to give hunger a voice. By turning off the tunes on September 21st they will let hunger be heard.

KLFS will be hosting a food drive at Reid's Valu-Mart on September 21 asking the community to donate food and funds to fight hunger.

Produce Donations:

KLFS welcomes any produce donations. If you have anything extra in your garden, please consider donating so that we can distribute to our member agencies. Here are a few tips that will help you to continue to help us:

- Please bring in donations Monday-Wednesday
- Please bring us dirty vegetables
- Fresh picked is best

thank you

Please let us know if you would like a tax receipt when you drop off

WELCOME NEW KLFS GENERAL MANAGER

As I am settling into my new role as General Manager, I realize that the summer has come and almost gone. It has been a busy one for me with learning as much as I can, as quick as I can, while enjoying my family time and trying to get together with friends.

It truly is amazing the community support that we receive. My first two months at the Kawartha Lakes Food Source, I have met many of our volunteers that support KLFS by: sorting in the warehouse; picking up the donations from the barrels in the local grocery stores to be sorted; picking up the orders for our member agencies (9 food banks in the City of Kawartha Lakes); and committee meetings for Food Acquisition and Fundraising to ensure we have a steady flow of incoming food and financial support to continue to help those in need.

I have also met many individuals that drop off a financial donation and those who share the extra bounty from their garden.

I am not sure if there are enough ways for us here at KLFS to say thank you to all donors. On behalf of those who rely on food banks to help feed themselves and their family, I also will say thank you.

School will be starting soon and so will our Grab n' Grow breakfast program. We are proud to help fuel the young minds of our local students.

Cheers, Heather



FOOD DRIVES

Thank you customers, volunteers and the KLFS Food Acquisition Committee members for making these food drives a success!

Customers contributed 870 lbs. of non-perishable food and \$480.66 during a one day food drive at **Dollarama** on July 28th.

Food Basics food drive on August 25 netted 839 lbs. of non-perishable food to our warehouse and \$562.40.

Vintage Road Racing Association collected 119 lbs. of non-perishable food and \$340.45 at their Vintage Festival on August 12-14.

Help support our Grab n' Grow Breakfast Program for local students!

Nut free granola bars

Low sugar cereals

Jam Wraps Muffin mix

100% real juice boxes

Check out **Good and Cheap: A Healthy Cookbook for a Food Stamp Budget** by visiting facebook (facebook.com/eatgoodandcheap)

Please check us out on Facebook:
facebook.com/kawarthalakesfoodsource



and **"Like" us!**

Upcoming Events



Night in Gotham
October 27th, 2016



Pampered Chef (@ KLFS)
October 20th, 2016



Thank you Kawartha Lakes Professional Firefighter Association for your generous contribution of \$2000.00 to KLFS!

Sharon Watson is our **August Hero of the Month**. Sharon has volunteered with KLFS for just about nine months now and in that small amount of time she has made a big impact. Volunteering in our warehouse sorting food items, Sharon is the very picture of a model volunteer. She is always quick to sign up for a sorting shift and happy to roll up her sleeves and get the work done. Sharon is friendly and kind and has been a wonderful addition to the KLFS team! You can try your best to thank her, but she will just smile and say, "You don't need to thank me, I like coming in and sorting. This is fun for me."



MILKWEED FUNDRAISER A SUCCESS!



A series of photographs of Kawartha Lakes by the late Scott Jowett was on display/for sale at City Hall in Lindsay until June 30.

All profits from the sale of Scott Jowett's photographs was given to Kawartha Lakes Food Source for the purchase of fresh produce to distribute to seniors, adults and children in the City of Kawartha Lakes.

HOW PEOPLE ARE HELPING

- Renewing their Patronage: **Lindsay C.R.C. Deacons** and **Jo Anne Lindsay**
- Food Donations have been received from: **Lindsey Anderson, June Burdun, Cambridge Street Baptist Church, Cambridge Street United Church, Shelby Cameron, Fairview Baptist Church, K & J Harper, Nick Keller, Charlene Kent, Margaret MacKinnon, Miracles in Paradise, Queen Street United Church, Krissie Vanderburg** and **Don Wouters**
- Financial donations have been received from: **Mary Auld, Leah Campbell, Dr. & Mrs. C.Y. Chan, Charlie & Ina Currie, Liza Hancock, Lindsay C.R.C. Deacons, Earl Manley, David Simser** and **Caleb Stillwell**
- **Jody Clements** made a donation in honour of **Helen and Aub's Gould** 73rd wedding anniversary
- In memory of **Pat Holloway, Norm Schultz** and **George Sweetnam, Patricia Lovsin** made a donation



Plant a row, grow a row is a national program which encourages gardeners and farmers to plant an extra row of produce to feed people in need. A few seeds and some space in the garden or earth in pots can provide us with the chance to feed our own families while sharing with others. For more information contact Liza Hancock at 705-928-5149.

Tessa Brown helped make a difference by collecting 96 lbs. of non-perishable food, as well as \$40.00 in cash donations in lieu of receiving gifts for her 9th birthday.

FOOD SOURCE MEMBER AGENCIES

- **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**
- **20 School Breakfast /Snack Programs**
- **Frost Student Association**
- **Women's Resources**
- **Woodville Eldon Food Bank**

LET'S TALK...

BIG
BASIC INCOME GUARANTEE

PUBLIC MEETING

September 21, 2016, 1:00-4:00pm
Fenelon Falls Community Centre
27 Veterans Way, Fenelon Falls

REGISTRATION APPRECIATED
WALK-INS WELCOME
705-324-3569 ext. 2202
Free onsite daycare and limited
transportation available. Please call.

WHAT IS BIG?

Basic income guarantee (BIG) is a cash transfer from the government to individuals or families regardless of work status to ensure a minimum annual income.



Dr. Elaine Power, Associate Professor at Queen's University, will introduce basic income guarantee: benefits, cautions and recent developments.

Event organized by...

**KAWARTHA LAKES
FOOD COALITION**

...and partners.