

A Kitchen with a Mission



We often talk about social inclusion when we talk about living in poverty. It's hard to be part of society and get engaged in the community when you are struggling to make ends meet. But it's so important. A sustainable livelihood is about **more** than meeting basic needs. It is about growing self-esteem, developing skills, participation, building healthy relationships and being part of a greater community.

Ella, one of our food bank managers, who runs a community kitchen program in Lawrence Heights, aims to provide a safe, comfortable and welcoming space for members of the community. Neighbours come together to learn new food skills and share meals.

Debra has been attending the program since it began. She loves spending time with everyone. She has no family in the city and lives on her own so it's been a great way for her to bond with others.

Maudlyn is a retired caterer and keeps coming every week because it keeps her active.

"This program is a commitment to myself. It gets me out of the house to socialize with others! Setting the table really brings the group together. It makes it feel like we really are a family sharing a meal." ~Maudlyn

Without your support, amazing programs like Mission Kitchen couldn't exist. Because of you, we're able to offer so much more than a meal, and we just can't thank you enough.

Everyone deserves a place where they can safely meet people, build relationships, feel included and eat delicious food regardless of their income. If you would like to support programs like this in your community, please make a gift today!

Please contact Maria by phone at 416-635-7771 x 33, or donate online at northyorkharvest.com/connections

Thank you!

Leadership In Logistics

At North York Harvest, we have long understood the need to use the food we distribute on a daily basis to build long-term solutions to food insecurity and poverty. With that vision, we are proud to offer skills development and experience based learning to community members through our warehousing and logistics operations.

With support from the Metcalf Foundation, we launched the **Leadership in Logistics with Industrial Skills** program this past January. This program is an exciting, new opportunity for members in the community currently on Ontario Works to gain valuable technical skills and certifications through working in North York Harvest's actual operating environment. This is designed to propel graduates of the program into careers in the warehousing and logistics sector.



"Being a busy mom, I felt the program benefited me by giving me hands on work experience and training that was essential in coming back into the workforce."

- Tammy, graduate and program instructor.

We're currently looking for mentors, employers and donors to



get involved in making a difference for those seeking meaningful employment through this incredible program.

Would you like to learn more about the Leadership in Logistics program? Contact Rowena Power at 416-635-7771 x 30 or email rowena@northyorkharvest.com

Fueling Young Minds

Did you know that North York Harvest delivers healthy lunches and snacks to daycares and before/after school programs in low income neighbourhoods across North York? It's just one of the ways we ensure that our youngest community members have the nutrition and energy they need to succeed.

We provide:

-  26 healthy school lunch programs serving over 700 kids
-  14 before and after school healthy snack programs serving over 350 kids

Typical snacks consist of fresh fruit and vegetables, cheese cubes, tofu, yogurt and whole grain crackers.

Lunches are full of healthy options such as chicken caesar salad and pasta with mixed summer vegetables with an orange and an apple.

This is just another way you, through your generous support, make sure we can be there for those who need us most.



K.C.'s Story

We recently received this lovely note from one of supporters, who we'll call K.C.

I recently took the time to think about what matters to me in life as I was preparing my will.

When I was a child, we were poor. My parents didn't have the means to give us the life that they wanted for us.

Back then life was hard and there was one part of my life in poverty that will always haunt me. Not having enough to eat.

Today my life is very different. I have been blessed with a wonderful family and we never have to worry about where our next meal will come from. Yet I never forget the days when I was hungry. And I never forget that there are still children out there who are hungry every day.

That is one of the reasons that I chose to leave a legacy gift to the North York Harvest Food Bank. Now that I have left that struggle in the past, I have the means to leave a gift in my will that will benefit other children in the future.

-KC

You too can make the gift of a lifetime. By making a legacy gift, you can make a lasting difference in your community by supporting your neighbours struggling to put enough food on the table.

To find out more about leaving a gift in your will, gifts of securities or estate gifts, please contact Maria at 416-635-7771 x 33 by telephone, or by email at maria@northyorkharvest.com



The true meaning of life is to plant trees, under whose shade you do not expect to sit.

~Nelson Henderson

Leave Hunger Behind

Fall Food Drive 2017



Get involved with our annual food drives!

Your participation in these drives, as donors, sponsors and volunteers, is essential to providing enough food for our neighbours in need all year long!

Get started by contacting
Kadian at 416-635-7771 x 28
kadian@northyorkharvest.com



**Hunger Doesn't Hibernate
Winter Food Drive
2017/2018**

The Value of Volunteering

Kathy and her two young sons, Matthew and Christian, are regular volunteers with North York Harvest Food Bank. Here's what volunteering with us means to her:

“We love volunteering at North York Harvest Food Bank. Everyone is so positive and friendly. There are smiles on everyone's faces from when you are greeted at reception to the NYH staff. I can't say enough about how lucky we are to have met you guys.

From a parent's perspective I cannot stress how important this experience has been for us. The boys have met so many interesting people from all parts of the city. We were able to work with some school groups that just touched our hearts.

One morning at the end of a food sort with a school group and their teachers, we actually had a group hug and cheer. When walking out to the car Christian said, “Mommy, you don't get to see that every day!” Matthew laughed in agreement and said that he had tears in his eyes and didn't even know why.



For me, all the adults, whether volunteering themselves or working at the food bank, treat Matthew and Christian not like little kids but as people. My guys walk away every time with a sense of confidence and pride for what they have accomplished.

Whenever we pass by a North

York Harvest Food Bank donation box in a store we feel good. And ... we try to move the cereal boxes to the side so they don't get crushed by all the cans.”

If you would like to join our team please contact Lisa at 416-635-7771 x 29 or at lisa@northyorkharvest.com

Help us meet the need this fall and winter!



Not all heroes wear capes. Your generous support and commitment to ending hunger in North Toronto is the reason we can provide healthy food and support to the thousands who turn to us each month. Will you join us again to make sure we can be there for those who need us most? Here's how you can help:

Make a Donation

Cash donations make sure we can purchase the healthy food our community needs when our donated food supplies can't meet the need. You can make your gift online, over the phone or in the mail. Want to deepen your impact? Become a monthly donor and ensure healthy food and support is available all year long.

Run a Food and Funds Drive

Enlist your friends, office, school, coworkers and family to help raise food and funds this fall! We're looking for champions to help us collect our most needed items: rice, canned tomatoes, canned fish, canned beans and cooking oil. Contact Kadian at 416-635-7771 x 28 or kadian@northyorkharvest.com to get started today!