

CONNECTIONS

FALL • 2013



A Chance to Give Back: North York Harvest Volunteers

“Dedicated”, “tireless”, and “inspiring” are just a few of the many ways staff describe the volunteers that provide support to just about everything that happens here at North York Harvest.

On any given day you can find food sorters busy organizing donations, driver assistants on their way to pick-up and deliver food, client-service personnel managing food bank client intake and service, program ambassadors tabling at city events, receptionists helping with referral requests, event assistants at grocery stores handing out donation bags, and the list continues!

Last year, an amazing 3,000 people gave their time to support North York Harvest...

Without the support of our volunteers, our work at North York Harvest would not be possible. In order to provide nourishing food support to thousands of people each month, we rely on the commitment and hard work of the wonderful individuals that make up our growing and dynamic volunteer team.

For many, the opportunity to contribute their skills to a cause they believe in is the driving force that brings them back each

week to volunteer. “When I see people in need, instead of poverty I see humanity – what we can do to assist them,” shares Gavin, a volunteer driver-assistant.

In other instances, it is food bank clients themselves who volunteer, embracing the opportunity to give back to the community that is helping them in their time of need. “I’m a lover of helping. I don’t have cash or goods to give back. I can only give myself, my time and my smile,” says one of our clients who also volunteers at North York Harvest’s Lawrence Heights Community Food Bank.

Last year, an amazing 3,000 people gave their time to support North York Harvest’s efforts to build a community where all members are able to meet their food needs. A learning experience for most, volunteers who participate in our critical food initiatives range in age from just 10 years old, all the way to 80!

Whether it is during community kitchens, youth educational workshops, food bank drop-in programs, gardening sessions, fundraising events, pick-up & delivery of food donations or even food sorting sessions, the support we receive from our volunteers is invaluable.

On behalf of everyone at North York Harvest, **thank you volunteers!** We couldn’t do it without you!

To find out how you can get involved, contact Lisa Anderson, Manager of Volunteer Services at lisa@northyorkharvest.com.

A Big Difference, Thanks To You!

One of the key goals of our new strategic plan is to increase both the quantity and quality of food we distribute over the next five years.

Thanks to your donations and strong support, we are off to a terrific start!

This summer we:

- Distributed 60% more food than we did over the same time period just two years ago
- Included 19,000 lbs of fresh, healthy produce in our food bank hampers
- Ensured that fresh eggs were available to clients at all of our neighbourhood food banks

From all of us at North York Harvest, thank you for your commitment to your communities!



Annie and Matthew volunteer at the Lawrence Heights Community Food Bank Garden

Scotiabank Toronto Waterfront Marathon 2013: Charity Challenge

Please join us on October 20th for the Scotia Toronto Waterfront Marathon and help raise \$50,000 for North York Harvest!

Last year, North York Harvest supporters, just like you, walked, jogged, and ran to raise funds to provide nourishing food across northern Toronto!

With options for everyone, participants can choose the 5km, half marathon, or full marathon and run on their own or create a team! This is a great family activity that promotes healthy living

and charitable giving – two things that North York Harvest cares deeply about.

We look forward to seeing you there and making this year’s race the best one yet!

For more information on how you can participate, please contact Tanya Thomas at 416-635-7771 ext. 59 or tanya@northyorkharvest.com.

And if you can’t join us on event day, you can donate funds to those racing to make a difference! To register or donate please visit: www.bit.ly/nyhmarathon

Fall Food Drive



As the Thanksgiving season begins, North York Harvest wants to deliver hope to those who need it most. This year’s Fall Food Drive will run from September 19th to October 18th.

The drive comes at an important time as the summer months are slower in donations and many stock items are now depleted. The seasonal drive also allows North York Harvest to prepare for the long winter months ahead.

“We have seen a 19% increase in food bank use over the last year,” explains Anette Chawla, Executive Director of North York Harvest. “To meet this demand, we need to collect food and funds so all families can have food on the table this Thanksgiving.”

Healthy and nutritious foods are always in high demand, so please, when making your donation, think of the items you would most like to see on your family’s plate. Help North York Harvest make this Thanksgiving a time of celebration for people across northern Toronto!

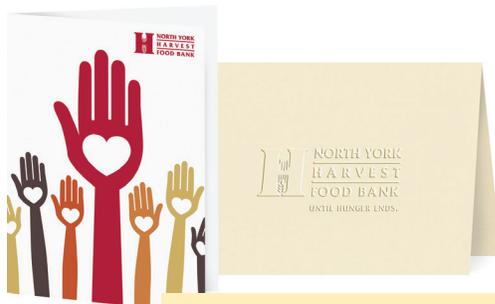
For a complete list of most needed items or to make a financial donation, please visit our website: www.northyorkharvest.com/donate.

To give by phone, call 416-635-7771.

To give by cheque, please mail to the address on the coupon below.

Tribute Cards

This year, give the gift of a good meal. A donation of \$20 will allow us to pick up and distribute more than 100 pounds of nourishing food!



Along with the cool weather, the season of giving is approaching. This year, in lieu of a gift, please consider making a donation to North York Harvest in honour of someone special to you.

With a donation of \$20 or more, we will send a unique Tribute Card to let the recipient know of your gift and the impact it will have in your community. Each gift will help us in our efforts to provide northern Toronto with *food for today, and hope for tomorrow*.

Eid Mubarak!

Ramadan, the Islamic month of fasting, is a time of spiritual reflection and charitableness toward others. This year, we were very happy to be the recipient of both food and fund donations in recognition of this important month.

On behalf of everyone at North York Harvest, thank you for remembering us, and those in your community who are struggling to make ends meet.

Sign up for our e-news! Sign up today to get all the latest North York Harvest news and learn about the many ways you can get involved and support your community. To be added to the mailing list, include your email address with your next donation, or sign up here: www.northyorkharvest.com/newsletters

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YES! I want to help people right here in my community!

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Please mail your donation to 640 Lawrence Ave. West, Toronto, Ontario, M6A 1B1.

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 Please do not share my name with other organizations



I have enclosed my cheque payable to the North York Harvest Food Bank.

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