

Food and Friendship in Lawrence Heights



Spring is in the air! It's a time for growth, new beginnings and reconnecting with friends and family.

There's nothing like a nutritious, homemade meal to bring people together. Norma, a community leader in Lawrence Heights, saw how the power of good food can make a difference in the lives of seniors in Lawrence Heights.

Norma regularly volunteers her time helping seniors in her neighbourhood, many of whom live alone dealing with anxiety, depression, rejection and isolation. From gardening and grocery shopping or coming by for a nice visit, Norma is always sure to lend a hand, but she saw there was a need for more.

"The isolation these seniors feel can lead to malnutrition. They are lonely and food brings people together," says Norma.

Norma, with other caring volunteers, organized a social lunch program.

"Many of the residents are hesitant to go out because of their age, vulnerability, illness, mobility or depression. This program and others like it gets them out of the house so they don't have to be alone anymore."

Seniors in the neighbourhood were encouraged to join in to meet others, have a healthy meal and just get out of the house.

Norma reached out to NYH for food assistance. Thanks to your support, her lunch program received fresh and healthy ingredients for the lunches, including fresh produce, meat and dairy products.

Norma shared how important these meals are to the seniors, giving them a chance to interact with their peers in a safe and welcoming environment. Their very first meal together was chicken noodle soup. It was such a change for the seniors to enjoy a home cooked meal. "I was almost in tears when one of the ladies told me she couldn't remember the last time she had homemade soup," Norma recalls.

Your support makes programs like the Seniors Lunch possible – and it makes an enormous positive difference in the lives of people in our community.

Please give generously today so we can fill the bellies and hearts of the most vulnerable in our city.

Contact Maria at 416-635-7771 ext. 33 or maria@northyorkharvest.com to donate.

Or make a donation on-line at www.northyorkharvest.com/donate

Giving Back: A Family Affair



Lynn, a lawyer and community volunteer, wanted to ensure that her son Andrew knew that their family had advantages other people did not. When he was as young as five years old, Andrew would pick an item for the “Little Boy Box,” choosing groceries to donate for boys his own age; when Lynn took him grocery shopping.

Years later, Andrew volunteered at the food bank with his 9th grade class. He enjoyed his experience so much that a

couple of years later he contacted Lisa, our Volunteer Manager, to get involved with his local food bank. He recently spent his summer volunteering at the Lawrence Heights Community Food Space to help his neighbours access healthy food.

Andrew’s commitment inspired Lynn to become a NYHFB supporter. *“It’s sad to see that some families don’t have enough. We all deserve to have our basic needs met. I feel good knowing that my donations will go towards helping people*

in need,” shares Lynn. *“Anybody could need a food bank at any time. This shouldn’t be the norm.”*

And even though Andrew is all grown up, Lynn makes sure to put a few extra items in her cart for the “Little Boy Box” when she’s at the grocery store.

Please join Lynn and Andrew by making a difference in the life of someone that is hungry! Make a gift TODAY by calling Maria at 416-635-7771 ext. 33 or visiting northyorkharvest.com/donate

Upcoming Events

Keep an eye on www.northyorkharvest.com for more events & info! Sign up for the E-News by contacting lauren@northyorkharvest.com

March

Spring Food Drive

April

Spring Public Sort

Northern Panic Cosplay Clean Up

May

Every Plate Full: Canada’s Largest Food Drive

June

Give 30

#GrowEatLove Summer Campaign

North York Harvest Food Bank
116 Industry Street, Toronto, ON, M6M 4L8
Tel: 416-635-7771 www.northyorkharvest.com

 @nyhfb  northyorkharvest

To make a donation call Maria at ext. 33
To run a food & funds drive call Leslie at ext. 21
To volunteer call Lisa at ext. 29



Donate TODAY
to Ensure a
Hunger Free
Summer!

**Summer is the Time
of Greatest Need.**



#GrowEatLove

What's cooking at NYH



In response to the growing need of food bank users in the city, we took on an exciting new project to ensure there is a supply of quality food for people in need.

In partnership with FoodShare and Food Starter, we've created a delicious Moroccan-Style Lentil Soup – packed with protein, fiber and containing no added sugar, salts, flavours or colours. For every package sold, another will be donated to NYHFB, so we can offer easy, healthy and delicious meals to our neighbours struggling to put food on the table.

To learn more, contact Lisa at
416-635-7771 ext. 29 or
lisa@northyorkharvest.com

Support Your Community All Year Long!

When you join the Community Builders Monthly Giving Circle, you help our neighbours access enough food to eat each and every month!

We Can't Do It Without YOU

Every month over 15,000 people will use a food bank, community kitchen, prenatal program or other vital services. These programs rely on your support.

With your monthly gift, your generosity touches over 400 people EACH DAY!
Your monthly donation provides a reliable source of funds to meet their needs.

The Impact of Your Gift

With your monthly gift:

\$10 will ensure a child has a healthy breakfast each morning

\$24 will provide a family of 4 with 2 nutritious food hampers each month

\$30 will ensure your neighbour in need has 3 meals each day

Contact Vidya at 416-635-7771 ext. 58 or vidya@northyorkharvest.com to sign up or on-line at www.northyorkharvest.com/donatemonthly



Volunteering is a Great Way to Be Social



the food bank. Gord and Bonnie share their knowledge and it really enhances the sort group volunteer experience. They say it's a great way to help the community and keep fit.

Gord and Bonnie both agree that their favourite part of volunteering is meeting new people from different walks of life. *"I enjoy meeting people from corporations, schools, senior's programs, special needs programs and more. Volunteering is a great way to be social!"* says Bonnie.

"Every day is a new learning experience," says Gord, *"So many foods come through that I have never heard of – and I used to work in the grocery business! People I sort with teach me about the food and how to use it in new recipes."*

Gord and Bonnie have been dedicated volunteers with NYH since 2015. They began their journey with the food bank when Bonnie retired from her job as a child and youth worker.

Every week they join us in the food sorting area to make sure our food banks receive the best products. They ensure that dented cans, expired food and other unacceptable items don't make the cut. They're an important asset in teaching new volunteers about

To find out how you can make a difference, meet new friends and continue to learn each day by joining the NYH volunteer family, contact Lisa at 416-635-7771 ext. 29 or lisa@northyorkharvest.com

Spring Food Drive 2017

Help Raise
\$100,000 & 100,000 lbs
of Food

**SPRING UP
for Good**



Top Foods

Canned Fish
Tomatoes
Beans & Lentils
Rice
Cooking Oils