

Touching Lives with the Gift of Food



We don't always realize the number of lives our actions touch. Especially when many of those lives belong to people we've never met. But your support over the years has touched a number of lives. And every day this support makes a difference.

Throughout her life, Sophia had always volunteered, helping those around her. It was a shock when she suddenly found herself needing that help herself. When her husband, Mark lost his job, Sophia and her family found it impossible to put enough food on the table. With two young children to support, Mark's two-part-time jobs were simply not enough.

"I stay home to take care of the children and Mark works very hard. But every month I'm afraid that we won't be able to make ends meet," Sophia shared honestly.

"It's a scary place to be in when you're not sure if you'll be able to feed your children."

Sophia and Mark are one of many families in Toronto who suddenly find themselves in need of food support.

A friend recommended going to a food bank to supplement her needs. At first, Sophia was hesitant because she didn't want anyone to know that her family was struggling.

But with her kids needing food, Sophia put pride aside and came to speak with Ella, our food bank manager, to explain her situation. Ella listened to Sophia's story and made sure that Sophia was comfortable and treated with dignity and respect. Sophia's eyes lit up

when she saw the healthy food in her hamper such as bread, beans and milk. She was especially grateful to see that other items such as baby wipes were available too.

Because of YOU, Sophia is able to make sure that her growing boys have enough food to eat. The world isn't as scary when someone like you is there to help your neighbours in need. *"This hamper is literally a life saver. It's a breath of fresh air. It's a relief and I am grateful."*

You make the world a little less scary for families like Sophia's. Make a gift TODAY to touch the lives of more of our neighbours and make sure no one has to go hungry.

northyorkharvest.com/donate

Engaging Employees Through Charity

Have you ever wondered if the difference between having much and having little came down to a few key opportunities and circumstances in our lives? Robynne Budish, Partner at BrandActive sure has. *“I’ve always been very aware of how lucky I am. Yes, I work hard, but I’ve also had some very good opportunities come my way.”*

Robynne’s grandparents were immigrants to Canada. *“It was hard but they created this life for my family and I was raised believing it was important to take care of those less fortunate.”* These values have held throughout Robynne’s life. It’s no surprise that when she co-founded BrandActive, she also had a desire to have great impact in

the community. *“I could just give a charity some of my time and money. But I’ve found myself in a unique position. I can rally my employees together to make an even bigger impact.”*

The BrandActive team has been a great example of what we call a 360 partner. They give food, funds and time. But we are not just talking about a couple of hours of volunteering. Their time comes with some serious flares of creativity, hard work and resources. *“I want the way we give back to be reflective of our people. I’m passionate about the food bank because of its focus on dignity and providing people with more than just food. I want this passion to be contagious. I’ve*

seen over the last few years that our employees are taking ownership and getting excited to give back to their community. For me, that’s what engaging my employees really means.”

Last year, 500 people came to the Back to School Community BBQ. They shared a meal and receive a backpack filled with \$60 worth of school supplies. That’s \$60 they can save and spend on food for their families. It’s just one great example of what businesses in our community are doing to support our neighbours in need. **Check out www.northyorkharvest.com to find out how you can get more involved in making your own great impact in our city.**



**Help Provide Food
for Your Neighbours in Need**

**SPRING FOOD
DRIVE 2016**
February 24-April 8

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

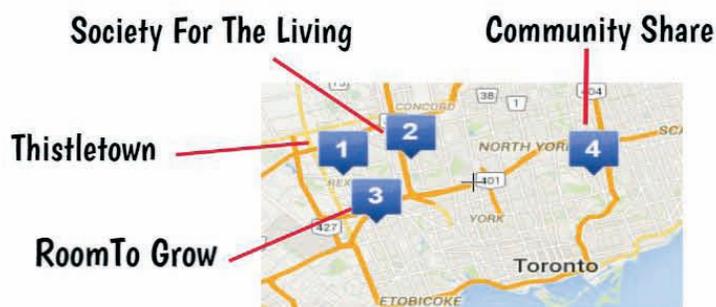
To run a food and fund drive, raise money online or arrange a pick-up, contact leslie@northyorkharvest.com, 416-635-7771 x 21



\$1=3 Meals

When You Support North York Harvest You Reach 47 Member Agencies In Toronto Providing Food For Our Community

The average agency is volunteer run and has limited resources. This year your funds helped us invest in 4 of these agencies to increase food, enhance client services and empower the agencies to serve their community better.



You Provided...



50+

Educational Workshops

providing **328,112** lbs.
= **295,300** meals

of food for people that were hungry

To Serve
840 Food Bank Users /Month



3%
Infants



36%
Children



58%
Adults



3%
Seniors

Volunteering - A Gift of Self

While growing up in Vietnam, Tim saw many of his neighbours affected by hunger. After coming to Canada in 2003, he wanted to make sure his neighbours had enough food to eat. This led him to volunteer at North York Harvest Food Bank.

Tim sorts food in the warehouse for delivery to programs across the city. If not for Tim and volunteers like him, over 13,000 people every month wouldn't get the food they need to feed their families.



Tim became a volunteer because he wanted to find inspiration in his free time. *"I am motivated to stay involved because of the great people I work with. I love seeing how my actions make a difference,"* says Tim.

Meet new friends and help people that are hungry in your neighbourhood. Become a volunteer today! Contact Lisa Anderson at 416-635-7771 ex 29 or lisa@northyorkharvest.com.

Leave a Legacy of Food for All

Thinking about the future is something we all do from time to time. You may have thought to yourself what kind of footprint you would like to leave on this world. What kind of future will you be leaving for others?

Today hundreds of people in your own neighbourhood will walk into a food bank. They are there so they can provide for their families and stretch their own budgets further in order to pay for housing, heat, transportation or clothing. That number of people only seems to be growing.

Just by reading this newsletter, you have demonstrated your interest in helping your neighbours that are food insecure. You can leave a lasting impression in your community by making a legacy gift.

A gift in your will to North York Harvest Food Bank will ensure that children, parents, grandparents and many of your other neighbours do not have to go a day without enough food to eat. Because of you, their future will be filled with hope instead of hunger.

Is a legacy gift the right option for you?

To find out more about leaving a gift in your will, gifts of securities or estate gifts contact Michelle Vinokurov michelle@northyorkharvest.com or 416-635-7771 ex26



Community Builders Monthly Giving Circle

This month **over 13,000 people** will visit a food bank.

Many will come because they **do not have enough** money to meet their **BASIC NEEDS.**

The hamper of food they receive will be filled with **beans, canned veggies, grains, even eggs, milk and more.**

For just **\$24 a month** you can provide a **family of 4** with **2 hampers** EVERY month.

For **only \$24** every month you will ensure that in the **fall** and **winter** when the food bank has a lot of food to the **summer** when stocks are dangerously low **your neighbour in need will always be able to get enough to eat.**

Become a Monthly Donor TODAY.