

JUL & AUG 2019



## JOIN TEAM NORTH YORK HARVEST FOR THE GLOBAL ENERGY RACE BY DEMPSTER'S!

Get your friends and family on board and lace your shoes up for another great year! North York Harvest is back for the Global Energy Race by Dempster's and we're looking to build a team that's bigger and better than ever. On Sunday, September 22 at 8:00 AM, we would like to invite you, your family, friends, and colleagues out to the beautiful Ashbridges Bay for a fun-filled day of activities, free food, and giveaways.

For this year's run, we're setting a collective team goal to raise **\$7,500** - nearly triple the amount we raised during the previous year. We're challenging our team and their network to reach greater heights in order to meet the rising demands of our community. As a result of higher rents, costs of childcare, and an overall increase in cost of living, food insecurity has increased, leading to more food bank visits than ever.

Currently, North York Harvest receives over **16,000 visits across our network every month**. Reaching our goal will allow us to purchase nutritious food for roughly a third of those visits. While there will still be much work to be done in order to keep our shelves stocked, the Global Energy Race is a meaningful event with many perks for its attendees.

Whether you're a hardcore runner or someone who prefers a leisurely stroll, there's an option for everyone at the Global Energy Race. The 3 km walk is perfect for families with young children who want to enjoy the weather along Toronto's lovely waterfront. On the other hand, if you're looking to challenge yourself, the 10 km race will let you push your limits. Regardless of which event

you choose to participate in, you'll be provided a free T-shirt, medal and food! Best of all, by signing up and raising funds as a member of Team North York Harvest, we'll cover your registration fee for the event!

Last year's Global Energy Race was filled with spirit and good-will. Our team of volunteers and staff, along with their families and friends, hustled across the finish line to support our community. On that sunny day at Ashbridges Bay, we saw many enthusiastic smiles from people who knew they were making a difference.

This year, we're hoping to see more than double the turnout! As the official sponsor of the race, Dempster's will donate two slices of bread to North York Harvest for every kilometer a participant completes. As with our fundraising goal, our team is looking to bring home more bread than before!

The Global Energy Race by Dempster's marks the official launch of our Fall Fund & Food Drive. So many in our community, especially children and seniors, rely on North York Harvest every month to meet their food needs. Participation in the race goes a long way in ensuring no one in our community has to go without something as fundamental as access to food.

Join Team North York Harvest today to make a difference and support our community. [Register for the Global Energy Race](#) on our website and spread the word to your network [by helping us fundraise](#). Even if you aren't participating in the race, you can still help provide meals for your community by donating to team North York Harvest.

## LEGACY GIVING

A few months ago, one of North York Harvest's longest and most beloved supporters, Anne, passed away. While we are truly saddened to hear that Anne is no longer with us, we cannot express how grateful we are for her generosity. Earlier this year, our staff had the opportunity to meet with Anne in person, and learned that she had placed North York Harvest in her will. Already having a profound impact on our community through her years of support, Anne's legacy will remain with us.

"When children are deprived of food, they are also being deprived of their future." This was Anne's key reason for supporting North York Harvest. Leaving a legacy gift is a meaningful way of giving back to the community, helping families for generations to come.

For more information on legacy giving, please contact Henry Chiu, Director of Development & Marketing at [henry@northyorkharvest.com](mailto:henry@northyorkharvest.com) or 416-635-7771 ext. 26.



## HOW CAN YOU HELP?

**Become a donor** to help us provide immediate food assistance, education, and long-term food support.

**Sign up to volunteer** to support all of our community members.

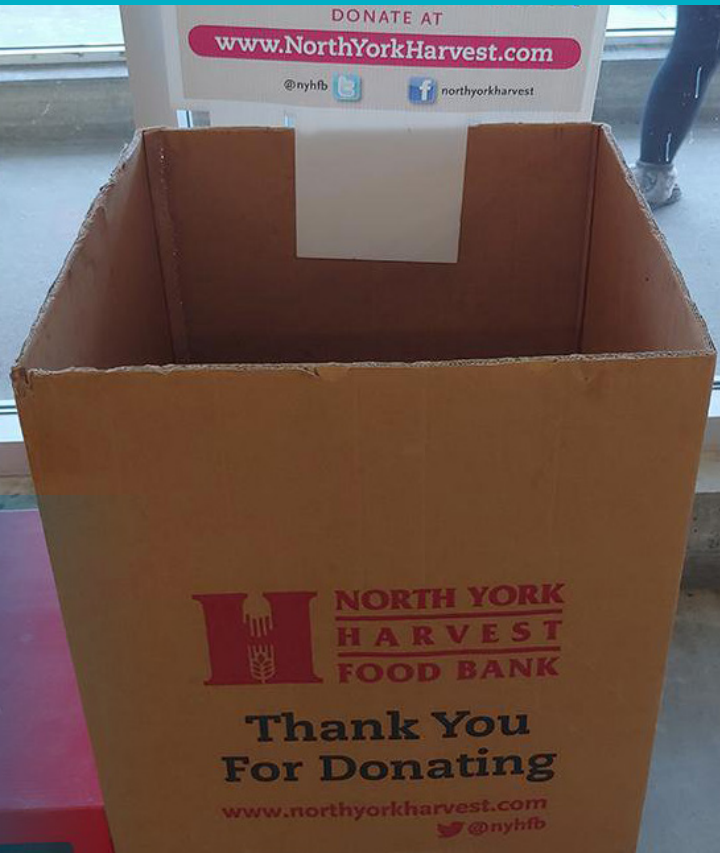
**Visit our website to learn more!**

North York Harvest Food Bank  
116 Industry Street, Toronto, ON, M6M 4L8  
Tel: 416-635-7771  
Web: [www.northyorkharvest.com](http://www.northyorkharvest.com)  
Registered Charity No. 11906 2495 RR0001



# GROWING OUR COMMUNITIES

THANK YOU TO OUR CORPORATE PARTNERS!



This past spring, we had an outpouring of support from both Loblaw's Companies Limited and Walmart stores in northern Toronto. Through their respective campaigns, many stores responded to the needs of our community and helped make a difference in the lives of many families and individuals.

The Loblaw Spring Food Drive ran for 2 weeks back in April. During that time, participating Loblaw Companies Limited stores accepted both food and cash donations to support our food bank.

Similarly, Walmart stores located at Downsview, Sheridan, North Park, and Rexdale supported us through the Fight Hunger. Spark Change campaign and collected both food and cash donations.

Throughout both campaigns, we had the opportunity to visit participating stores in our area and saw firsthand their initiative and passion to help people in need. We were overjoyed to see leaders in our community enacting positive change for the greater good!

Both food drives were a huge help in keeping our shelves stocked during the spring months. However, with the campaigns coming to a close, we are once again faced with a shortage for the summer. We ask that you help us support families in need during our Summer Fund Drive to ensure nobody goes hungry.

## HELP US KEEP OUR SHELVES STOCKED THIS SUMMER

Summer places an immense burden on families in the North York Harvest community. With children out of school, families lose access to the meal programs that provided their children with nutritious food. For many parents in our community, 68% of their monthly income goes towards paying for rent, transportation and hydro - all non-negotiable expenses. As a result, parents have to make the difficult choice between paying for bills and providing additional meals for their children.

It's disheartening to know that more than 1/3 of our food bank clients are children, and will suffer during these summer months. For our organization, the summer months are also a difficult period. Traditionally, we receive few food and cash donations, which leaves our shelves understocked as a result. The lack of cash donations also means that we are often unable to purchase fresh produce for our community.

When our organization is unable to provide nutritious food – let alone feed – children, we know we have a



crisis. Our Summer Fund Drive aims to make a huge difference in the quality of life for many families and children. But we need all the help we can get. Every dollar we receive will go towards purchasing nutritious food to keep our shelves stocked. We ask that you lend us your support so that working parents struggling to meet the most basic needs of their families can put food on the table this summer.



## TOP 5 FOOD ITEMS

This summer, we need your help to keep our shelves stocked! If you're looking to help your community, but aren't sure what food is best to donate, you'll want to check out our top 5 food items. For many of our food bank clients, they urgently need these foods to prepare their meals: **Canned Tomatoes, Canned Fish, Canned Beans, Cooking Oil, Rice.**

These food items can be dropped off at participating supermarkets and fire halls. Please refer to [this page](#) on our website for a list of locations where you can drop off food donations.