

# BUILDING RESILIENCE WITH YOUR GENEROUS SUPPORT



As we move into Stage 3 of reopening, COVID-19 continues to challenge our resilience. Visits to our network have increased dramatically and we are distributing 60% more food this summer than we did during the same period of time last year. The pandemic has also left many families in our community in a greater state of poverty than ever before, with the data showing that low-income households are at a significantly higher risk of exposure to the virus.

A large cohort of our food bank clients are seniors above the age of 60 with underlying health concerns. Many of these individuals were living alone and relied on our support to help them get through each week. Now, a single trip to the grocery store could put them at severe risk of infection, making it more important than ever for us to continue to provide them with adequate food assistance.

As more and more challenges come our way, North York Harvest has remained resilient as a direct result of our community's guidance and partnerships. We are so thankful to have strong and committed supporters who have strengthened our organization and given us both the tools and resources necessary to push forward in the face of adversity.

Your support has enabled us to persevere against all odds, and once again we ask that you continue to be our strength as we move towards one of the most urgent times of need.

The fall will be an especially strenuous time for parents in our community, many of which were hourly workers that were laid off. With schools closed due to the pandemic, many children have gone months without their school meal programs. All of this places an immense financial burden on working parents, many of which are in occupations facing the highest COVID-19 cases. For kids, going back to school this fall will be different than anything they have experienced in the past, and the need remains. As we speak, thousands of families are going hungry because they are forced to cut food from their budget of non-negotiable expenses.





# SUPPORT OUR VIRTUAL SUMMER FOOD DRIVE

This summer, we ask that you help us fight hunger and poverty in our communities. Due to the COVID-19 pandemic, we had to cancel all of our in-person food collection drives and community outreach events. In lieu of the events we would normally run, financial donations will help us stretch our food purchases further, minimize human contact, and continue our emergency food services during a time of network closures and volunteer suspensions. Visit our website today and support our virtual food drive or sign up to become a fundraiser!

**SUPPORT OUR  
COMMUNITIES TODAY!**



## ENBRIDGE GAS: HELPING OUR COMMUNITY WITH FREE HOME UPGRADES

At North York Harvest, we take pride in our mission to provide food access to those in need. But we also believe it's important to ensure that our community lives more comfortably all year-round, and that starts with affordable housing and energy.

Many Toronto residents are struggling with the rising cost of living in the city.

If you're in need of a little help, take a look at the free Home Winterproofing Program from our friends at Enbridge Gas. It can help you lower energy use by up to 30%, save money and make your home more comfortable.

### FREE UPGRADES

Whether you own or rent your home, you may qualify for free energy-saving upgrades such as draft proofing, new insulation and a smart thermostat. The upgrades will be installed by a professional, all at no cost to you.

The program is open to Enbridge Gas customers (your name must be on the bill) who meet income levels or are already receiving help from another government program, such as Ontario Works.

### A WARMER, HEALTHIER HOME FOR YOUR FAMILY

Finding your home a little drafty? New insulation can make it warmer in winter and cooler in summer. And, with your free smart thermostat, you can save energy easily, even when you're away from home.

### IT'S QUICK AND EASY TO APPLY

Please note that Enbridge Gas actively monitors the latest COVID-19 updates from public health and government officials and ensures that all program delivery agents follow the recommended guidelines during in-home visits.

Visit [enbridgegas.com/winterproofing](https://enbridgegas.com/winterproofing) to find out more and apply to the program. If you'd prefer to call, you can contact GreenSaver, Enbridge Gas' program delivery agent in North York, at **416-203-3106**.

