



## A MESSAGE FROM OUR EXECUTIVE DIRECTOR...

I am incredibly excited to be writing to you in our very first newsletter. The Partners in Mission Food Bank relies on you to be able to provide help and we want to keep you up-to-date.

We have proudly been a part of our community since 1984, we have together seen a lot of changes and you are an integral part of our neighbour helping neighbour approach. Thank you for your part in helping Kingstonians in need.

The pandemic has been challenging for everyone, and now we are adding inflation pressures to households. This has hit those within food-insecure homes even harder. We are seeing significant increases in food hamper demand this year, on the heels of a record year in 2021. We have been fortunate, that with you and our community, we have been able to meet this increase in demand.

I hope that you will find the enclosed information valuable. We are always open to feedback and suggestions.

Thank you again, nothing at the Partners in Mission Food Bank happens without you, take care,

Dan Irwin



**TO PROVIDE  
NOURISHMENT, HOPE  
AND SUPPORT IN OUR  
COMMUNITY WITH AN  
OPPORTUNITY FOR ALL  
TO SHARE**



## THE GREAT CANADIAN GIVING CHALLENGE

Every \$1 donated in June is a chance for the Partners in Mission Food Bank to WIN \$20,000!

95 cents for every \$1 donated goes directly to our hamper program! Imagine how far an extra \$20,000 would go...

\*Donations must be made via [canadahelps.org](https://www.canadahelps.org). Minimum \$3 donation required. Contest runs from June 1, 2022 at midnight Newfoundland Daylight Time (NDT) to June 30, 2022 at 11:59:59 p.m. Pacific Daylight Time (PDT).

The Great Canadian Giving Challenge is an initiative of CanadaHelps.

TO DONATE:  
[https://www.canadahelps.org/en/dn/m/11240/donation?ctf\\_off=1](https://www.canadahelps.org/en/dn/m/11240/donation?ctf_off=1)



## DID YOU KNOW...

The Partners in Mission Food Bank has been offering a hand up in our community for over 37 years. The very first food collection was received on June 17, 1984. We have distributed over 352,000 hampers so far!

We are a non-sectarian organization, and our grocery hampers are available to anyone or everyone regardless of race, colour, religion, national origin, gender, sexual orientation, ancestry, physical or mental disability, or any other classification.

We do not receive government or agency funding; we rely solely on the Kingston community for support.

2021 was a record year for Partners in Mission Food Bank, we distributed 14,229 food hampers and helped 6022 people in the Kingston area – 27% of whom were children. That is approx. 2.8 million dollars worth of food.

We donated 47,069 lbs of food to 18 other agencies including local hot meal and shelter programs in the Kingston area.

We provide fresh milk, eggs, fruits, and vegetables in every grocery hamper. We also always provide canned soup, canned vegetables, pasta, pasta sauce, canned pasta, peanut butter, tuna, cereal, crackers, beans, rice, stew, and diced tomatoes.

Other donated produce, bread, and desserts will be available each day for the client to choose from depending on donations collected.

We provide meat products donated from local businesses and organizations.

Baby supplies such as diapers, potty training pants, baby wipes, food, Pablum and formula are also often available upon request.

Often, we have pet food available from various donors.

## WHAT OUR CLIENTS HAVE TO SAY ABOUT US...

"Everyone there is super helpful to everyone regardless of who they are." – K.R.

"Excellent job." – K.M.

"You don't make us feel like the scum of the earth." – D.M.

"Your kindness and friendly behavior with us, make us hopeful for a comfortable and pleasant life in your nice country. Lovely people." – J.M.

"They help make a crappy situation better." – C.P.

"They have no idea how much they help people. They help me, and they are so appreciated." – C.F.

"Everyone is friendly and fantastic; I appreciate everything they do. I would be lost without them. From the window to the pickup, everyone is so friendly. They are greatly appreciated." – C.H.

"It brings me to tears when you help me." – C.C.

"Everyone is very good and helpful." – H.A.

"Thank you so much for everything." – D.M.V.

"You guys are all amazing and I am so thankful for the help." – B.M.

"I just wanted to call and say thank you for my order. I appreciate all the help." – D.B.





## WHAT HAVE WE BEEN UP TO RECENTLY...

Jan 22nd – Saturday Hamper Build: For the first time, we welcomed volunteers into the centre on a Saturday to sort food and build hampers so we could meet the growing demand for grocery help within our community.

Feb 8th – Spearhead Brewing Company: Donated 335 lbs of food to us.

Feb 15th – Kenney Family Farm: Donated 285 lbs of beef to us.

Feb 19th – Tallack Martial Arts: Thank you to Tallack Martial Arts – Adult Karate for supporting us again this year with their Winter Training Festival. They presented us with a cheque for \$1075!

Feb 26th – Walmart Fight Hunger, Spark Change: Cheers to all the shoppers that donated and to Walmart Canada (Kingston) for hosting Partners in Mission Food Bank staff & volunteers. We collected 972 lbs. of non-perishables.

March 1st – Look at us GROW: We welcomed a new team member to the PIMFB family, Nicole Cartmill. Her new role is Client Services Coordinator. Nicole is completing new client intakes and scheduling appointments.

March 10th – FreshCo Donation: Thank you to owners Taryn & Chris of FreshCo (Kingston) for donating 2247.78 in gift cards to us!

March 13th – April 14th – Loblaws Spring Food Drive: As always, Kingstonians showed us just how caring they are by donating 17,891 lbs of food! \$\$ amount is still to be determined and will be announced soon.

March 19th – Peanut Butter Pyramid: Country 93.5's Boss Lady (LeeAnn) and Jesse hosted a peanut butter drive at Metro, 460 Gardiners Road, Kingston. 548 lbs of peanut butter was collected. Peanut butter is protein-packed and contains a range of nutrients. It's an important staple in all of our grocery hampers.

March 22nd – 28th – Give Brock a Skullet: K-Rock 105.7's Brock and Dalby decided to run what is perhaps the most unique donation campaign for PIMFB yet! After months of rocking a mullet, Brock was willing to part with the business end of the haircut and go full-on party by shaving the top and leaving the sides. \$6200 was raised for grocery hampers, and Brock did indeed take the clippers to his head!

March 28th – July 31st – Give 30 Campaign: In its 9th year, this campaign that begins during Ramadan is about giving, building community, and understanding the challenges of hunger that others face. It's about uniting in common humanity. Hunger and poverty know no race, religion, ethnicity, creed, gender, or age, and that's why it's so meaningful. To date, we have received \$16,220.00.

April 9th – 2022 Food Blitz: After a two-year hiatus due to COVID-19, Partners in Mission Food Bank held our first in-person Food Blitz event at 9 local grocery stores. Volunteer teams from a variety of organizations collected both food and monetary donations, on our behalf, from community members. We are pleased to report that we collected 26,400 lbs of food, and \$51,904.00.

April 24th – 30th – National Volunteer Appreciation Week: We celebrated all our wonderful volunteers for their continued work helping us combat food insecurity in Kingston. Volunteers were treated daily to some tasty donuts from Tim Hortons, given a new t-shirt, and featured throughout the week in spotlights on our social media pages.

May 3rd: Our Client Services & Marketing Coordinator, Sheelagh Ryan, celebrated her 10th year with our organization.

May 3rd: We welcomed Gary Bennett, the Ontario Progressive Conservative Candidate for Kingston and the Islands, for a tour and conversation.

May 4th: We welcomed Ted Hsu, the Ontario Liberal Party Candidate for Kingston and the Islands, for a tour and conversation.

May 6th – Urban Paws: This community pet store located at 1183 Midland Avenue kindly donated 120 pouches of cat food. It's not just humans who experience food insecurity!

May 11th: After their most successful Kinsmen Dream Home Lottery draw to date, the Kinsmen Club of Kingston generously donated \$35,000 to Partners in Mission Food Bank.

May 16th: We welcomed Mary Rita Holland, the Ontario NDP Party Candidate for Kingston and the Islands, for a tour and conversation.

May 17th – Canadian Celiac Association: The Kingston Branch collected 320 lbs of gluten-free food, and \$550.00 that will be used towards our gluten-free hampers.

# DANA'S STORY...

## A HAND UP, NOT A HAND OUT.



My name is Dana Roper, I grew up just outside of Kingston in a small town called Odessa. I moved into town when I was 19, with the man who later became my husband. We were together for quite a while, after 7 years we decided to get married. After we tried for a few years to start our family, we went through some of the hardest times in our relationship. The loss of two pregnancies pushed us to a place that I struggled to come back from. Eventually, we ended up having our first child Ryleigh, she's now 11. Three years later, we had my son Grayson who's 7. At this point, my emotional state was getting worse, and I decided I needed to make a change in my life after 14.5 years, I chose my happiness and ended my marriage.

This was a huge financial change for me, and this was when I started having some hard times. I had to move out of my house because it cost more than I could afford, I ended up moving into an apartment, and had met a new partner. Unfortunately, he suffered from substance issues and caused more financial hardship, eventually, I was financially supporting two children and another adult and after bills and rent, there was rarely much money left over.

I had a mutual friend talk to me about reaching out for help from The Food Bank, and after I accepted that this didn't mean I was failing as a parent but instead using an option available to everyone who just needed some extra help, I made the phone call and set up my intake interview. This was back in 2018, so we could still come inside and sit down to chat. The people who helped me were the most wonderful humans. The woman who did my intake was so gracious while I cried during our walk around showing me different products I could take if needed. I then went around to the side to get food and was blown away by how much was given to me, and when I thought they'd given me everything, they offered me some extra treats and a special meat, which was bacon-wrapped scallops, and once again, I broke down crying feeling so thankful.

I am typically someone who has a hard time asking for help or even accepting help, and when every one of these people was so kind and caring and never once made me feel anything other than just a human being, I was so overwhelmed by emotions. I returned a few times throughout that year and was always treated well no matter who was there helping out.

Fast forward to this year, 2022, and I am in school and needed to find somewhere to volunteer. The Food Bank was the first place I emailed, and I was very happy to hear that I was accepted to help and give back my appreciation in volunteering. Now, I get to help others who are having hard times feel like humans just as those who helped me did. I have had some people moved to almost tears while we give them their hampers and it always brings me back to those same feelings I had. I appreciate everything that I received to help my children stay fed, and I truly appreciate the lovely people who volunteer their time to help so many out in our community.



**Help us continue to fight food insecurity in our community by donating now. Hunger happens 365 days of the year! For folks like Dana, it can make all the difference.**

**It's a hand up, not a handout.**



# THE HEROES OF HUNGER - PIMFB VOLUNTEERS.

**11,205 VOLUNTEER HOURS DONATED IN  
2021**



**DOUG CHERRY**

Tell us a little bit about yourself...

I grew up on our family dairy farm in Russell, Ont (east of Ottawa). I operated the farm with my parents until selling in 1988. I then worked in a small woodworking shop for 5 yrs., and then for 3 different communication cabling companies over a period of 25 yrs. I am married, with 2 adult married girls and 4 grandchildren. I have sung in a few Male Choirs and hope to rejoin the Kingston Senior Choristers when the covid pandemic is over. Presently, a lot of my time is spent at the Food Bank. I enjoy working on Jigsaw puzzles and being a grandpa.

Why did you decide to volunteer with the Partners in Mission Food Bank?

Nearing my retirement 6 years ago, I reduced my working hours and started to volunteer at the Food Bank. It keeps me active and a chance to help people less fortunate and struggling with various issues. It is very rewarding to help someone who is very appreciative and emotional for the Food Bank help.

You are given a time machine. What year would you travel to, and why?

I am not much for a "time machine", preferring to deal with the present. However, I suppose it might be interesting to look 25+ years into the future to see how my children and grandchildren are doing.

Tell us a little bit about yourself...

My name is Keri. I have lived in Kingston my whole life. I am married with 3 adult children. My husband, John and I have owned a local business for the last 19+ years.

Why did you decide to volunteer with the Partners in Mission Food Bank?

I decided to volunteer for Partners in Mission Food Bank during covid. I had the time and wanted to help our community. Food insecurity is a huge issue in Kingston. The need has only grown through Covid. I was also already volunteering for another food centered local charity.

If you could have one superpower, what would it be?

If I could have one superpower it would be the ability to speak with animals. I would love to know what my two dogs are thinking.



**KERI LAFRAMBOISE**



**BRUCE WILSON**

Why did you decide to volunteer with the Partners in Mission Food Bank?

Because you needed the help! Food insecurity is a big deal in Kingston. I couldn't just sit back and pretend to ignore it.

For 24 hrs you get to claim credit for any great piece of art, song, film, book etc. which one would you claim?

Although I appreciate the talents of many artists, I do not have any and would not presume to steal the work, even for a brief period, of any artist. As far as literature goes, I think my favourite author is Michael Ondaatje. His fiction and poetry are both excellent reading.

What is the best advice you have ever been given?

Do what you enjoy, and you'll never work a day in your life.

# OUR MOST NEEDED ITEMS...

All donations are welcome! These are suggestions for our most needed items:

- Canned meat & fish
- Peanut butter, jam
- Stews, canned tomatoes
- Baby food, formula, diapers
- Pasta, pasta sauce
- Cereal
- 100% Fruit Juice

Many Kingston and area grocery stores have a food collection barrel at storefronts that we pick up weekly:

- Bearance's Grocery - 115 Livingstone Avenue
- Food Basics - 33 Barrack Street
- Food Basics - 1225 Princess Street
- Food Basics - Highway 15 Riverview Shopping Centre
- Foodland - 3 Manitou Crescent, Amherstview
- Fresh Co. - 2327 Princess Street
- Giant Tiger - 656 Gardiner's Road Riocan Centre
- Loblaw's - 1048 Midland Avenue
- Metro - 460 Gardiner's Road Gardiner's Town Centre
- No Frills - Grant's - 1162 Division Street
- No Frills - Chris & Beth's - 1030 Coverdale Drive
- Valu-mart - James' - 235 Gore Road

Perishables may be brought only to our warehouse location at 140 Hickson Avenue, Kingston during office hours Monday-Thursday 8:30 am - 12 noon and 1 pm - 4:30 pm and Fridays 8:30 am - 12 noon and 1 pm - 4 pm.

**RECEIVING THIS NEWSLETTER VIA EMAIL HELPS US SAVE ON POSTAGE! IF YOU WOULD LIKE TO CHANGE YOUR DELIVERY METHOD, PLEASE CONTACT OUR VOLUNTEER & DONOR COORDINATOR - HEATHER KOTELNISKI AT 613-544-8230 TO UPDATE YOUR EMAIL ADDRESS.**



foodbankktown



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<https://www.facebook.com/FoodBankKtown>

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From left to right, Sloane, Hartley,  
and Brooke

**"Sometimes the  
smallest act of love  
can take up the  
biggest space in  
someone's heart."  
Winnie the Pooh**

We are so thankful for  
these three wonderful  
gals for donating their  
lemonade stand  
earnings to the Partners  
in Mission Food Bank

Their hard work brought  
in \$165.00 in  
sales/donations!

**Proud member of**

