



Food Bank Update



Continuing to provide compassion and nourishment to those in need

The year 2016 will no doubt go down in history as one of the most controversial and surprising in many decades. The political landscape south of the border has many concerned with what sort of world we are becoming and whether or not our collective humanitarian character can thrive in what seems to be a troubling trend towards exclusion and divisiveness. This time of year for most of us, brings with it a desire to celebrate unity and benevolence towards each other and strive for peace and inclusion for everyone, regardless of religion or financial status. There is some comfort here in Canada that our political direction, at least in principle, chose a more positive path and we are hopeful that the plans for equality and prosperity will come to fruition.

In the meantime, so many folks are suffering in a very uncertain world with no clear path out of unstable employment and poverty. Many in our own home town of Kingston face these challenges every day and still rely on the "kindness of strangers" to help feed their children and relieve some of the pressures of not having adequate income. Here at the food

bank we have seen many more of these folks than we would have liked 5% more in fact than last year at this time. More seniors and people on fixed incomes, more single mothers with one or more children and more single folks at a mid-life age that is difficult to find employment, even though they have worked most of their lives.

At our food bank we have always worked hard to ensure that everyone is treated with the utmost care and respect when they come to us for assistance. We are constantly listening to their needs and making improvements to ensure our service is having a positive impact on their lives.

In an effort to maintain our high nutritional standards and are providing the kinds of foods our client can use, we conducted a survey in 2015 and they informed us that they would like to see more fresh foods year round. As a result we have included apples oranges, carrots and potatoes in every hamper this year and they have been thrilled to receive them. We are very grateful to the Community Foundation for Kingston & Area in assisting us in this effort with their \$25,000 donation.

Regardless of recent

announcements of further government studies and piloting a financial relief program, we know that our people are hurting now and can't wait for livable social assistance. We already know from a litany of studies, that if people have enough to live on crime goes down, healthcare costs go down, children are better educated and the overall economy benefits. Many governments have come and gone since our food bank opened its doors, yet still, very little has been done to move the needle on poverty.

As always, it is imperative that our food bank is able to provide this essential service to our community. Programs like Partners in Mission Food Bank have been providing assistance for 33 years independently from government funding and have offered dependable relief to thousands every year. We do this purely from financial and food support directly from within our community.

Food banks were originally formed to relieve what was thought to be a temporary situation, but very quickly became an essential component in the relief of poverty. Partners in Mission

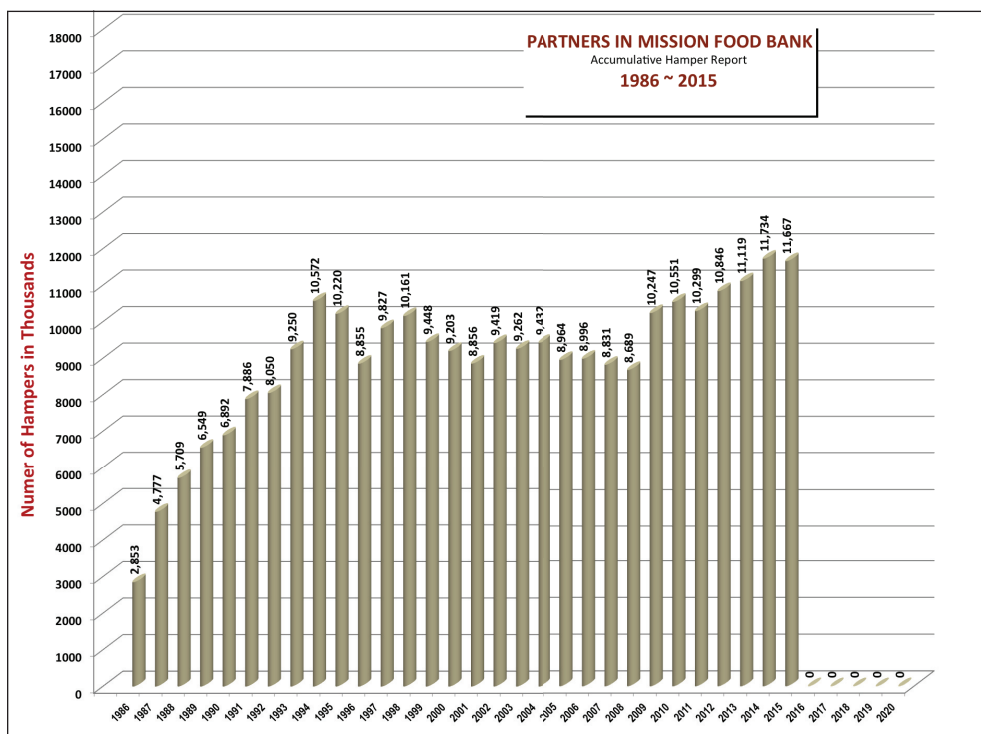
Food Bank through the guidance of Sisters of the Religious Hospitallers of St. Joseph made that commitment to the community of Kingston and have been delivering this service reliably since 1984. It is always our great hope that the financial climate will improve so that everyone can sustain a good quality of life and that governments will respond effectively to those challenged by poverty. Until that time comes, Partners in Mission Food Bank will continue to provide compassion and nourishment to those who need us.

From everyone here at the food bank we wish all of our tremendous supporters a Merry Christmas and a safe and healthy New Year.

Sandy Singers
Executive Director



Sandy Singers,
executive director of
the Partners in Mission
Food Bank. Photo/
Hollie Pratt-Campbell



COMTECH FIRE CREDIT UNION

Supporting our Community

Christmas Loan Special!!
The Holiday Season is Upon Us.
Are you Ready for the Extra Expenses?
Let Us Help You Save Money!!

ONLY 6.75%
ON A ONE
YEAR TERM
OAC



Have a Very Merry Christmas

CO-OPERATIVE BANKING

572 Princess Street, Kingston • 613-548-4094
Loyalist Plaza, Amherstview • 613-634-3875

www.limestonecu.com

Friends of the food bank

Loblaws

Both Loblaws locations in Kingston have been helping the Partners in Mission Food Bank for as long as they can remember.

"We help the food bank whenever we can throughout the year," said Jim Kenney, manager of the Loblaws on Midland Avenue. "We do the main fundraisers each year with the bags and the cash donations at the checkouts and we are happy to help whenever they

are in need."

At both locations, bags and donation bins appear throughout the year. Staff members also help out at the Food Bank itself in terms of assembling orders for schools in the Kingston area and in recent years, both locations also took on a cash donation program at their registers.

"That was initiated by Sandy a couple years ago and it has been

very successful so far," said Kenney. "The cashiers love it because we offer incentives like gift cards for the person who raises the most at the registers and it has really helped us up our monetary donations to the Food Bank and that is really important."

Staff at the Loblaws at the Kingston Centre location have also really enjoyed the cash donation program and assistant manager Donna Raposo sees the program as a win-win for everyone involved.

"It gives the cashiers an incentive and it really helps with morale and makes it a bit exciting around the holidays," she said. "That excitement also comes across to the customers and that is great to see."

In addition to the cash donation program and filling bags with donations, which both happen throughout December, Loblaws also donates bread to the Food Bank on an almost daily basis and the stores are always open to campaigns throughout the year.

"We also host the odd campaign in the lobby here with different groups stuffing cars with food or just collecting what they can and we always welcome those



Loblaws Kingston Centre Assistant Manager, Donna Raposo.

Photo/Mandy Marciniak

individuals and ideas as long as the lobby is free," said Kenney.

Both Kenney and Raposo feel that donating to the Food Bank is something that is necessary in the community.

"It is just the right thing to do," said Kenney. "It is a big part of Loblaws and a big part of the stores in Kingston."

While Loblaws is a corporate company and initiates many of the fundraisers that are done locally, Raposo is happy to have such a close connection to the local Food Bank.

"We always see a great response from the community and it is important to give back to the community and help people who are in need whenever we can. It is just part of being a good community member."

Raposo also pointed out that giving back and helping the community fits within the Loblaws purpose statement – Life Life Well.

"We want to help everyone in the community live their lives well whenever we can," she said. "It makes you feel pretty good to help too."



Loblaws Midland Avenue Store Manager, Jim Kenney

Photo/Mandy Marciniak

PROUD TO SUPPORT THE PARTNERS IN MISSION FOOD BANK



PARTNERS IN MISSION
Foodbank

Frontenac Hearing Clinic

837 NORWEST ROAD, KINGSTON ON K7P 2N3

613.384.4821

1.800.473.4493 | www.frontenachearing.com



Peggy Plunkett
Hearing Instrument Specialist/Owner

Your Year Round Destination For Swimwear and Accessories

613-507-SWIM (7946)

WE ARE MOVING TO The Lasalle Plaza 506 Days Rd

Visit Us At The **THE FRONTENAC MALL** Until January 28th

Friends of the food bank

Royal Bank

Laurie Newport has sat on the board of the Partners In Mission Food Bank for the last decade, and her employer, Royal Bank of Canada, has given the organization an annual \$10,000 donation for as many years.

"You could say I'm a driver for it, to make sure that we still get that grant," Newport explains. "We've been getting it for as long as I've been involved, but I won't say I'm the only thing that drives it."

Newport says she was inspired to help because she has a family member who has been in the system.

"I'm certain at some point in time that they did use a food bank," she explains. "So for me it's a case of knowing I need to give back to my community because the community helped my family."

There are several organizations that give large annual donations to the Food

Bank, but the Royal Bank is the most consistent monetary donor at this level. To put the \$10,000 into perspective, about \$2,500 worth of food is given out every day in hampers to approximately 55 families and individuals.

The money is channelled through the Royal Bank Foundation, which is part of a larger organization called Imagine Canada. The bank was one of the founding members of Imagine Canada, whose members - all large corporations - pledge to donate one per cent of their profits annually to charities.

"That money all goes into the foundation and it's up to communities like ours to ask for those grants," Newport explains.

"The reason [the Food Bank] was chosen is because it involves youth and families. With poverty the way it is, we really want to drive that. You can live without shelter, but you can't live without food."



Laurie Newport, is a member of the Partners in Mission Food Bank board of directors.

Photo: Hollie Pratt-Campbell

Let's connect on Facebook!



'Like' the KingstonRegion.com page for local news stories, photos and exclusive web content.



SIMPLY STUFFED

Farm Boy™ Stuffed Mushrooms and Peppers

Our Stuffed Mushrooms and Peppers are the perfect pick for a quick and easy weeknight dinner. Oven-ready and on the table in less than 30 minutes, they're filled with Italian sausage, brown rice, tomato sauce and cheddar cheese.

Serve with a simple salad and dinner is done!



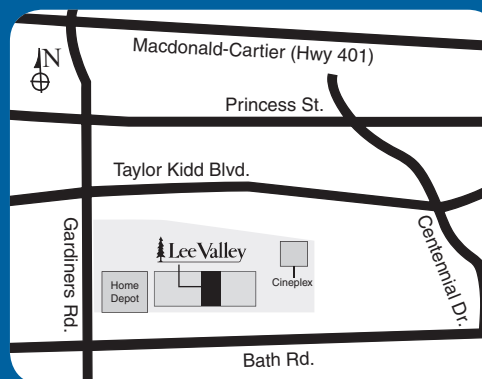
\$ **6.99** /lb
15.41/kg

FARMBOY.CA



Woodworking • Gardening • Hardware • Home

OPEN 7 DAYS A WEEK



Store Christmas Hours:

9 to 9 Mon. to Fri.
9 to 6 Sat.
11 to 5 Sun.

616 Gardiners Road
(613) 634-4400

leevalley.com

Food bank update

Frontenac Paramedics to donate ambulance full of food with annual fundraiser

BY HOLLIE PRATT-CAMPBELL
hpratt-campbell@metroland.com

As a paramedic, Lise-Anne Lepage-McBain spends her days assisting people from all walks of life, including many who live in poverty.

"We go into people's homes and we see the need," she says.

Saddened by what she saw and inspired to help, Lepage-McBain decided five years ago to round up her colleagues at Frontenac Paramedics and hold a fundraiser for the Partners in Mission Food Bank.

"The only thing that made me feel a little bit better about it was that I could at least provide some healthy food for these people," she says. "And I have an ambulance, so I thought why not use it?"

The fundraiser, which involves filling an ambulance with food in the parking lot of FreshCo, has become an annual event.

"I always go to FreshCo because the manager there welcomes us with open arms," she says. "We park the ambulance in front of the store and as people come in we explain what we're doing

and they bring us food out."

Like any truck, an ambulance can only carry up to a certain amount in the back; each year, the donations collected by Lepage-McBain and her colleagues have met or even exceeded the vehicle's weight limit.

"The first year we did it I drove the ambulance full of food to the weights up on Gardiners Road because I wanted to weigh how much food we collected, and I had a hard time driving the ambulance because it was too full," she laughs. "From then on we decided no more driving the ambulance with all that food in it, so we have to transfer into [the food bank's truck] at the end of the day."

An average of 3,000 pounds of food is collected at each fundraiser. According to executive director Sandy Singers, that equates to an entire day's worth of food for the Partners in Mission Food Bank to distribute to clients, helping approximately 55 families and individuals.

"[Lise-Anne] has been wonderful," he says. "She organizes the whole event and brings together her team to help out for the day. The customers really respond well to them and really

like to see the partnership between us and the paramedics. We look forward to working with them every year."

Singers emphasizes that the holiday season - when more people tend to turn their minds toward helping those in need - is very important in terms fundraising for the Food Bank.

"This time of year is so important to us because we make most of our operational budget financially and fill our warehouse with food for the beginning of the following year when donations typically slow down," he explains.

"We are so grateful to Lise-Anne and her team for giving us a day of their time to help fill up our warehouse."

Community members are encouraged to come out to FreshCo (2327 Princess St.) on Saturday, Dec. 3 between 9 a.m. and 5 p.m. to donate a non-perishable item for the Food Bank.

Lepage-McBain remarks that the annual event has turned into quite an occasion in itself.

"[Organizing the fundraiser] has just become status quo for me," she



Lise-Anne Lepage-McBain is the organizer of the Frontenac Paramedics' annual fundraiser for the Partners in Mission Food Bank.

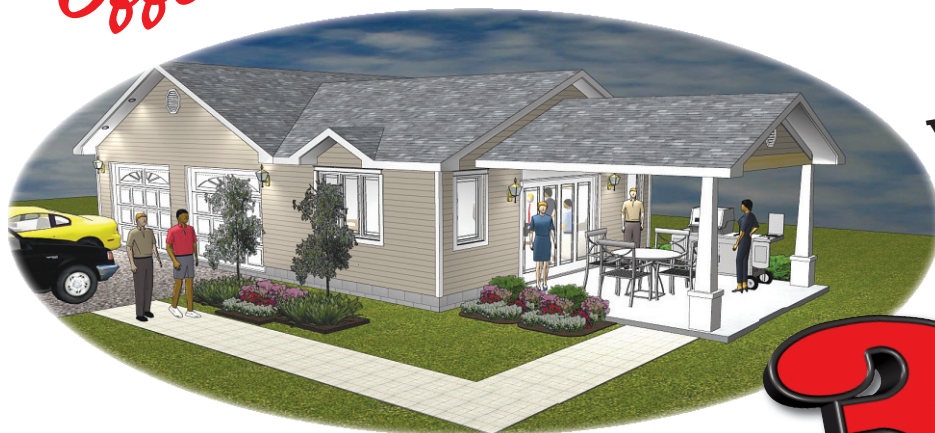
Hollie Pratt-Campbell/Metroland

says. "Myself and my husband are always there all day, but every year I get a different group of paramedics to come and volunteer their time to

fill up the boxes. We're going to have lots of kids there playing around and the kids can jump into the ambulance and have a look.

MORE THAN JUST A GARAGE PREMIUM & STANDARD GARAGE PACKAGES

We Offer



DISPLAY MODELS IN
KINGSTON & HARTINGTON

View your
New
GARAGE
in

3D

- Standard garage sizes starting from 12'x24' up to 26'x36' plus Garage Lofts!
- Also custom plans to meet your needs!
- Garages come complete with BCIN certified drawings
- GUARANTEED price delivered to your door
- Complete instructions included on how to build
- Optional: Construction Costs

Starting at
\$102.00
/Mo
OAC

ATKINSON
Home
hardware
building centre

www.homehardwarekingston.ca

613.372.2838

• Kingston •
• Hartington •

RO013293027