



HARVEST That First Smile



Often, people arrive at a food bank for the first time shy, feeling hungry and desperate. Thanks to supporters like you, they leave feeling nourished with food, gratitude, and hope. The relief we see on their faces makes everything we do worthwhile. Harvest was the last resort and thanks to you, we came through.

'That hamper felt like a million dollars. Besides the food, it gave me something I could be very, very thankful for. I needed that hope and gratitude as much as I needed the food.'

- Sarah, Harvest Star on getting her hamper

Nourishing a Chain Reaction Smile

It would be hard to make your Harvest donation work harder, but Harvest is making it work smarter. We're compounding the benefits of your gift by working with a whole community of partners who help provide hands-on assistance to people suffering from hunger and food insecurity. That takes research, community engagement – and it takes cash. There is no better example than our work with the medical community.

If You Want to be a Doctor or Nurse in Manitoba ...

To get your degree in Manitoba, the Max Rady College of Medicine has decreed that every student must come to Harvest for special training. Nursing students also elect to gain community practice credits here.



I am enclosing a one-time gift of:

\$500 \$250 \$100 \$50 or \$_____

I prefer to make a monthly gift (please turn over).

First & Last Name: _____

Street: _____

City/ Town: _____

Postal Code: _____ Phone: _____

Email: _____

Thank you for your generosity!

February 2021

**Donate now at HarvestManitoba.ca OR Call 204-982-3581
OR Complete the Mail-in donation form below.**

My cheque / money order payable to 'Harvest Manitoba' is enclosed.
Please charge my Visa MasterCard

Cardholder's Name _____

Card # _____ Exp. ___/___ CVV___

Signature _____

Phone # _____

Email my tax receipt to: _____

Charitable Registration # 131792616 RR0001



Our Manager of Advocacy & Impact, Meaghan Erbus (above with nursing students), educates all our soon-to-be doctors and nurses on the links between food security and healthy outcomes. She provides two days of learning workshops with the latest research and stats. They gain new perspectives on those suffering from a lack of food, and associated causes and outcomes to better inform diagnosis, treatment and care. As doctors and nurses, they'll spend their whole careers with this 'Harvest Filter'.

The Chain Reaction

Every time a doctor or nurse helps a patient - just as it was with that first hamper you helped provide — it will spark hope and confidence. Over and over again, your donation to Harvest will ripple through our community, fighting the causes of hunger, and helping people find their way back to health and happiness.

The Impact of Your Gift Today

Please give generously. You will fill Harvest Hampers for 80,000 Manitobans this month, 46% of them children. You will give thousands of Manitobans access to the supports they need to get back on track to self-sufficiency and empower generations of professionals to provide more informed and compassionate care. And the last smile in the process, will be yours.



**Any gift you make until
March 31 will be doubled
by our matching donor.**

Thank you,

Keren Taylor-Hughes, CEO

Harvest Star Monthly Giving Program

Yes, sign me up to help provide food security and reduce mailing costs.

\$100 \$50 \$25 or \$_____ I authorize Harvest Manitoba to deduct/charge the amount specified

on the 15th 30th of the month from my: bank account. I have attached a void cheque for this purpose. MasterCard VISA

Cardholder's Name _____

Card # _____ Exp. ___/___ CVV _____

Signature _____

Phone # _____

Email my tax receipt to: _____

You may change or revoke your authorization at any time. We will issue one tax receipt annually representing the full amount of your donation for a calendar year.

Thank you for your generosity!