



GRATITUDE

REPORT

2018-2019

WINNIPEG
HARVEST
Fighting Hunger and Feeding Hope



MESSAGE FROM THE CHAIR



It has been a year of significant and exciting change for us at Winnipeg Harvest. Our CEO, Keren Taylor-Hughes celebrated her one-year anniversary in January and has brought fresh ideas and perspectives on how we can best serve our community.

Every year we continue to receive and redistribute millions of pounds of food through our network of over 400 agencies including food banks, soup kitchens and school programs, both in Winnipeg and throughout the province. This year we have introduced processes that allow us to be even more efficient at moving, tracking and reporting on the food that is generously donated by our many supporters to ensure that we are getting resources to those that need them as quickly as possible. We also introduced new and exciting programs, including *Breakfast2Go*, a pilot program that provides nutritious food to vulnerable kids on the weekend.

The heart of Winnipeg Harvest continues to be our volunteers, our donors and our dedicated staff. Our community's dedication to help feed hungry Manitobans makes what we do possible. We are so grateful for all of our partners who are focused on helping their neighbours through their support of Winnipeg Harvest.

Desiree C. Paulsen, Board Chair

This Gratitude report highlights the impact donors and volunteers have in changing lives in our community. Thanks to the tireless support of the community, Winnipeg Harvest is able to expand programs and help more people right across the province.

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Marilyn McLaren, Vice-Chair
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MESSAGE FROM CEO

I have learned so much about Winnipeg Harvest in my first 18 months. Not only do we collect and distribute a tremendous amount of donated food through our food bank network, but also offer free training programs to help our food bank clients find meaningful work, and advocate on important issues including child hunger.

Discovering the generosity of our donors and supporters has been a genuine highlight of my year. The thousands of volunteers of all ages who come to Harvest are a shining example that everyone can lend a hand. And we can't forget the nearly 4,000 volunteers who organise and run food banks in Winnipeg and throughout Manitoba.

I have learned that Winnipeg Harvest is only as powerful as the community that support us – and our community is powerful beyond measure. Thank you for your passion and your support – and for sharing our belief that no one in our community should be hungry.

Keren Taylor-Hughes, CEO



Principal Peter Correia and students at Mulvey School



FEEDING THE FUTURE YOUR DONATIONS HELP SCHOOL KIDS LEARN

For many kids, leaving school on Friday means a weekend of playing with friends. For many, it also means two days without a nutritious breakfast.

Winnipeg Harvest believes all children deserve access to nutritious food that provides their bodies and minds with the energy needed to grow, feel well, be active, stay healthy and learn. So we partnered with Breakfast Club of Canada and nurse practitioner Parusia Purohit to launch *Breakfast2Go*. The pilot program provides a healthy breakfast and snacks for the weekend to students who are in a school breakfast program, giving them the added benefit of a healthy breakfast 7 days a week.

Breakfast2Go is aimed to help students improve their academic success by reducing sick days and increasing their ability to focus and learn. “A learning brain is fueled by nutritious foods,” stated Purohit. “And the *Breakfast2Go* pilot is starting to impact the health of students involved,” Mulvey School Principal, Peter Correia agrees. “The program has been a great success so far,” said Correia. “We’ve seen improved attendance and more students that are engaged and focused on Monday morning and one of the factors is the *Breakfast2Go* program.”

Through the support of our donors, Winnipeg Harvest is able to address the issue of undernutrition for school kids with meal and snack programs like *Breakfast2Go*. We hope to expand *Breakfast2Go* into more schools throughout the province in the coming year so that thousands of school-age kids can focus on learning. You can help make a difference in the lives of Manitoba’s youth by supporting this program with a monthly donation. **Please contact Relita at 204-982-3581 or relita.villa@winnipeg Harvest.org for more information.**

How your support helps kids

- Baby formula, food & cereal
- Snacks and meals at daycares
- Meals and snacks at schools
- Snacks for after school programs
- After the Bell snacks in rural Manitoba
- Summer-time meal programs

IT TAKES A VILLAGE



Turtle Island Food Bank Volunteers

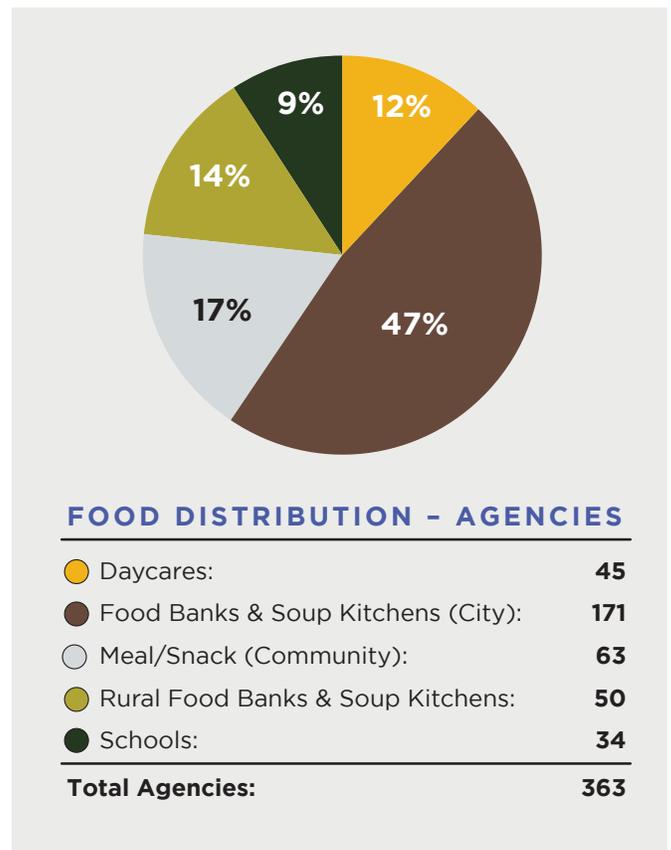
Each day in Manitoba between 20-30 food banks set-up in community centres and church basements. They are as diverse as the people they serve, but share a common goal - helping their neighbours who struggle to put enough food on the table.

In Ste. Anne, the Accueil Kateri Centre's 25 volunteers band together every second Wednesday to distribute up to five meals worth of food to each registered client. Their annual Christmas *Tin for the Bin* is a huge success with donations of wrapped toys for children, and vegetables and non-perishables collected by École Pointe Des Chênes and Ste. Anne Collegiate. Donations from this massive food drive success lasted all the way until March!

Located in Point Douglas, one of Winnipeg's oldest and most historic neighborhoods, Turtle Island Food Bank operates each Wednesday and Friday, serving 75 individuals each day (300 bi-weekly). Tiffany, the food bank coordinator, has lived in Point Douglas most of her life and knows the pain of hunger first hand. "It's not easy to ask for help," she said. "But when you are down, you need to look for a way to get back up." Tiffany says seeing people smile when they receive food is the best part of her volunteer job. "I love helping people. A small act of kindness goes a long way."

Winnipeg Harvest supports food banks throughout the province of Manitoba including those in remote northern communities, who count on supplies from Winnipeg Harvest in the winter months.

Winnipeg Harvest salutes all of the amazing volunteers who operate food banks in Manitoba!



TAX RETURN PROGRAM

Winnipeg Harvest helps to put money into the hands of those we serve.

Tax filing is a hugely important anti-poverty and health intervention, so why is it that many people struggle to file their taxes? We discovered that many of our food bank clients don't know where to begin, or fear they might have to pay back taxes that they can't afford. They had no idea they would likely get money back.

Seeing an opportunity to help, Winnipeg Harvest created a tax return clinic two years ago. This year, 22 law students from the University of Manitoba and retired CPA, Stephen Perlmutter volunteered their time to help 146 food bank clients complete their tax returns. This amazing initiative put \$556,000 into the hands of Winnipeg Harvest food bank clients. Almost no one owed anything.

"Having my tax return done at no charge was really great," said Archie, a Winnipeg Harvest food bank client who quit working to look after his autistic son. "I am really grateful for this help from Winnipeg Harvest and its volunteers." Additional income isn't the only benefit our clients received. Many clients were eligible for provincial prescription drug coverage, tax credits, and survivor benefits. Some with severe disabilities received extra tax credits and retirement savings grants.

Thank you to volunteers Stephen Perlmutter and students from the U of M, Faculty of Law for helping us make a difference to lives in our community.



"I love my job, because I believe in the right to food. I've had the opportunity to help my community feed themselves and their families for the last 20 years."

- Deb Swereda, Client Services Manager, Winnipeg Harvest

FOOD BANK CLIENTS PROVIDE VALUABLE INSIGHTS FOR FUTURE PHYSICIANS



Dr. Joe Kaufert, Department of Community Health Sciences

What began as series of Winnipeg Harvest lectures on food security in 2002 is now a foundational component of the Population Health curriculum for second year medical students at the University of Manitoba's Max Rady College of Medicine in the Rady Faculty of Health Sciences.

The program, which was developed collaboratively between Winnipeg Harvest and the Max Rady College of Medicine, is centered on the lived-experiences of food bank clients who share their stories in interactive sessions with groups of 6-7 medical students at a time. They speak about their struggles and the lack of understanding some doctors have for the challenges they face. It's an opportunity for medical students to learn and expand their understanding of food security and health equity first hand.

Dr. Joe Kaufert, Professor Emeritus, Department of Community Health Sciences, has been involved with the program as an instructor since its inception over 20 years ago. He speaks proudly of the program and the impact it has on future physicians. "We get them to recognize that they can advocate for nutrition policy. In a real life, pragmatic setting, they are shown how they can make a difference. They learn advocacy beyond food, like how to link patients up with social benefits."

"As future physicians, I believe it is important for medical students to learn about food insecurity and local resources available."

These food security sessions have received favourable reviews from medical students over the years. Last year, 92.5% of students agree/strongly agree that the experience broadened their understanding of community interventions and health issues related to food security. Chelsea Jalloh, Undergraduate Medical Education Coordinator for the Department of Community Health Sciences, describes that many students comment about the impact and value of hearing directly from the food bank clients.

The ongoing curriculum development and administration of the Community-Based Food Security and Health Learning Experience for undergraduate medical students is made possible with the support of our donors and food bank clients who volunteer their time. We gratefully acknowledge the many professionals at the Max Rady College of Medicine and Winnipeg Harvest CREW who have collaborated together over the past 17 years in an effort to end hunger in our community.

MULTI-FAITH GROUPS UNITE TO END HUNGER

Hundreds of local Mormon and Muslim volunteers put their faith into action to help their neighbours with a massive food drive last year. The Church of Jesus Christ of Latter-Day Saints has organized the food drive for the last 12 years, and this year the Manitoba Islamic Association joined in to help Manitoba families in need.

Nearly 800 volunteers distributed 40,000 empty bags on doorsteps throughout Winnipeg last June. The bags highlighted Winnipeg Harvest's top 10 most needed items, and encouraged people to fill the bag and leave it on their doorstep for collection the following Saturday.

It was a tremendous effort that brought in \$5,124 in cash donations and 137,000 pounds of food at the beginning of summer - a time when donations are typically down, yet the need remains the same. "We can all make a difference feeding those in need," said Rene Bazinet, chair of the food drive committee at the Church of Jesus Christ of Latter-Day Saints.

Our sincere thanks to all our volunteers and our friends at The Church of Jesus Christ of Latter-Day Saints and the Manitoba Islamic Association for organizing this food drive. And gratitude to sponsors, Peak of the Market, Sobeys, Safeway and IGA for their generous support as well. Together we can do so much!



Students from Calvin Christian Collegiate have been volunteering at the Transcona Food Bank for the last three years.

"It's made me realize that I shouldn't judge others because I don't know what their circumstances are."

- Jance Pinto



FIGHTING HUNGER ONE DELIVERY AT A TIME



The ability to provide food to over 49,000 hungry Manitobans every month involves more than a generous heart and spirit. It takes a fleet of trucks and a dedicated team of volunteer drivers!

Through the generous support of Canadian Tire Regent, Manitoba Blue Cross, TruGreen Metal Recycling and Vickar Community Chevrolet we now have three brand new cargo trucks to help do the job. "Supporting our community is one of our largest priorities," says Shaun Lamoureux, President & CEO of Manitoba Blue Cross.

Volunteer driver Andy knows the importance of our work first hand. Andy is one of many clients who chooses to give back by volunteering his time at Winnipeg Harvest. "Harvest is like a home away from home," said Andy, who can be seen driving all over the city picking up donations and delivering food through our network of food banks, soup kitchens, daycares and schools.



Adults served:
28,712/month

Children served:
20,877/month

Source: Winnipeg Harvest Hunger Count, March 2018

"I'm a senior with a very limited income, so whatever I receive from Winnipeg Harvest is one less thing I need to buy."

- Joey-Jayne Hyltun, Winnipeg Harvest Client and Volunteer

DAIRY FARMERS MAKING A DIFFERENCE



Dairy Farmers of Manitoba is an example of how one organization can impact generations of Manitobans.

Twenty-seven years ago, Dairy Farmers of Manitoba had a vision to help feed hungry families in the community by donating milk for food banks across the province.

Like every family, each member has a role to play. Manitoba dairy farmers produce milk of the highest quality and donate it for families in need. Bulk milk hauling companies transport the milk from farms to processing plants at no charge, and processors process and package the milk and cheese as a donation, too.

“Manitoba dairy farm families are committed to giving back to the community they live and work in – and we feel privileged to partner with Winnipeg Harvest to help families in need,” David Wiens, chair, Dairy Farmers of Manitoba, says.

These partners remain committed to help feed their neighbours and change lives. Winnipeg Harvest thanks them on behalf of all community members who receive their milk and cheese.

2018 MILK AND CHEESE DONATION

**Manitoba Dairy Farmers
Donated 320,000 litres of milk**

**Manitoba Bulk Milk Haulers
Transported milk from
farms to processing plants**

**Manitoba Processors
Processed and packaged
milk and cheese**

- Parmalat (milk)
- Bothwell Cheese

We are grateful to the many generous donors that support our clients every year. For stories about other partners please visit: winnipegharvest.org/partners

EDUCATING YOUNG HEARTS AND MINDS



There is a lot of passion behind the youth engagement programs at Winnipeg Harvest. Thousands of students visit our food distribution centre to learn about food security every year. The opportunity to teach children about poverty and see tomorrow's leaders discover something they can change is miraculous.

Thanks to the ongoing donor support we receive, we are able to deliver meaningful learning beyond the classroom, reduce stigma of food bank use and inspire tomorrow's advocates.



Retired school teacher Janice volunteers to help deliver the Partnership For Change program, focused on reducing the stigma of food bank use.

TRAINING PEOPLE, CHANGING LIVES

Gerald works in concession for the Winnipeg Blue Bombers. A graduate of Winnipeg Harvest's Warehouse Training Program, he says that the program helped him secure his new position. "Pretty much you need it to get a job," says Gerald. "I don't think you can work without these certificates." Beginning the 8-week program in November of 2018, Gerald earned provincial certifications in Workplace Hazardous Material Information System (WHMIS), Safe Food Handling, and Safe Operation of Lift Trucks Theory.

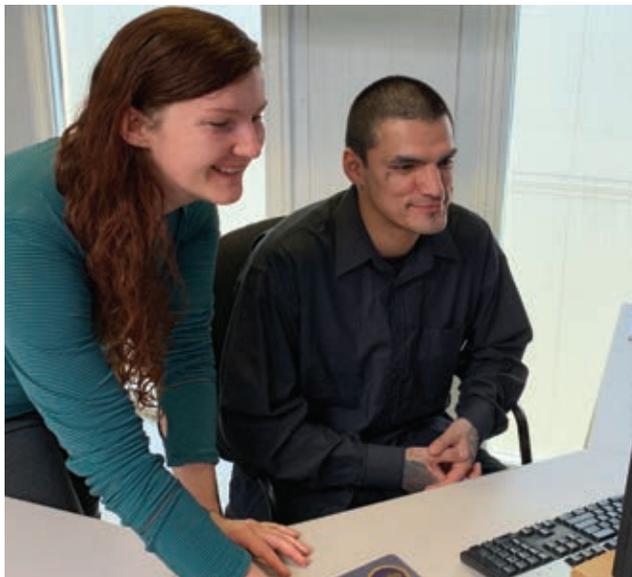
Gerald says his favourite part of the Warehouse Training Program was learning how to budget money, but he also learned skills in shipping and receiving, order filling, sortation, safe lifting, Microsoft Word, and resume and interview preparation.

Food bank clients enrolled in the Kitchen Training Program also earn both their WHMIS and Safe Food Handling certificates, along with skills in cooking, baking, banquet and food presentation, Microsoft Word, and health, safety and sanitation.

Winnipeg Harvest offers these training programs at no charge for food bank clients who are ready to get back into the workforce. Our warehouse and kitchen programs provide training in areas where there is a need for employees.

Your support helps us deliver these free training programs that help lift food bank clients out of poverty by preparing them with skills they need to get a job, in addition to providing food to those most vulnerable to hunger in our community

Last year, 50 people, including food bank clients, successfully graduated and we are on track to provide even more training in the year ahead!



Our 10-week Kitchen Program is designed to teach commercial industry kitchen skills needed for entry-level employment in the food service industry.



HELPING PEOPLE IN DIFFICULT TIMES



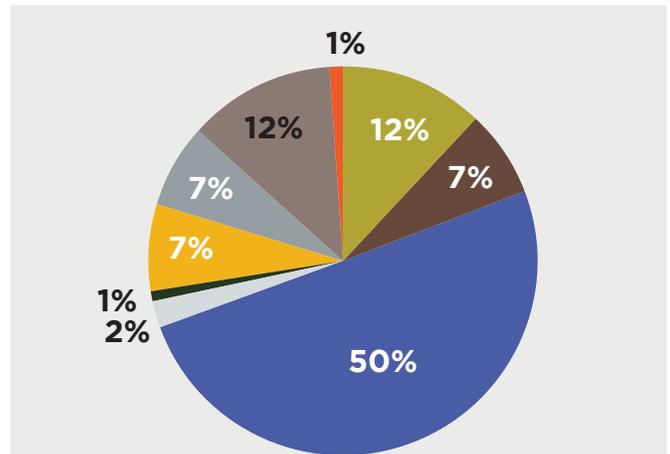
Jamie is one of the friendly faces you'll see at Winnipeg Harvest's reception most days of the week, answering phones and greeting visitors. Shortly after completing her degree in psychology at the University of Manitoba in 2004, she was diagnosed with a medical condition that left her unable to work. Struggling to make ends meet, Jamie was grateful for the food she received from Winnipeg Harvest during that difficult time.

After participating in Market Abilities, an employment assistance program, Jamie felt ready to try volunteering and reached out to Winnipeg Harvest in March of 2018. As a food bank user, she felt it was a good opportunity to give back to an organization that has helped her. Over the last year Jamie has really flourished in her role. "Volunteering at Winnipeg Harvest has given me confidence," says Jamie. "I'm now feeling ready to start applying for jobs."

WINNIPEG'S KINDEST KID!



Jayden Schritt recently visited Winnipeg Harvest to drop off a donation of 304 lbs. of fresh veggies! Throughout 2018, Jayden made several donations of dry/non-perishable foods, which totaled 249 lbs. With so much kindness and enthusiasm we can see why Jayden has been called "Winnipeg's Kindest Kid!" Jayden has big goals for the upcoming year - he hopes to double his previous record of 1000 lbs. of fresh produce in 2019!



FOOD DISTRIBUTION - INCOMING DONATIONS

 Bread/Cereals:	1,306,874 lbs.
 Dairy Products:	762,804 lbs.
 Fruit/Vegetable:	5,286,289 lbs.
 Juice/Drinks:	207,130 lbs.
 MealShare:	68,281 lbs.
 Meat:	691,298 lbs.
 Reclaim:	746,769 lbs.
 Sortation:	1,284,370 lbs.
 Non-Food:	120,820 lbs.

Total Incoming Donations: 10,474,635 lbs.

Winnipeg Harvest has a rich history with community gardening. Our gardening programs help educate the public about methods of community gardening as a sustainable model to improve food security.



GROW-A-ROW

Our Grow-A-Row program encourages everyone to grow produce in their gardens to help feed hungry families. Last year, we helped 20 groups and over 115 individuals with gardening tips and resources including seeds, seedlings, compost and garden tools.

HARVEST GARDEN

Situated on an 11,000 square foot lot behind our warehouse, the produce from the Harvest Garden is brought to our commercial kitchen for daily lunches and helps support our onsite emergency food bank. Last year 1,051 pounds of food was grown in our garden for Winnipeg Harvest. The success of the garden is very dependent on the 320 volunteers who help in the garden!



Urban Agriculture

URBAN GREEN TEAM

Winnipeg Harvest has teamed up with the Urban Green Team to connect and engage youth in our Harvest Garden program. The program recruits Special Education students to spend the summer at Winnipeg Harvest caring for the garden and sorting food in our warehouse. This year the students donated a total of 962 hours to our garden.

A LEGACY OF COMMITMENT

He's the friendly voice that liaises with over 50 daycares and agencies that receive meal and snack programs each month, and is admired for his kind and welcoming support.

After a 42-year career with Investors Group, Norm Martel was looking for a volunteer opportunity that would keep him active in his retirement- and we're really grateful he chose Winnipeg Harvest. "Volunteering at Winnipeg Harvest is so satisfying," says Norm. "To know you are helping people immediately is very rewarding."

Norm has volunteered an incredible 3,581 hours over the 11 past years, always with a smile. Norm is the 2019 recipient of the Lee Newton Memorial Award for Volunteer Excellence. Inspired by Lee Newton, who founded Winnipeg Harvest in 1985, the award honours her legacy and the extraordinary work of our dedicated volunteers. **Congratulations Norm!**



Norm Martel, receiving the award from Meghan Pesclovitch, Volunteer Services Manager and Keren Taylor-Hughes, CEO.



Winnipeg Harvest
CREW

Compassionate

Respectful

Exceptional

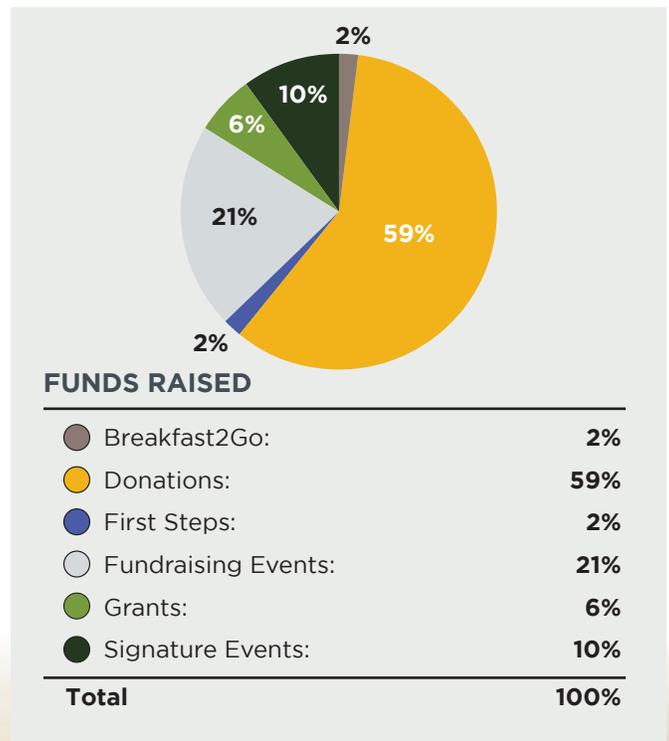
Welcoming

FACTS FOR THE FISCAL YEAR ENDING MARCH 31, 2018

ON-SITE AT WINNIPEG HARVEST

WH Staff Hours	104, 000 or 15%
Volunteer Hours	568,863 or 85%
• At Winnipeg Harvest (WH):	129,480
• Community Events:	29,383
• Rural food banks:	110,000
• City food banks:	300,000
Total	672,863

We gratefully acknowledge the support of our individual donors, volunteers, corporate, retail and community partners, commercial food donors and food producers, and our dedicated Winnipeg Harvest CREW. The work we do would not be possible without your support!





Your support makes a difference.

DONATE NOW.

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