

MAY 2021



HARVEST

nourishing our communities



HarvestManitoba.ca



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Harvest Home Garden

The Seeds of Food Security

Two University of Manitoba students volunteered their time to launch Harvest's newest initiative - the Harvest Home Garden Program.

Fourth year nursing students, Ariel Henderson and Daniel Weldon have been preparing for the launch of the pilot program, which involves providing Manitobans who rely on Harvest for food with take home garden kits to grow their own food. Donated funds will provide support for 30 families.

"(The) program was developed to help tackle food insecurity in our communities by providing food recipients with access to more fresh and healthy produce," said Meaghan Erbus, Advocacy & Impact Manager. "Gardening can be a great way to stay active, boost one's self-esteem, and contribute to a healthier mind."

Student nurse Weldon agrees, "... chronic illness and diabetes are linked to food insecurity"; a great example of how food and health are related. Research has shown that food insecure Manitobans tend to have poorer health in part because of limited access to healthy foods.

Two types of boxes are being distributed to the community: a pizza kit with basil, onions, tomatoes, and peppers; and a salad kit with lettuce, radishes, tomatoes, onions, and carrots.

"Having a garden gives a person something to tend to. Something that they always have to check on and the feeling of planting a seed and watching it grow is a very empowering feeling...It gives a sense of purpose and you feel proud of yourself in the end," said student nurse Henderson. "It gives you something to be proud of."

Henderson and Weldon donated their time as part of their community engagement learning praxis with the University of Manitoba.

"We wanted to get more of a community hands on experience just to kind of connect community to health as community and population health has a major impact on our health care system, and the patients that we care for on a regular basis," said Henderson.

"Through Harvest we have been able to connect those, how they relate to health which has been really important to our future work as nurses and caring for patients the best way possible."



We are a community of Harvest Stars!



HARVEST STAR

Volunteer of the Month

Daniel Raff

Audrey Hepburn once said, as people grow older, they discover they have two hands – one for helping yourself, and one for helping others. This month's volunteer of the month exemplifies that ideal.

Daniel Raff arrived in Canada last year after a nine-hour flight from Frankfurt, Germany, which is just outside of his hometown of Mainz.

"I decided to volunteer because I wanted to have experience abroad, to gain work experience, and to do something useful after graduating from high school," said Daniel. "I think it does make sense to work for a non-profit organization to help those in need and to not just sit around. Also, to get away from home and learn new things and connect with people in the area."

Daniel began volunteering at Harvest in October as part of the Mennonite Voluntary Service (MVS) program. "(I chose to work at Harvest) because I think providing food for others is essential," he reflected. "You can contribute to that and that's pretty good. Everybody needs food so I thought, 'Yeah, that's the right choice.'" The 18-year-old started as a general volunteer, but is now dedicated to the Food Distribution Team, working in the warehouse moving pallets and driving truck.



One thing that surprised Raff when he arrived in Canada was that the food was different from food in the United States and the weather. "The winter is tough. I've never experienced cold like that. The people are very friendly here and it's nice to have a local community here. Since COVID everything has changed. In previous years, the volunteers would go out with people and were invited to places to do things, but this year is a bit quieter."

In his free time, Daniel likes to dance hip hop, play the drums, is interested in art, design, and painting. He is currently learning how to skate.

Daniel plans to go back to Germany when his term is up, but given his love of nature and the outdoors, he will visit the Canadian Rockies by way of Banff before he returns home.

Thank you, Daniel, for your contribution to Harvest!



Homestyle Tomato Sauce

Ingredients:

- 4 medium onions, chopped
- ½ c canola oil
- 12 c chopped peeled fresh tomatoes
- 4 garlic cloves, minced
- 3 bay leaves
- 4 teaspoons of salt
- 2 teaspoons dried oregano
- 1 ¼ teaspoon pepper
- ½ teaspoon dried basil
- 2 cans (6 ounces each) tomato paste
- 1/3 c packed brown sugar
- Fresh basil

Directions: In a Dutch oven, sauté onions in oil until tender. Add tomatoes, garlic, bay leaves, salt oregano, pepper, and basil. Bring to a boil. Reduce heat, cover and simmer for 2 hours, stirring occasionally.

Add tomato paste and brown sugar, simmer uncovered for 1 hour. Discard bay leaves.

Serve over pasta with chopped fresh basil.



Member Spotlight

Pan Am Place

Located in the downtown core, Pan Am Place is a transitional housing program for men that takes a multi-faceted approach to wellness, addiction, and healing. Residents are required to fulfill certain kinds of duties, and work on skill-building, such as maintaining the facility, training with staff at the in-house boxing gym, and volunteering. How this looks has changed over the last year, and has presented challenges and opportunities says Aaron Black, manager of Pan Am Place.

By receiving food from Harvest, Pan Am Place was able to use its limited resources to meet the needs of residents in other ways.

One of the biggest changes was a move to an indefinite curfew to keep the residents of Pan Am safe. Demands on utilities, food, and other resources, such as personal hygiene, noticeably increased as residents were physically located in the building due to Manitoba Public Health Orders. This is where Harvest was able to help. By receiving food from Harvest, Pan Am Place was able to use its limited resources to meet the needs of residents in other ways.

The curfew also meant that social interaction and volunteer opportunities were restricted. To address this challenge, Pan Am solicited donations for used technology such as cell phones, tablets and older computers. With this technology residents would be able to connect with others, schedule time in the kitchen and continue certain programming activities such as AA meetings, ultimately helping to form a tight knit community within Pan Am.

Harvest is proud to work with Pan Am Place, a creative, dedicated and passionate group of people. Thank you for your valuable contribution to our community!





Volunteer Awards

Harvest held its annual Volunteer Awards on April 24, 2021 to recognize and thank our Harvest Stars who have donated more than 1000+ hours of time to help us ensure no Manitoban goes hungry. Due to current Public Health Orders, the event was live streamed on Facebook so that we could celebrate their achievements with their loved ones and our community. The full list of award recipients appears below.

10,000 Star Hours Margaret Pondo

5,000 Star Hours Kara Black Kyle LeBlanc

2,500 Star Hours Romeo Bertone Don Harms Nick Hadowy Rod Soviak Lawrence Wiebe

1000+ Star Hours Jamie Antonowich Sharon Appler Gerry Askew Jeff Carruthers

Alan Cass
Doug Crapper
James Gorko
Marty Gosselin
Bob Haskayne
Gordon Hegland
Stanley Klassen
Nelson Landicho
Janice McWilliams
Leslie Murphy
Mys Mys
Lawrence Olson
Gail Onofrychuk
Andreas Reilly
Ronald Roulette
Janice Wilson
376 hours
Kim Thomson

Stephen Lomas
Keith Wang
Karen Smith
Robin Wickstrom
Andrea Guy
Cori Tessier
Chance Taylor
Josee DeGroot
Barbara Magne
Lorna Verschoore
Darryl Sinclair
Khanh Mai
Derek Bowman
880 hours
Connie Winning
Shahbaz Kahn
Kimberley Futch
Karen Read

Wanda Gomes
Georgia Doyle
Carmel Levesque
Corey Simanavicius
Matthew Fryklund
Colin Fox
Erin Kuhtey
Martyn Langstaff
Melanie Roer
Khanh Mai
Sasha Gervais-Tourangeau
Gloria Klotz
Racquel Gayo
Olivia Winzoski
Carla Greenberg
Harley Greenberg
Anu Dhand



Kyle Leblanc, Lee Newton Volunteer Excellence Award Winner

Kyle LeBlanc is one of our star volunteers, described by his peers as hard-working, dedicated, and passionate about feeding Manitobans. Kyle volunteers almost every day and has amassed over 6,000 hours. He achieved a record 2500 hours in his first 3 years. When COVID-19 hit, Kyle went from cooking and teaching in the kitchen to sorting in the warehouse. He did it with verve and spirit.

Margaret Pondo, Board of Directors Volunteer Service Award for 10,000 Hours

The voice you hear on the phone in our Food Support Call Centre is our amazing Margaret. She has been our rock. Her friendly and respectful style makes all food recipients and newcomers feel welcome and respected. Nobody has come close to her 10,970 volunteer hours so the Board of Directors created a long service award in her honour.



HOME • WORK • SCHOOL • COMMUNITY GARDENS

Grow-a-Row

help feed the hungry

It's garden time.

Fresh produce is an important part of our Harvest Hampers. For more information, please visit:
HarvestManitoba.ca/Grow-a-Row



Tee Up to Prevent Hunger!

Wednesday, August 11, 2021 • Shotgun start at 12 Noon

\$195 per golfer. Includes 18 holes, cart, food, fun and prizes.
Sponsorship opportunities also available.

For more details and to register, please visit: HarvestManitoba.ca/Golf

SPRING FOR MEALS

May 26

CTV Morning Live 6 – 9 AM

Radio 6 AM – 6 PM

Tune in to learn about how we're helping to ensure that no Manitoban goes hungry. You can also donate to our campaign.

All donations made before June 20 will be matched!

Phone: 204-982-3582

EFT: donations@harvestmanitoba.ca

Online: HarvestManitoba.ca





Unpacking a Harvest Hamper

Part 1: Perishables

One of the things I have always wondered about was 'What's in a Harvest Hamper?' so I got one, and I'm writing.

There are four boxes/bags that make up the Harvest Hamper. Three of them have labels: Perishables, Non-Perishables, and Baby Kit. The fourth has no label but its full of fresh and frozen items as donated like chicken, eggs and bread.

This is NOT Hello Fresh

I have three immediate impressions. (1) This looks like a lot of food. (2) It's two-weeks of food support to stretch over a month to feed a family of four. (3) There's one loaf of bread. Surveying the contents, I quickly realize you'd have to be a kitchen magician to stretch a loaf of bread and everything else across a month of salads, pasta dishes, stir-fries, soups, sandwiches and snacks.



Unpacking a Harvest Hamper

Part 2: Non-Perishables

In Unboxing a Harvest Hamper Part One, we explored the perishable foods (fresh) in a typical Harvest Hamper. We were surprised at how much food there was, and challenged to figure out how it could feed a family of four for two weeks. Today, as we explore the non-perishable (packaged or canned) goods, the nutrition, emotional comfort and culinary potential of these foods is starting to emerge.

At first glance my thought on these non-perishable items was, 'Where's the mac and cheese?' I thought that would be a staple. What I found was that even without it, this hamper added up to much more than the sum of its parts.

A Hearty Healthy Start

I have never had a two pound (907 g) bag of green lentils in my larder. I checked out lentil nutrition and recipes. Turns out, I've been missing a tasty, healthy food. I found one-pot recipes and kid-friendly recipes at MyFussyEater.com. I'm going to test a lentil dish and post it on HarvestManitoba.ca. If you're going to try lentils please note, you have to check or sift these peas for small stones. But it didn't seem like a big deal.



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