

JUNE 2021



# HARVEST

*nourishing our communities*



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Harvest is a community







# Canada Day is Harvest Day!

Feeding Manitobans since July 1, 1985.

In 1985 when we started, the name Winnipeg Harvest said everything you needed to know about us. We collected 200,000 pounds of food the first year and shared it within the city limits.

Over time we grew, and last year in our 35th year, we officially amalgamated the Manitoba Association of Food Banks into our Harvest family and became the 4th largest Community Food Network in Canada – and the best and only provincial food network Manitoba has ever had.

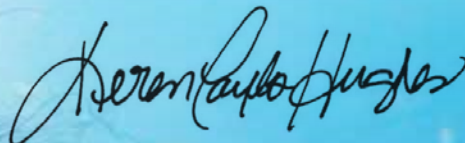
We changed our name to Harvest Manitoba to better reflect who we serve, where we serve, and the breadth of contributions we receive.

Thanks to our amazing community spirit, and generous hearts, **Harvest collects and shares 11 million lbs. of healthy and nutritious food to hungry Manitobans every year.**

With this food, we prepare Harvest Hampers in our Winnipeg Warehouse, which are then distributed to **feed 80,000 Manitobans – hungry children, hardworking families and struggling adults – every month.**

**Our volunteers donate almost 200,000 hours** of hands-on service annually to make this happen. We would never have lasted this long or helped as many people if it were not for you, the people who support us.

We are a community of Harvest Stars, working together toward a healthier future for all where no Manitoban goes hungry. For all that you've done and will do in the future to nourish our community and sense of community, we thank you.



Keren Taylor-Hughes



# Recognizing Indigenous Peoples

Harvest recognizes and celebrates the unique heritage, diverse cultures, and outstanding contributions of First Nations, Inuit, and Métis peoples in Manitoba and Canada.

We also stand with Indigenous communities in Manitoba and across Canada to grieve lives lost through the residential school system from the 1830s to 1996.

Indigenous peoples are disproportionately affected by poverty and food insecurity. Roughly 36% of our food recipients have identified as Indigenous. This is significant, given that Indigenous peoples make up only 18% of Manitoba's population and only 12% of Winnipeg's population.

The Harvest Manitoba Community Food Network serves and supports indigenous peoples and organizations in communities across the province providing Harvest Hampers, Baby Kits, Breakfast2Go Kits and other meals and snacks.

We want to recognize and celebrate all the children, families, communities, and partners who work with us to reduce food insecurity and poverty every day. It takes a province to feed a province. You are all Harvest Stars, and we thank you!



## Members, Partners & Communities Served:

- Aboriginal Community Campus
- Bear Clan
- Brokenhead Ojibway First Nation
- Dakota Tipi First Nation
- Fisher River Cree Nation
- Garden Hill First Nation
- Hollow Water First Nation
- Lac Brochet First Nation
- Little Black River First Nation
- Misipawistik Cree Nation
- Fox Lake Cree Nation
- Chemawawin Cree Nation
- Flora House
- Freedom House
- Freighthouse Food Bank
- God's Lake First Nation
- Hope Centre Food Bank
- House of Bread Food Bank
- Indigenous Family Centre
- Ka Ni Kanichihk
- Kekinan
- Long Plain First Nation
- Main Street Project/Lighthouse Food Bank
- MaMaWi
- Manto Sipi Cree Nation
- Ndinawe Street Outreach
- Nisichawayasihk Cree Nation
- North End Women's Centre
- Northlands First Nation
- Norway House Cree Nation
- Opaskwayak Cree Nation
- Oshki-Giizhig
- O-Pipon-Na-Piwin Cree Nation
- Oyati Tipi
- Pimicikamak Cree Nation
- Pinaymootang First Nation
- Powers Park FB
- SSCOPE Food Bank
- Sagkeeng First Nation
- Society 2000
- Springs Food Bank
- St. Luke's/St. John's Food Bank
- St. Theresa Point First Nation
- Sapotaweyak Cree Nation
- Sayisi Dene Denesuline Nation
- Turtle Island Food Bank
- Wi Wabigooni School
- Yellowquill College



## FEATURE VIDEO

Brenda Greyeyes of Brokenhead Ojibway First Nation Food Bank shared how vital Harvest support is for feeding those who need it most in their community.

[Click to hear her story.](#)





# BREAKFAST2GO!

## Summer!

### Returns

Summer is a time for kids and families to rest, recharge and have fun – and after 15 months of COVID we all need some good in our lives right now.

Thanks to your support and a very generous donations by Breakfast Clubs of Canada and Cargill, Harvest will be extending our Breakfast2Go school program to prevent hunger and support active living for Manitoba's kids this summer too.

As part of the program, kids in 5 urban communities will receive a free one-week supply of food every week for 8 weeks during July and August. Kids in northern communities will receive 2 one-month supplies of food. Each kit will include several nutritious food items including milk and cheese provided by Food Banks Canada and bread provided by Breakfast Clubs of Canada, as well as books, crafts and games.

About 20% of Manitoba children live in food insecure homes, and COVID-19 has created additional challenges for families. While our economy is slowly re-opening, not all jobs and paychecks are back to normal, and child hunger exists in every community across Manitoba. We anticipate serving 7,000 Breakfast2Go Kits this summer including 2100 in the North.

With the prolonged recovery, you may have neighbours, friends and families who are struggling to get by this summer. There are a few ways that you can help them:

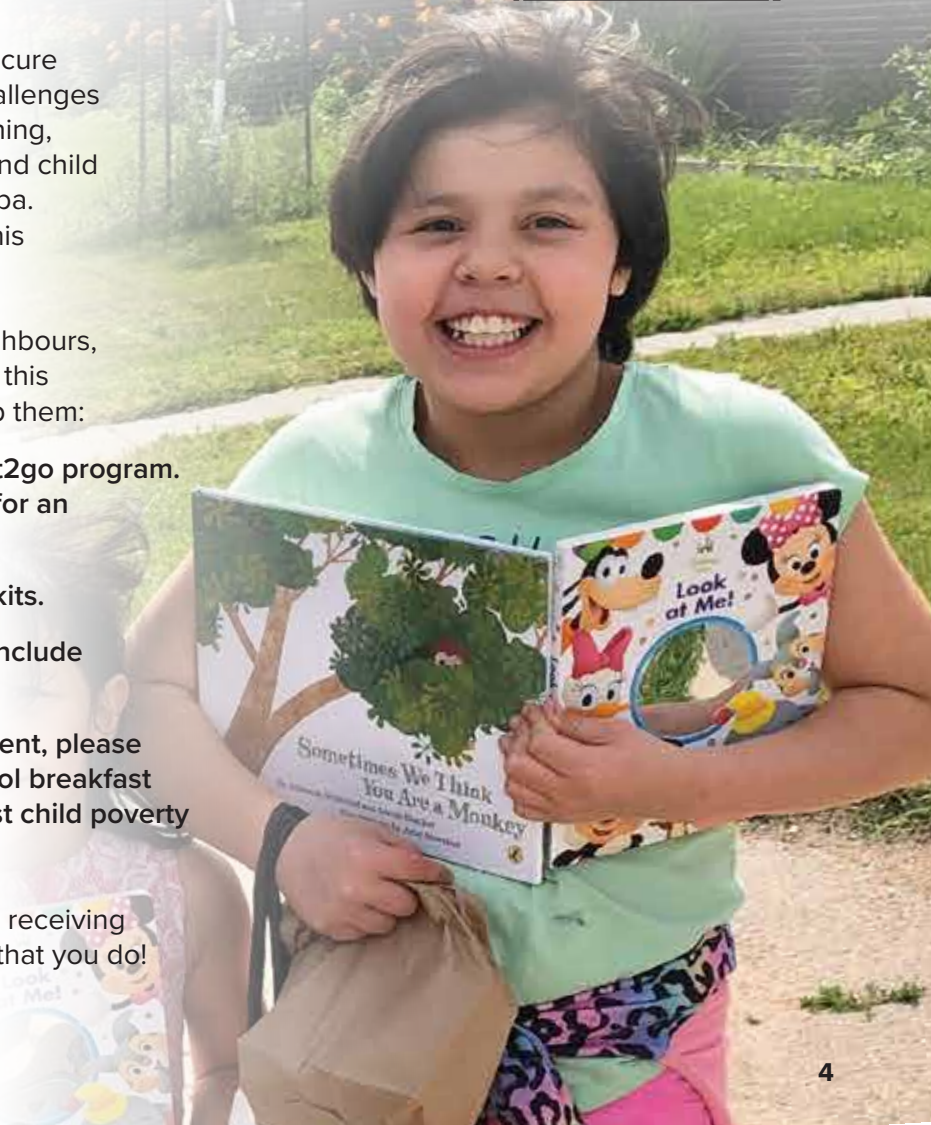
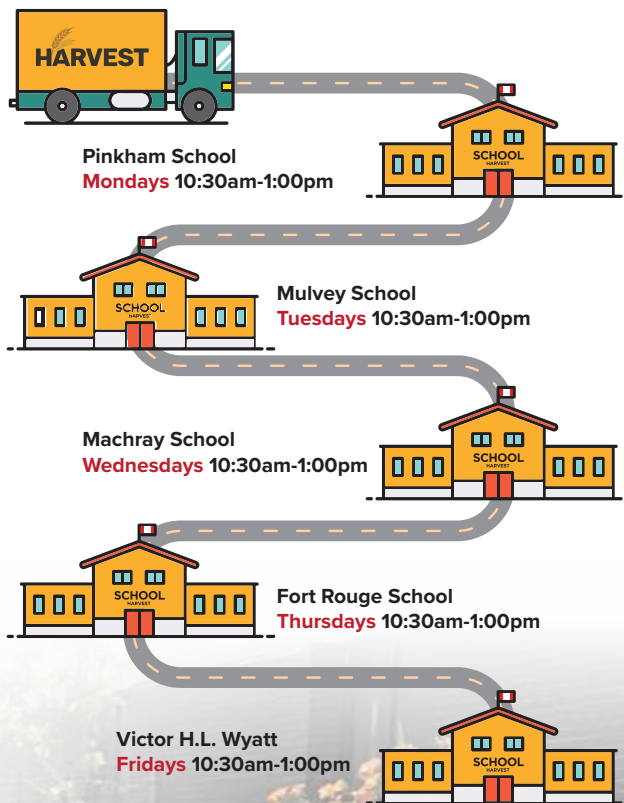
- **Spread the word about our summer Breakfast2go program.** Households that need food can also register for an appointment to pick up a Harvest Hamper.
- **Volunteer in the warehouse helping to make kits.**
- **Make affirmation notes at home that we can include in the kids take home kits.**
- **When speaking to local members of government, please let them know that we need a provincial school breakfast program in Manitoba. We still have the highest child poverty rate of any province in the country.**

We are a community of Harvest Stars, giving and receiving so no Manitoban goes hungry. Thank you for all that you do!

**We are a community of Harvest Stars!**

### WINNIPEG PICK UP LOCATIONS & SCHEDULE

Program runs for 8 weeks from July 5 - August 27, 2021



# Celebrating Larry McIntosh, the Apple of our Eye!



## A Peak Into History

It is with mixed emotions that we announce that a good friend of Harvest, Larry McIntosh, and his wife Shelley are both retiring from Peak of the Market after 31 years. “I felt it was time for us to retire as the company is in a really good place. We have lots of fantastic staff and the senior leadership team is solid. So, we feel good about leaving now because it’s a good time.”

## Working Behind the Scenes

For 15 of those 31 years Larry also sat on the Board of Directors at Winnipeg Harvest (now Harvest Manitoba), but the word ‘sat’ doesn’t really describe his very active contributions. He worked on several province-changing initiatives such as modernizing the Harvest HQ building on Winnipeg Avenue. “I was proud of being involved in the discussions about the building being expanded since that helped us serve our clients better. Not only sharing food more effectively, but also having better training facilities.”

The building makeover was bold move for a non-profit, but it changed everything and set the tone for the future. It created a one-stop operational area for collecting, sorting, storing, packing and shipping food. Harvest could never have handled 11 millions of pound per year as it did last year, without that vision. It also gave Harvest a facility where it could develop training programs for volunteers and job-skills programs for clients.

The Macintoshes will tell you that although their family has never been food-insecure, they know people who have been. They’ve known people who relied on Harvest Hampers to help them through tough times. That personal connection is part of their Harvest Manitoba connection.

## Long Time Harvest Stars

Larry says that the relationship between Peak and Harvest will continue. “Supporting Harvest started long before I came into the company. I was happy to facilitate and grow that relationship to the point where Peak of The Market became one of the largest providers of locally grown fresh foods to Harvest, and the people of Manitoba. But it was always the growers who, year after year, made that contribution to Harvest possible.”

Harvest Manitoba CEO Keren Taylor-Hughes said she’s grateful for the strong partnership with Peak of the Market and Larry’s years of dedication to Harvest.

“We wish Larry and Shelley all the best in their retirement. He was a strong spokesman for Peak of the Market and a valuable member of the Harvest team. With their help, Harvest built a good relationship with Peak of the Market and I’m sure that relationship will continue.”

## Harvest Hamper Healthy Recipe of the Month: Meemaw’s Chicken and Rice Casserole

**Ingredients:** 3 chicken breasts cut into cubes  
2 cups of water  
2 cups of instant white rice  
1 (10.75 ounce) can of cream of chicken soup  
1 (10.75 ounces) can of cream of celery soup  
1 (10.75 ounces) can of cream of mushroom soup  
Salt and pepper  
½ cup butter sliced into pats

**Directions:** Heat Oven to 400F. Grease the sides and bottom of the casserole dish. Stir chicken water, rice, soups in the casserole dish add the butter on top. Bake in the oven until the rice is tender and the chicken is cooked through 1 hour to 75 minutes. Let cook for 15 minutes before serving.







## Member Spotlight

### Our Daily Bread Soup Kitchen Inc., Selkirk

This Selkirk soup kitchen was founded in 1994 by Eileen Zarvie when she saw the need in the community. Today it is operated by a volunteer board with support from local churches and businesses in the Selkirk Interlake area.

Approximately 40 volunteers cook, prepare and serve 325 meals a day during the week to community members. Others pick up and deliver food. During COVID, the meals were served in "to go" boxes. "Covid has changed our procedures, but not our commitment!" said Beverly TerHorst, co-chairperson.

Since the start of the pandemic, Our Daily Bread also began preparing meals to support employees of the Interlake-Eastern Regional Health Authority and their families. An average of 150 meals a week are provided to the Authority each week for delivery to their employees so they can stress less about meal prep for their families, while ensuring the best possible care for their community.

In addition to meal provision, Our Daily Bread also financially supports the breakfast program at Ruth Hooker, Robert Smith, Daerwood and Centennial Elementary Schools. Many students are thankful for the fresh fruit they receive along with other foods to support learning throughout the day.

We are a community of Harvest Stars. We are so proud to have such dedicated members in our Network.

Thank you, Our Daily Bread for nourishing our communities.



We are a community of Harvest Stars!



# HARVEST STAR

## Volunteer of the Month

### Don Harms

It was 1973 and Don Harms was at a crossroads. He knew he wanted to make a change in his life and after careful consideration he decided to quit his job and live a life of service.

Don believes “God takes care of those who take care of others.” When he retired and began his Harvest journey, Don said “(I chose to volunteer at Harvest because) I wanted to work somewhere where they had been helping others... Harvest was one of (the places) that the Mennonite Central Committee had on their list, so I chose it as an agency I wanted to work in.”

Sometimes described as a “dream volunteer” and a “career volunteer”, Don spent five days a week, mostly in the warehouse as a sortation supervisor, driving forklifts, loading trucks, filling orders, and all other warehouse tasks. Now he volunteers with our Agencies Department, which managed food distribution through our Community Food Network of food banks and other agencies like soup kitchens, shelters, schools and daycares.

At the Annual Harvest Volunteer Awards in April, Don received a long service award for donating more than 2500 hours to Harvest. Don wants anyone considering volunteering at Harvest to know “Harvest is a place where we work as a team and everybody helps each other.”

Don, thank you for all you do. You're a real Harvest Star!



## Walmart Fight Hunger Spark Change Raises \$141,489

A big thank you to nine Walmart Stores in the province for garnering \$141,489 for Harvest during the retailer's annual Fight Hunger Spark Change campaign.

“This donation from Walmart will ensure we can continue to produce and deliver Harvest Hampers to those who need food and other programs that benefit the community,” said Keren Taylor-Hughes, Harvest CEO.

As per the criteria, funds received will be spent as follows: 50% of the amount for purchasing and transporting food; 40% capital costs and staffing; and 10% to support operations.

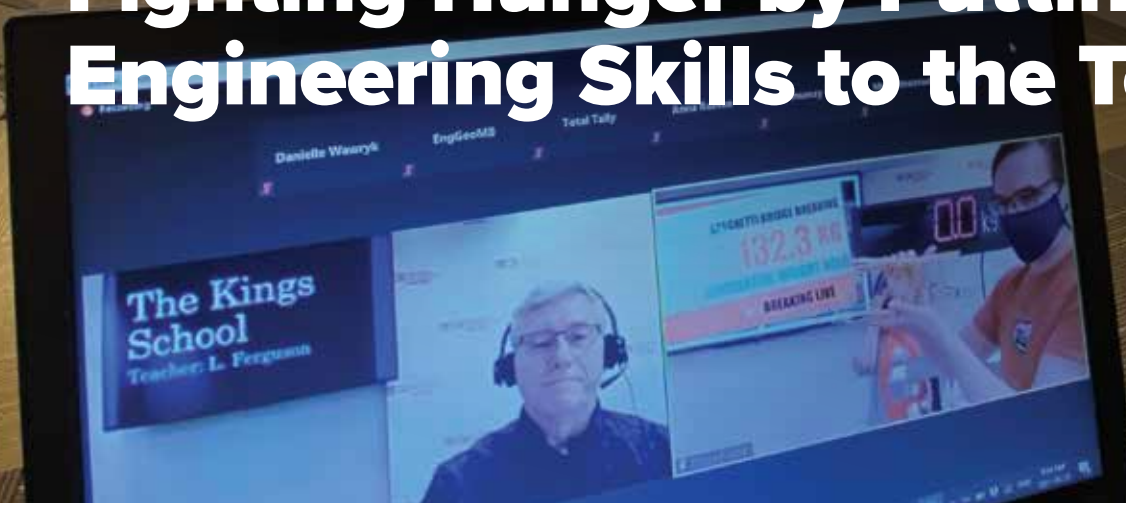
“The partnership with Walmart is a strong one, and we hope it will continue in the future,” said Taylor-Hughes.

In addition to the annual Spark Change campaign, Walmart provides grocery items through our retail food program and participates in our Tin for the Bin program featuring our Top 10 Most Needed Items. This is an affordable and easy way to donate to Harvest whenever you shop.





# Fighting Hunger by Putting Engineering Skills to the Test



## 26th Annual Spaghetti Bridge Event Raises \$10,000 for Harvest



The Engineers Geoscientists Manitoba Spaghetti Bridge Truss Strength Competition has been held annually in Manitoba since 1995 as part of Provincial Engineering and Geoscience Week. Between 2010 and 2020, the competition raised \$207,353 for Harvest.

This spring, 1000 students grades K to 8 from 11 schools participated in the competition. Collectively, 192 trusses were made by the students, and tested by four volunteer engineers. Participants watched the event online due to COVID-19 restrictions.

This year's event raised the equivalent of 9,868 lbs of food, which translates into a \$10,000 donation. Funds will be used to feed and build a bridge to a better future for thousands of Manitoba students.

Special congratulations Dr. F.W.L. Hamilton School who won the competition. Their bridge was able to carry 140.7 kg of weight before breaking.

## May 50/50 Funds for Food Winner

From January to May, Harvest raised **\$35,187** from its 50/50 Funds for Food raffle. The last draw saw Lori Roncin win \$2,500. Roncin said she felt pretty lucky to have won the pot.

*"If you have enough food you're so very fortunate and you need to support those people who don't have enough. And Harvest supports not only Winnipeg but lots of rural food banks and that is really important. Food is a basic need that people have."*

"I buy lots of tickets, so I was very surprised to have won. I don't usually buy lotto tickets, but I do buy lots of tickets to support non-profit organizations. I think it's good to support them because of the services they provide to the community. They work hard to raise money. Raising money is not an easy thing," she said.

Lori's sister Janice McWilliams is a Harvest volunteer, which is how she heard about our draw. She said she loves to support Harvest because it provides food to those in need.



Janice McWilliams (right) sits with her sister Lori Roncin. Roncin won the last 50/50 draw with Harvest Manitoba.



# In case you missed it...

Feeding babies • Nurturing parents

## Part 3: The Baby Kit

The fourth and final box in the Harvest Hamper was labeled 'Baby Kit'. As I start unboxing, I see it contains formula, pabulum, diapers and wipes. I imagine that for a family with a newborn, this is pure gold. But more powerfully, when I hold the two Ziploc bags of disposable diapers in my hands, what I feel is connection and love. Both bags have been packed and labelled by hand. One bag is marked 'Size 1' and the other is 'Size 3-4T'.

I found out later that volunteers love working on the 'baby box'. I can understand why. In this moment, as my hands are physically feeling the cool plastic bag outside and baby soft contents inside, it's easy to imagine how a stressed parent could feel that they came not from a hamper but from the hands of another mom or dad who understood the feelings of joy and stress of a new baby.



# SPRING FOR MEALS

## Goal Reached. Thank you!

**A huge THANK YOU to all Manitobans who contributed to our campaign. We beat our goal of 50,000 meals by more than 2,600 meals, and with the generous support of a matching donor, we raised enough funds to provide 105,224 meals to those who need them most!**



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