

JULY 2021



# HARVEST

*nourishing our communities*



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[HarvestManitoba.ca](http://HarvestManitoba.ca)





Dear Friends,

I want to give you advance notice of an especially important report that we will be releasing next month - *Harvest Voices*. This report is the results of a survey we conducted, where we asked food recipients about their lives and the factors that contribute to their reliance on Harvest for food support.

Here are some highlights of our findings:

- **76% of the respondents were unable to make ends meet, despite wanting to work, support themselves and remain financially independent.**
- **Unemployment, coupled with physical and mental health challenges, limited the ability of many food recipients to change their financial situation, and overcome food insecurity. These respondents had a much harder time finding employment. Even Manitobans with employment found it was not a ticket out of poverty.**
- **Without sufficient supports and a living wage, food recipients simply had too much month left at the end of the money and were forced to make choices between food and everything else.**
- **The survey also found that social exclusion and isolation are common for food insecure adults, families and their children. The majority (88%) of respondents said that without money to make ends meet, they could not afford to participate in recreational or extracurricular activities.**



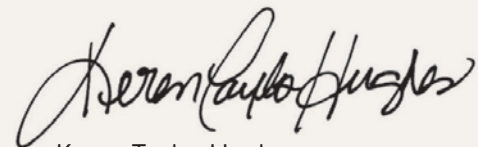
One of the good news stories in the report was the importance of the Harvest Hamper in the lives of food recipients and their kids. Not only did it alleviate hunger and decrease worrying about where the next meal would come from. But it also meant bussing not walking to work. It meant having at least one visit, one social interaction every month, when picking up their Harvest Hamper – and the peace of mind of knowing they were part of a larger, caring Harvest community.

As soon as the full report is available to be released next month, we will be emailing it directly to each one of you so you can hear even more stories of impact. Stay tuned!

Until then, know that every tin in the bin at the grocery store, every pound of food collected through community food drives, and every dollar donated creates a Harvest Hamper that is much needed by one of our neighbours. Thank you for providing much health, happiness and hope to them.

We are a community of Harvest Stars, giving and receiving so no Manitoban goes hungry.

Again, I thank you, ☆



Keren Taylor-Hughes



# HARVEST STAR

## Volunteer of the Month

### Darlene Cuevas

This 16-year-old is already contributing to her community, and now she will be shaping her future and ours.

Harvest Star Volunteer Darlene won the prestigious Schulich Leaders' Scholarship after receiving 19 scholarship rejections. She needed funding to attend university this fall. Her school councilor nominated her for the award – and her prize? \$100,000.

"I feel very grateful to everyone who believed in me – especially the Schulich Foundation for giving me this opportunity," said Cuevas. "I'm just very happy."

The Schulich Leaders Scholarship is for students who will study science, technology, engineering, and math in university. The award is based on academic performance, leadership, creativity, and charism.

This year, 100 students got the award, but only five in Winnipeg. Cuevas is one of two to receive \$100,000 the other three received \$80,000.

"(If I didn't get this) I would be dependant on studen loans," she said. Cuevas combined her Grade 10 and 11 subjects into one year and will be going to university at 16 years-years-old.

Cuevas will study biosystems engineering at the University of Manitoba come the fall. Biosystems engineers help to create new technologies to improve the well-being of humans and animals, and to preserve and enhance natural resources and the environment.

The Cuevas family moved to Winnipeg in 2019 from the Philippines with the hopes of making a better life for themselves. Cuevas said she looked to Canada as a "paragon of a perfect country" and was shocked to see the country had poverty and homelessness. She joined Harvest Manitoba as a volunteer in September of last year.

"I realized that anywhere in the world there are problems begging to be solved and I want to be part of the solution as much as possible (after looking at other organizations she decided to volunteer at Harvest)," she said.

Volunteering at Harvest taught Cuevas a lot about teamwork and community.



*Harvest Star Volunteer Darlene Cuevas won the prestigious Schulich Leaders Scholarship and is looking to continue applying her talents to humanitarian efforts.*

"I really love doing the bags of flour and sorting through the cans and different non-perishable goods," she said with an impish laugh. "I really also love the people and I see how dedicated everyone is and how they are having fun while helping the community. Another thing with Harvest Manitoba throughout the past few months it makes me realize how important working together is...I love being here." ★





# HARVEST MANITOBA COMMUNITY FOOD NETWORK

## Member Spotlight

### Black River First Nation

Adeline Abraham lugs cartons filled with watermelons into her van. She drove two hours from Black River First Nation to Winnipeg to collect food for her reserve's food bank.

"Every day somebody gets hungry," she said. "Harvest Manitoba's important to me as it helps a lot of people. A lot of people are hungry."

The Black River First Nation food bank supports 980 members. The most requested items are milk, diapers, potatoes and vegetables. The food bank picks up food from Harvest once a month to share with members of the community.

According to Stats Canada, 33% of Indigenous households are food insecure. That number is significant because Indigenous people make up only 18% of Manitoba's population and only 12% of Winnipeg's population.

According to the Black River Chief Sheldon Kent, the food bank has helped most residents on the reserve who are struggling with social assistance and large families. He also said when the food bank is closed, the children who go to school find it hard to concentrate because they're hungry.

"The food bank really assists our citizens that utilize it on a regular basis...The food bank is a shining star for us I'm so grateful for the efforts, and the programs, the donations we received from the food bank. I know at least they're going to have a good meal twice a week for sure, but I'm hoping they eat every night. We do what we can," said Kent.

Kent noted every year the band tills land so that residents can grow their own food if they want to. In the end, Abraham sums up her and Chief Kent's feelings about the food bank and their reserve.

"What drives me to keep going are the people. I love my reserve. I love helping my reserve. I always say it's better to give than to receive," she said. ★



*Harvest Star Adeline Abraham lugs cartons filled with watermelons into her van on May 21, 2021. She drove two hours from Black River First Nation to Winnipeg to collect food for her reserve's food bank.*

# Harvest Community Garden Food Sharing Program

What started last year to promote urban agriculture has turned into a community garden being maintained by Harvest.

“Because it was so successful, Harvest was asked by the Food Policy Council to take over the Meadowood Victory Garden in St. Vital. “said Bailey Morlock-Tellier, student intern at Harvest Manitoba, who has taken over the maintenance and planting of the garden. “Many community members were able to access fresh vegetables, and the leftovers went to a Breakfast2Go school in the area.

The food in the garden is grown to be shared with the community as a way of alleviating hunger and food insecurity. Community members can pick up fresh vegetable kits on Fridays at 10 Am until the end of August. You can also pick your own vegetables as you need them. We just ask that you help water or pull a weed or two.

Last year, it produced more than 282 pounds of produce, which was distributed to more than 90 food boxes. This year, we are growing carrots, beets, radishes, tomatoes, peppers, spinach, kale, lettuce, swiss chard, peas, zucchinis, cucumbers, beans, basil, parsley and dill.

The garden was the brainchild of Coun. Brian Mayes, Chair of the Winnipeg Food Council, a citizen advisory committee with the City of Winnipeg. Mayes thought the idea of a garden would be beneficial to promote urban agriculture in response to the impacts of COVID on food security,



“Victory gardens, community gardens and urban agriculture contribute to overall community health and neighbourhood vitality through the creation of healthy build environments. This helps build a sense of belonging and community pride, which has shown to have great impacts on physical and mental health,” - Brian Mayes

Harvest Manitoba that the community will take over the care and maintenance of the garden in the future. ★



Bailey Morlock-Tellier plants basil in the Meadowood Victory Garden at the St. Vital Centennial Arena.



Bailey Morlock-Tellier and Levi Reed plant vegetables in the Meadowood Victory Garden at the St. Vital Centennial Arena.

## Harvest Hamper Healthy Recipe of the Month: Easy Spaghetti and Meatballs

**Ingredients:** 1 pound ground beef  
1/4 cup finely grated Parmesan, plus more for serving  
1/4 cup chopped fresh parsley, if available  
2 garlic cloves, minced  
1 large egg  
Coarse salt and ground pepper  
1 pound ground beef  
1/4 cup plain dried breadcrumbs / panko (optional)  
1 tablespoon olive oil  
1 can (28 ounces) diced tomatoes or garden tomatoes  
500 grams spaghetti

**Directions:** Set a large pot of water to boil.  
In a bowl, combine Parmesan, parsley, garlic, egg, 1 teaspoon salt, and 1 teaspoon pepper. Add beef and breadcrumbs if desired. Mix all ingredients, and then form into 12 meatballs.  
In pan, heat oil over medium heat. Add meatballs and cook, turning occasionally, until browned. About 8 to 10 minutes.  
Add tomatoes and bring to a boil. Reduce to a simmer; cover partially and cook, stirring occasionally for 10-12 minutes.  
Cook spaghetti as per directions on box in the pot of water in step 1. Drain and return to pot. Add meatballs and sauce and mix gently. Serve with Parmesan cheese.



# IT TAKES A PROVINCE TO FEED A PROVINCE.



## Food Fare answers the call for where's the beef?

In June, Walmart raised \$141,489 for Harvest Manitoba during the retailer's annual Fight Hunger Spark Change campaign. In July, Food Fare agreed to provide beef for Harvest Hampers at a discounted rate and created 1,000 one-pound beef packages for delivery every week for 14 weeks.

This beef was a welcome addition to the Harvest Hampers because its an inexpensive protein source for a lot of meals like hamburgers, meatballs, chili, tacos and so on.

Food Fare's Ramsey Zeid who brokered the partnership with Harvest said the beef donation was all about giving back to the community. "Harvest helps so many people in Manitoba and not just individuals but a lot of organizations. And they do a lot of great work so if we can support them in any way we feel we should," he said.

The Zeid family has donated to Harvest in the past. "We like to give back to the community that supports us. Winnipeg has shown us tremendous support, and this is a way for us to support Winnipeg," said Zeid. ★

## Local growers donate 1,000 seedlings

Summer was in the air when Harvest accepted more than 1,000 plants from local growers.

Arbo Flora, Prairie Grove Green House, and Good Turf Garden Centre donated tomatoes, peppers, eggplant, cucumber, zucchini, peas, lettuce, cabbage, and an assortment of flowers.

"As soon as the donations came in, we sent an email out to all of the food banks and agencies that we support letting them know we have seedlings available for free. The purpose of this initiative was to distribute plants into communities that Harvest Manitoba works with," said Bailey Morlock-Tellier, Harvest community food network and advocacy intern.



*Harvest Stars Bailey Morlock-Tellier (back) and Daniel Raff hold plants that were donated to Harvest Manitoba by local garden centres.*

"Some of these seedlings may be planted in community gardens or will be distributed to families and individuals through agencies and community organizations around the city. Our priority was to make gardening as accessible as possible to folks who may not otherwise have the means to purchase seeds and plants." ★

## Egg-citing delivery!

“During COVID, we saw how quickly a lack of jobs and wages can turn into a food security issue,” said Keren Taylor-Hughes, Harvest CEO. “We are serving 10,000 more people a month today, and so we were elated that Egg Producers of Manitoba would be continuing to provide us with eggs for our Harvest Hampers. Eggs are a nutritious protein source, and you can make a lot easy meals with them so our families really love to get them in their hampers.”

Every month for the remainder of the year, Manitoba Egg Farmers will send another 1,800 dozen eggs to Harvest. This is the second year of the partnership and Manitoba Egg Producers board director and egg farmer Sandra Dyck said their 170 egg farmers are committed to giving back.

“Harvest is an organization that supports all Manitobans, so I think it’s important for us to ensure that all Manitobans have the availability of food, especially as far as eggs go... Food security is important I think for everybody, but especially we have felt the need of food security during this time of COVID when we’ve had so many things thrown at us and so many things change. I think it’s important to have that security so as a Manitoba egg farmer, it is my privilege (to give nutritious eggs),” she said. ★

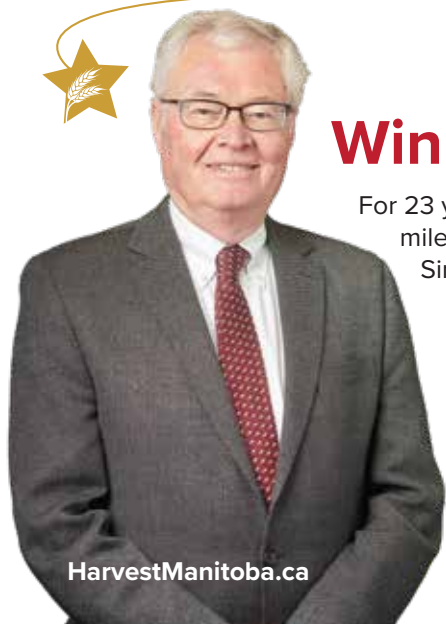


*Harvest Star Sandra Dyck, board member and egg farmer, Manitoba Egg Producers*



### **HARVEST STARS FEATURE VIDEO**

**Sandra Dyck, describes the partnership with Harvest**



## Winnipeg Foundation generosity adds up!

For 23 years, Rick Frost sat as CEO of the Winnipeg Foundation. During that time he had several milestones, one of which was seeing donations going to Harvest grow – and indeed they did. Since COVID-19 struck Manitoba in 2020, Harvest received \$685,000 from the Foundation.

“It shows how basic food security is. It’s a necessity of life and Harvest stands as a main player in that regard. It has a long history and strong reputation of benefiting people. I have a great respect for Harvest,” said Frost. “We were there to link generous donors to passionate organizations like Harvest, trying to make sure that grants get out the door to support the important projects in the city.”

# In case you missed it...

## Harvest CEO leaving a legacy after 3.5 years

In September 2021, after three and a half years at the helm, Keren Taylor-Hughes will step down as chief executive officer of Harvest Manitoba. You may not have heard or seen her in the media, but she has been a CEO such as Harvest has never had before.

Keren recently gave an interview about her experiences as Harvest CEO. The stories she told did not make the news, but they made a difference.

Here are three of those stories:

### The clean sweep

“After three months of observing and assessing, I thought we needed to stop, pause operations and clean our entire building from top to bottom, together.

“And that’s what we did. It’s a 100,000-square-foot building – 85,000 of it warehouse. We all came in jeans, emptied our offices, swept, washed and reorganized. I wielded a broom. My husband helped build some walls. It was important for staff morale. They work so hard all the time, and their workplace had become worn out.

“It was important for the staff to know and understand early on that this new person, their new leader, had heard their concerns and was paying attention.

“It was a great way to start my tenure by saying, ‘We’re all in this together. Let’s clean.’ It took four days, and we were all the better for it.”



### **HARVEST STARS FEATURE VIDEO**

#### **Rick Lee, Lee’s Valley View Farm Ltd.**

Rick, a third generation egg farmer and his family are Harvest Stars! They contribute one palette of eggs – 900 dozen eggs – every month for Harvest Hampers.

**Watch his story.**



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