



HARVEST

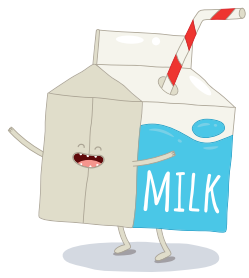
nourishing our communities



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Kids are back at school and so is Harvest - helping them succeed

“Children with access to nutritious food will reach their mental development potential and educational capacity. Simply put, they will attend school earlier, learn more, and postpone dropping out.”¹

Harvest feeds 35,000 children every month. Some of these children are supported through weekly school programs but have little or no access to food on weekends. Suffering from a lack of nutrition puts children at risk and hinders their ability to grow, learn and succeed.

To address this need, Harvest first launched its Breakfast2Go program three years ago at Mulvey School. The next year it was expanded to include Pinkham and Victor H.L. Wyatt Schools. Through the program, every student receives a Breakfast2Go Kit with two take home meals for the weekend.

“The Breakfast2Go Kits are packed in our warehouse every Thursday and delivered to the schools every Friday,” said Mika Peterson, Community Events Manager and the programs coordinator. “The Kits are then distributed to students at the end of the day for them to take home and enjoy over the weekend.”

Impact & Results

The results of the program have been overwhelming. Students benefit physically, emotionally, communally and — academically. By filling the weekend food void for children and providing them with access to healthy food on the weekends, principals and teachers report several demonstrated benefits including a decrease in sick days, an increased ability to focus and better test scores, and an increase in student self-esteem and self-image.

“The program has been a great success,” said Mulvey School Principal Peter Correia. “We’ve seen improved attendance, academics and more students that are engaged and focused on Monday morning.”

Emotional Nutrition

Breakfast2Go Kits include items like cereal, yogurt, and fruit, and individual, inspirational messages which affirm self-worth,





and encourage self-value. These are highly valued by the students to the point where they have been collected, traded, and in one case, made into a memento book of that student's school year.

Student Leadership & Pride

In the most recent program report, 95% of surveyed students stated they were excited to come to school on Fridays and receive their Breakfast2Go Kits.

"The Breakfast2Go Program also provides an excellent opportunity for student leadership as they are actively engaged in the distribution of kits going home, writing the positive affirmation notes, a voice at the nutrition focus groups as well as further promoting the health and wellness of students. The Breakfast 2 Go Program has been a great benefit to the Mulvey School Community," said Principal Correia.

Nourishing Kids & Community

Due to the success of the program, and the generosity of partners and Manitobans, 25,000 Breakfast2Go kits have been distributed to date. The program will be expanded this fall to include two new schools - Machray School and Fort Rouge School.

"When they say, it takes a village, it is certainly true, and we are so grateful for the support we receive from funders and the community," said Peterson. "Programs like Breakfast2Go break the cycles of poverty and ultimately create a nourished community for all its members, and Manitobans benefit." ★

1. Source: Global Citizen: 8 reasons why nutritious food helps break the cycle of extreme poverty



Alleviating child hunger and supporting healthy living is key priority for Harvest. To apply to host this program in your school or community:

Click here



Remember to hand off your Tin for the Bin at every home game.

October 8, 23 & November 6

#ForManitobans #FortheW



Volunteer of the Month

Manuel Pfannfuch

Manuel Pfannkuch from Gersbach, Germany, came to Harvest through the Christliche Dienste program in November 2020. This Mennonite initiative places volunteers abroad. He worked with our Volunteer Services team and then in the Warehouse.

"He was shy and timid at the start but learned fast. He is extremely helpful, on time, and so his responsibilities have grown so much, and everyone values his work," said Snookie Tumlos, Volunteer Services Floor Supervisor.

When asked about the award, Manny said, "Being selected as Volunteer of the month is a great feeling. It's nice to be appreciated."

Manuel is 21 years old and loves sports. Before coming to Canada, he finished his college studies. He plans on becoming a German police officer.

"I like working at Harvest a lot and I like the people" he said. "My coworkers are very, very nice and that makes working so much better. Everyone is friendly, and if I don't know something they explain everything. It's nice to talk with them and know their journeys."



"My experiences here have helped me grow into a man. I've met so many different people, had so many unique experiences, and learned to work through challenges situations."

Manny will be returning to Germany in the near term, to join the police academy. We thank him for his service and wish him well! ☆



Volunteers

play a critical role in helping to alleviate hunger in Manitoba, and your role is even more critical now given the COVID crisis.

Individuals, groups and corporate groups are urgently needed. Please contact us today online or by calling 204-982-3582





Member Spotlight

St. James Anglican Church Food Bank Wechetowin

For the past nine years, the St. James Anglican Church Food Bank Wechetowin (Cree for people helping people) has been there to feed the community it serves. The team serves about 25 families every two weeks.

“We have a space and knew there was a need in our community,” said Elizabeth Bonnet, Food Bank Coordinator. “We’re giving out food and the clients are giving us something. It’s about connecting, it’s about being human. The clients are part of our lives now, they have become family.”

The food bank team picks up Harvest Hampers and placed them on pews for their families to pick up. Bonnet will add additional items for larger families.

During the pandemic, their Church closed due to Public Health Order, but Bonnet convinced the Bishop to keep their food bank open as an essential service. Many of the older volunteers were unable to continue, and clients were affected as well.

Bonnet recalled a client with anxiety issues that missed several appointments to pick up food because she was afraid to leave the house. The food bank reached out to her, and it was decided to have a volunteer deliver it to her home. ★



If you would like to be featured in our e-newsletter, share your story with us:

[Click here](#)



IT TAKES A PROVINCE TO FEED A PROVINCE.

Stand-ing up for Harvest!



Seven-year-old Liam Wall decided he wanted to have a lemonade stand for a day and he did so by using a movie prop.

“The lemonade stand had been built for a short film and then he said, ‘I might as well make a lemonade stand with it.’ And he was so excited. He was more excited about the lemonade stand and selling lemonade than the short film,” said Liam’s father Andrew.

“I wanted to have a stand to give people lemonade and raise money,” said Liam who raised \$74.57.

He decided to give the money to Harvest Manitoba because his school raises money for the charitable organization.

Also hosting an iced tea stand and collecting money for Harvest were Amelia and Kenna who raised 50 pounds of food and \$175. ★

CREW Spotlight

Agencies Department

The Harvest Community Food Network consists of 325+ food banks and other agencies who distribute food to hungry Manitobans. It includes schools, soup kitchens, daycares, shelters and other groups who partner with us to reduce food insecurity and poverty in Manitoba.

The Agencies department, led by Meaghan Erbus, manages Harvests' relationship with our food distribution members across the province, including managing the pick-up and delivery of Harvest Hampers and other items to them each month.

"I'm always surprised about what people are doing, and the innovative programming", said Meaghan Erbus, Sr. Manager of Community Food Network & Advocacy. "I recently went on a tour of Siloam mission's new program called The Nest, which provides safe housing for people working through addictions. Harvest supplies food for the program so that

each person housed there is fed, and can learn life skills by making meals for others with the food that we provide."

The Agencies Department also includes Client Services, which works directly with Manitobans who need food, operating our Food Assistance Line, gathering food needs, and scheduling appointments for food recipients. It also includes advocacy and impact, which conducts research involving food recipients to better understand them, the barriers for accessing food, and other challenges associated with food insecurity and poverty. Reports are then provided to governments and other stakeholders to promote policy changes and program development.

One of the barriers facing people who use food banks is the difficulty of making ends meet. "People just don't have the income to be able to afford things like paying for rent, utilities, and clothing. Right now, when I think about back to school with parents having to buy backpacks, shoes, and school supplies, income is the barrier of them having to afford it resulting in them having to access our services," said Erbus. ★



Harvest Hamper Healthy Recipe of the Month: Pork Schnitzels

Ingredients:

- 4 pork chops
- 2 tbsp each of mayonnaise and mustard
- 1 egg
- 2 tbsp water
- 1 cup of breadcrumbs
- ½ tsp black pepper
- ½ tsp salt
- 1 tsp of sage /dried sage (optional)
- 2 tbsp oil (canola, vegetable, olive oil, whatever you prefer)
- Lemon wedges (optional)

Directions:

Set up 3 plates side by side. Combine the mayonnaise and mustard on the first plate. On second plate, whisk together egg and water. And on the third plate, combine breadcrumbs with salt, pepper and sage if you have it.

Take one pork chop and move it through all 3 bowls. First, coat pork chop with mayonnaise mixture, then dip into egg mixture and then coat in breadcrumb mixture. Place on a rack to dry for 15 minutes. Repeat for all pork chops.

In a non-stick skillet, heat oil over medium-high heat. Add the pork chops and cook for 3 to 5 minutes per side until golden brown; do not overcook. Add more oil if necessary.

Garnish with a lemon wedge and squeeze over the pork chops for extra flavour.





FEATURE VIDEO Kerry Weyman

Kerry moved her family to Winnipeg in 1996 and found Harvest. In this feature video, she shares her moving story and poems she wrote about her struggles. She also talks about volunteering at Harvest and how it gave her more self-confidence. Kerry said she was so shy that she never spoke to someone until spoken first - all that changed volunteering at Harvest. Click on the video to watch her story.

In case you missed it...

First you listen, then you dream

In Part 1 of our look at the Harvest Voices report, we went straight past the statistics and examined the deeper context of our collective potential to relieve human suffering and do some community-building. The kind of potential that comes from the 350,000-plus meals Harvest Manitoba provides every month.

That's the part of Harvest everyone knows. What isn't so obvious is Harvest's role as an 'advocate for change' in the realm of maintaining food security for everyone in Manitoba. Back in 1985, Lee Newton was that advocate. She had an impossible vision of feeding hungry people in Winnipeg. Today Manitobans donate about 11 million pounds a year and Harvest distributes it to 325-plus communities across the province.

We need more of that type of thinking, that kind of vision. Today we are going to look at some of the Harvest Voices report's recommendations to show you what that kind of thinking can look like.

At the risk of being wrong, overreaching, naive, or impossible on almost every point, we are going to 'brainstorm' ways that these recommendations might be fulfilled.

This isn't a desperate measure. It's what creative companies, committees, scientists, artists, think tanks and ad agencies do. Everything is impossible until somebody does it. Everything ever accomplished started with an idea or a dream...



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