



Your generosity alleviates food insecurity and nourishes our communities.
Thank you for being part of our community of Harvest Stars.

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MESSAGE FROM THE PRESIDENT & CEO

HarvestManitoba.ca



Thank you for being part of our community of Harvest Stars. Your generosity has real impact. It alleviates hunger, supports active, healthy living, and nourishes our communities.

With each wave of this pandemic, Harvest has had to scale our operations to provide healthy and nutritious food to a historic number of children, families, and seniors experiencing food insecurity across Manitoba. We have been able to meet this incredible need because of the generosity and support of Harvest Stars like you.

Today, the need for healthy food remains high. In the final months of 2021, we experienced an upward spike of near to 500 new applications for emergency food support each month. The cumulative effect is that we're distributing over 1 million pounds of food every month to ensure more Manitobans can put food on the table for themselves or their families.

Thanks to you, the New Year brings New Hope.

Despite soaring food prices, chronic illness, and even our own shortages of staff and volunteers, I know we can keep operations open and food flowing with your help. Your generous support has inspired and empowered our Crew, our partners and our Community Food Network of food banks and agencies across the province to keep going, to continue to find ways to alleviate hunger and support active, healthy living for all Manitobans.

Thank you again for being Harvest Stars and shining so bright for those most in need. We wish you and your loved ones a safe and healthy 2022.

With gratitude,

Vince Barletta, President and CEO



Harvest Stars

Stories of People Who Shine



Meet Emelda Nnadi

This fourth year University of Manitoba College of Nursing student elected to complete her fieldwork at Harvest. During her time here, Emelda was a contributing researcher for our [Harvest Voices 2021 Report](#). Harvest field placements give public health students the opportunity to take what they learn in the classroom and apply it in the real world. In this video, Emelda discusses the importance of what she learned at Harvest and how those lessons will help her advocate for her future patients.

Click to watch her story. <https://www.harvestmanitoba.ca/stories/>



Member Spotlight

Sparling (Weston) Food Bank

The history of Sparling (Weston) Food Bank dates to 1904 when it was established as the Weston's House of Friendship. Over the years, the food bank has partnered with several non-profits to meet local needs including the Seniors Resource Council, Weston Memorial Community Center, and NorWest Community Health Cooperative.

Sparling currently serves 51 regular clients, but also accommodates 10 emergency visitors and as many walk-ins when open. Their main clientele are senior citizens on a limited income, newcomers, and the under-employed.

Volunteers come mostly from the Sparling United Church and the Rosser Grosse Isle United Church, plus clients who want to give back. They see their work as part of a journey with the people who use their services. Sparling volunteers also provide a variety of services to clients including information for newcomers on how to prepare vegetables commonly found in hampers, access to low fee legal services for those 55-plus, home maintenance referrals, flu clinics, resume writing clinics, and blood pressure clinics. They also connect clients to community resources, such as dieticians who come in and give demonstrations on how to create healthier meals.

Sparling has become a place to socialize. "Food bank is where we see lives connected and lives changed – not just among our clients but among we who volunteer as well. Our volunteers have also become advocates of food sovereignty as well as food security – something that would not have happened had they not been associated with the food bank. ★



Harvest Hamper Healthy Recipe of the Month:

WARM GRILLED CHICKEN SPINACH & BEAN SALAD

Source: Manitoba Chicken Producers

- Ingredients:**
- ¼ cup (60 ml) balsamic vinegar
 - 2 Tbsp (30 ml) Dijon mustard
 - 4 boneless skinless chicken breasts

Salad Dressing:

- 2 clove garlic, minced
- 2 Tbsp (30 ml) maple syrup
- 2 Tbsp (30 ml) balsamic vinegar
- ¼ cup (60 ml) fresh lemon juice
- 1 tsp (5 ml) salt
- ½ tsp (2.5 ml) cayenne pepper
- ¼ cup (60 ml) canola oil

Salad:

- 1 (541 mL) can mixed beans, rinsed and drained
- 3 cups (750 ml) baby spinach
- ½ cup (125 ml) toasted walnuts
- 1 medium red onion, thinly sliced
- ½ yellow pepper, thinly sliced

- Directions:**
1. Whisk together vinegar and Dijon mustard. Pour over chicken breasts and refrigerate 1 hour. While chicken is marinating, prepare salad and dressing.
 2. Whisk together garlic, maple syrup, balsamic vinegar, lemon juice, salt, cayenne and canola oil.
 3. Mix half the dressing with the beans and refrigerate until needed (can be done the day before). Save the remaining dressing. Preheat grill to medium high. Remove chicken from marinade and grill until a meat thermometer inserted into the chicken reads 165F (about 10 minutes per side). Remove chicken from grill and let cool slightly. Slice into thin strips.
 4. Arrange baby spinach on 4 plates. Top each with mixed beans, walnuts, onion and yellow pepper. Add chicken slices and drizzle with remaining dressing. Serve immediately.

Tip:

For more intense flavour, complete the first three steps above the night before and keep everything in the fridge until ready to cook the chicken.





Daniel McIntyre Collegiate Institute

Daniel McIntyre Collegiate Institute (DMCI) Leadership Program encourages student volunteerism and has selected Harvest as a community service partner of choice.

"I started the program, I believe, nine years ago", said Nick Malandrakis, teacher and Leadership Program coordinator at the school. "We have quite an incredible student population. They're just every year a new batch of kind, hardworking, kids just seem to roll in. They want to give their time, to be a part of something. They want to volunteer and a lot of it is they're not sure where to volunteer, where to go, who to speak to. So, that was the initial motivation to start this program.

The DMCI Leadership Program has 170 students who in just over a month have put in 1,500 hours. Throughout December, the students volunteered in groups of 10 every week up to and including the holidays.

"I'll post (the call for volunteers) and (the shifts) fill up as if the kids were buying concert tickets! It's absolutely insane. It's still baffling to me there are so many kids that want to volunteer and want to do it so badly. And it's now competitive," said Malandrakis.



One student who enjoyed her time at Harvest was 17-year-old Arian Nguyen, whose first shift at Harvest was in October. "Putting things like cereal in the hampers, I really enjoyed because I know that the cereal will go to someone in need," she said.

According to Malandrakis, the students learn valuable skills from their time at Harvest including leadership, teamwork, organization, the value of what they're doing, and what it means to Manitoba's most vulnerable including hungry peers.

"While working at Harvest I learned to be more responsible with my time...Helping people who need help makes my life more meaningful," said Arian. ★



HARVEST

New Year's Intentions that help you and others:

- ✓ Put a tin in the grocery bin every week.
- ✓ Sign up to Volunteer. 2 Hours = 10 Hampers
- ✓ Broaden your perspective. Follow us on social media and sign up for e-mail updates.
- ✓ Make a monthly donation. \$20 = weekend food for one child.

We are a community of Harvest Stars! Find out more at:
HarvestManitoba.ca/New-Year-New-Hope

IT TAKES A PROVINCE TO FEED A PROVINCE.

In Manitoba, 83,000 people a month - 49% of whom are children – rely on the Harvest Community Food Network for nourishment. Individuals, community groups, retail partners and businesses across Manitoba see the need and give what they can. We are a community of Harvest Stars, and we are grateful for their efforts. If you know them or shop at their stores, please thank them for what they do to help ensure our neighbours do not go hungry.

Advance Electronics

Thank You!

WE ARE A COMMUNITY OF **HARVEST STARS**

\$2,400 = 16 Holiday Hampers for Manitoba Families

Brookelyn Cruz

Thank You!

WE ARE A COMMUNITY OF **HARVEST STARS**

Collected 96 pounds of food = 75 meals

Diamond Gallery

Thank You!

WE ARE A COMMUNITY OF **HARVEST STARS**

\$5,500 = Alleviates hunger for 37 Families

Manitoba Egg Farmers

Thank You!

WE ARE A COMMUNITY OF **HARVEST STARS**

Donating Eggs for Harvest Holiday Hampers

Manitoba Pork

Thank You!

WE ARE A COMMUNITY OF **HARVEST STARS**

1,000 lbs. of Manitoba Pork for Harvest Hampers

Mennonite Elementary & Middle School

Thank You!

WE ARE A COMMUNITY OF **HARVEST STARS**

Collected 380 lbs. to fill 7 Harvest Holiday Hampers

Abell Pest Control

Thank You!

WE ARE A COMMUNITY OF **HARVEST STARS**

\$500 = 149 meals for seniors on a fixed income

Pinkham School

Thank You!

WE ARE A COMMUNITY OF **HARVEST STARS**

Proudly serving Manitoba's children

Valley Gardens Community Centre

Thank You!

WE ARE A COMMUNITY OF **HARVEST STARS**

Community Food Drive = 65 lbs.

Recycle Everywhere

Thank You!

WE ARE A COMMUNITY OF **HARVEST STARS**

Donated campaign proceeds of \$15,000 = 1,000 Holiday Hampers

Shout outs!

Feel the Stars!

Shout out to Norma who called in to find out the name of the Harvest Theme Song – Feel the Stars. During a recent phone call, Norma was pleasantly surprised to hear it when on hold waiting for information. She called back to find out what it was because she loved it. The Feel the Stars original soundtrack is an inspirational song by Manitoba's own Keith and Renée, (Keith MacPherson and Renée Lamoureux). To hear the song and watch the music video, [click here](#).



COVID Hair – it's a thing! But no more.

Windsor School Principal Darren Baker was on a mission. Thanks to the COVID pandemic, his hair had grown to luxurious locks all the way to his shoulders, and he thought it should be cut for a good cause – Harvest. So he gave all 130 students an opportunity to vote for a hairstyle for picture day. Students could vote as many times as they wanted by written or picture ballot – plus a \$2 donation to Harvest. The winning entry was a mullet to accompany his thick horseshoe mustache. What a fun activity! Thanks to Darren and the students at Windsor, Harvest received a \$396 donation! That's enough to provide 20 weeks of Meals2Go weekend Kits for hungry Manitoba schools kids. You are Harvest Stars!

Corporate Teams needed at Harvest!

Help us pack
hampers during
**this time of
great need.**

Proof of COVID-19
vaccination and
photo ID required.



Sign up today: HarvestManitoba.ca/volunteer

Local food bank knits socks, mittens and blankets for hampers

It all started in 2020, when Harvest received five large banana boxes filled with yarn destined to warm the body and the heart. We contacted Armande Leclair, Manager of Accueil Kateri Centre Inc. located in Ste. Anne's, Manitoba, to see if the food bank could use the yarn. Armande said she would take the yarn to local seniors for knitting, and so they did - mittens, scarves, toques and more given out in Christmas Hampers.

This year, Harvest received two more boxes of yarn and they decided to make items for local children. One 96-year-old resident knitted 45 pairs of mittens and 68 pairs of socks. Others knitted blankets. Some went into food hampers and the other to school children in need.

"It brings them satisfaction to know that what they're knitting is helping children in need. That it's going out to a good cause," she said.



We are a community of Harvest Stars!

CREW Spotlight

Building Maintenance Team

Harvest Facilities Manager Chris Viveiros and his team take care of Harvest facilities and equipment. “The warehouse is a big machine with many moving parts”, said Chris. “There is much to do. I try to make work as fun as possible, but still try to get the work done.”

Working under Chris are seven employees. Together, they are responsible for the Harvest truck fleet, facilities, and grounds. This includes building repairs, upgrades and cleaning, equipment maintenance and landscaping. When they can, they go above and beyond to help others.

“I was given a nod once for my team because they assisted another employee with a task that they really didn’t have to, but they did. So, I feel very good about that”, said Chris.

Since COVID struck, cleaning has really intensified to ensure everyone’s safety. Chris’ cleaning Crew do a deep clean several times during the week with a special fogger. In addition to regular cleaning duties, they also wipe down offices and heavy traffic areas more often.

“It’s been quite the ride this year. I like all the changes and I like everything that I’ve put into place. I feel proud of what I do around here. I continue to grow. Learning more and more about this place every day. I look forward to where we’re going to the future and being a part of that,” he said. ★



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- Chris Viveiros, Harvest Facilities Manager

In case you missed it...

We survived 2021 thanks to our community of Harvest Stars!



FACT: Traditional food donations fell by 300,000 pounds (30 per cent) but producers stepped up. It takes a province to feed a province. During COVID, the need went up and food donations went down as supply chains were interrupted and those who normally volunteer were in lockdown. We received crucial support from producers and farm families like the Dairy Farmers of Manitoba, MB Egg Farmers and Manitoba Chicken and Pork Producers.



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