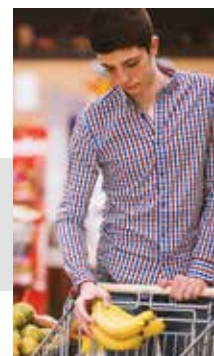




# HARVEST

*nourishing our communities*



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*Love =*  *Food Shared*



# MESSAGE FROM THE PRESIDENT & CEO

HarvestManitoba.ca



*Dear friends,*

It's the month of love, and we wanted to start it off with a special message to you!

By sharing your love and kindness, you make life better for thousands of Manitobans that rely on us for food, this month and every month. 49% of whom are children.

From soaring food prices to record inflation to pandemic challenges, you have worked alongside us to meet the ever-increasing demand for food to ensure no Manitoban goes hungry.

## Eggs, milk, bread, cost more this year than last year.

This is a harsh reality for families in your community who already struggle to afford enough food. When prices rise, it means more people need help from Harvest and our community food network of food banks and agencies to keep food on the table. It also means Harvest must pay higher prices for food just as more people may be turning to them for help.

## It takes a province to feed a province, and we are a community of Harvest Stars!

Thanks to your support we're ready to help hungry children, struggling families and seniors on a fixed income.

In this issue, you will learn about the incredible impact you are making in our community. How you are feeding the hungry, nourishing our communities, and changing lives.

Thank you!

Vince Barletta, President and CEO



## Harvest Stars

*Stories of People Who Shine*

### Louis Trepel "Hooked for Life!"

Louis Trepel has been a long-time donor and volunteer at Harvest, and he sees the power of his gifts in the community. He said, "I'm hooked for life".

"I'm overly impressed (with how Harvest uses its funds). They are so, so, so specific in how the money is spent and ensure that those dollars and cents get to the need of people who are hungry, who need food, are going through transition, and that really impresses me...And the fact that it's a community-based organization. There is no government funding, they rely on each and every one of us in the community (to donate)."



**Louis is hooked for life.  
Find out why.**





# Harvest Stars

## Volunteers of the Month



### Link Youth Program

This month's volunteer of the month is a youth group from Link, formally MacDonald Youth Services, who volunteer under the Positive Alternatives for Youth program. As part of the program, people between 12 and 20 years old who are required to perform community service.

"Link has been volunteering regularly two to three times a week for almost a decade with a different group of youth every year. Some are mainstays and most are new ones. The group has done almost everything at Harvest from order filling to general sortation and even bread sort. They are a versatile group that can do anything that we need done - packing and boxing hampers to debulking eggs and re-bagging or re-packing bulk products," said Snookie Tumlos, Harvest Volunteer Services Floor Supervisor.

By volunteering at Harvest, the youth learn important life skills, according to Jennifer Douglas, Case Manager for Positive Alternatives for Youth.

"We always kind of teach them that the things they are learning, while they're volunteering, are things they can put on their resume – how to work in a team, conflict resolution, how to follow instructions. Because we want our youth to be great members of society," she said.

Jennifer said a lot of their youth come from low-income families and that some use a food bank.

"What's great about Harvest is they get an opportunity to see where that food is coming from. I think there's more of an appreciation of how it goes from people donating food to people getting it on to their table.

Case manager Willow Froese who works directly with the youth said there have been so many positives for those volunteering at Harvest, such as overcoming social anxiety and interpersonal skills.

"So, I thought that was really amazing to hear. (One youth) started off quite timid and the staff at Harvest are just wonderful and helpful...So, he was getting along with the people there and I was shocked that he had such a positive experience there that he's thinking of applying for a job there," she said. ★





# Member Spotlight

## Immigrant & Refugee Community Organization of Manitoba

“IRCOM’s goal is to empower newcomer families, primarily refugees, to integrate into the wider community through three-year, affordable transitional housing coupled with onsite holistic programs and services,” said Mathew Joseph, program manager for the after-school program at Immigrant and Refugee Community Organization of Manitoba (IRCOM).

The vision IRCOM for the immigrant and refugee community is to create a community of belonging where these newcomers can maintain their dignity and it empowers them to have a successful resettlement. IRCOM operates two-transitional housing complexes, IRCOM Ellen and IRCOM Isabel located in Winnipeg’s downtown neighbourhood.

IRCOM offers many programs to help newcomers one of which is the after-school program, which provides opportunities for newcomer children and youth that allows them to harness their potential, develop leadership and set goals for their futures, according to Mathew.

He said there has been no change around poverty, particularly in the inner-city. The impact of poverty in the community is deepening with the cost of living on the rise. The gap will continue to widen, and communities will continue to struggle. Food security is a rapidly growing concern among low-income communities.

Harvest Meals2Go program supports IRCOM’s after school program. The program feeds children and youth aged 6 to 21, and they currently serve 83 children and 150 youth who

live in the transitional housing and in the surrounding community.

“The Harvest community snack/meal program helps IRCOM’s After School Program provide healthy snacks and hot meals to newcomer children and youth that access 18 of our weekly programs,” said Mathew.

“With limited resources to support the many needed after school programs, Harvest continues to fill many gaps and support program operations.”

Mathew said these children face a multitude of barriers of which food insecurity is one. He said by feeding these children and youth they perform better in school and have a better sense of well-being.

Before the Meals2Go program came to IRCOM, the after-school program relied on community donations and community grants.

“Harvest’s kind support and contribution is helping fight a good fight. Children and youth feel a sense of belonging and understand they have a supportive community... Youth dedicated hours volunteering in the grocery section at the Harvest Manitoba, they served soup to the community and hosted forums on deep societal issues.

“The reason was to help youth understand the greater effort being done by the community. Also, we wanted them to be contributing members of the society as well,” said Mathew. ★



# Ingredients for a Healthy Tomorrow: March is Nutrition Month

*At Harvest we are all about nourishing our communities with healthy food, which is why we celebrate Nutrition Month.*



Dietitians of Canada have been promoting the value of good health through this initiative for 40 years. This year's theme focuses on how dietitians are using their skills and expertise to create change for tomorrow.

Food security, food literacy, food sovereignty, sustainable food choices, nutrition care and prevention...are all ingredients in a sustainable food system in which dietitians across Canada play an active and often leadership role, and Harvest applauds these efforts.

"Pre-pandemic, an estimated one in eight Canadians (12.8%) were food insecure, meaning they did not have the income to purchase enough food to stave off hunger, or follow nutrition recommendations, let alone make special food for a celebration, or host friends for a meal," said Irena Forbes, co-chair of the Household Food Insecurity (HFI) Network at Dietitians of Canada. "It will be some time before we know the full impact of COVID-19, but we now think it is closer to one in seven Canadians (14%) who struggle with the financial ability to access food."

"While the pandemic has been hard on everyone, the risks and challenges increased significantly for people experiencing poverty. We also see the opportunity to collaborate as a dietitian profession with community partners and with people and communities with lived experience of poverty," added Karen Giesbrecht registered dietitian and co-chair of the Household Food Insecurity Network at Dietitians of Canada.

Meal planning is an important tool, helping to plan for healthier meals, stretch budgets and reduce waste. "Meal planning encourages you to prioritize key nutrients such as protein, fiber, and vitamins that we need for good health," said registered Dietician Anar Allidina. "It also helps with getting creative with leftovers so there is less food waste - and you can be more strategic when you go food shopping. Meal planning doesn't have to be elaborate; it could include boiling some eggs or prepping greens/chopping vegetables to have on hand for the week." ★

# Harvest at School for “I love to read month”

One of the things children love best is a good story, especially one that is read to them. As part of I Love to Read month, Harvest President and CEO Vince Barletta read to students at Machray School on February 11.

“I’ve always been an avid reader and visiting schools in the city to read to children is my way of passing that love of reading on,” Vince said.

Students enjoyed the book “The First Dog.” A story about a wolf that became a domesticated animal – a dog.

“Anytime they can hear a different voice reading to them, they enjoy it. They liked (the book). They like dogs and pets and they like to hear stories about (factual events) – “Oh! This is how a dog became a dog,” said Principal Dan Braga.

“It’s not just a month it’s something we try to institute all year round. For the month of I Love to Read we try to celebrate it more.”



Dan said classes read in themes based on the interests of the students. For example, one class enjoys mysteries, and another enjoys gardening. Those are then used to supplement subjects such as science or history.

Vince will also read at each of our Meals2Go schools in the city including Mulvey School, Pinkham School, and Victor Wyatt School. ★

## Shopping Helpers for You!

You can print our Top 10 Most Needed Food Stickers. They fit onto a standard 2" x 4" label sheet so you can place them on your tins at home as a reminder for the next time you shop!

A photograph of four volunteers, three men and one woman, sitting on a white surface and waving. They are all wearing blue t-shirts with "HARVEST" written on them. There are yellow stars and a wheat stalk icon around them.

## Nobody Pitches In More Than Seniors!

We need you for various volunteer shifts and roles. It's easy, fun and safe – so come join us!

Call: 204-982-3582  
Visit: [HarvestManitoba.ca/Volunteer](https://HarvestManitoba.ca/Volunteer)



# A Windfall of Good News Targets Local Needs

Harvest, with support from Food Banks Canada, announced earlier this month that it would be distributing \$220,000 in grants to members of its community food network across Manitoba including food banks, soup kitchens and other agencies that rely on Harvest for food. Another \$100,000 is being made available to support the unique food and nutrition needs of Northern Manitoba Indigenous communities.

Harvest received a total of \$1 million through the Food Banks Canada COVID-19 Response Fund, which is supported through the Emergency Food Security Fund, delivered by Agriculture and Agri-Food Canada. Much of the funding was earmarked for extraordinary expenses relating to food purchases and distribution costs during the pandemic. Two-thirds of the funding was set aside to respond to critical and unique challenges faced by local agencies across Manitoba.

For the second year in a row, Harvest Manitoba Community Food Network members were invited to apply for a cash grant. Funding could be used for food purchases, equipment acquisition and upkeep, delivery costs, distribution expenses, and other needs members deemed critical to serving their communities. Last year, a total of \$150,000 was disbursed.

“Local food banks and agencies within the Harvest Community Food Network are front-line responders in the fight against hunger in Manitoba,” said Marilyn McLaren, Harvest Board Chair. “We are pleased to be able to provide them with additional, unexpected support in this time of urgent need.”

One of organizations that received a Harvest Grant was the Charleswood Caring and Sharing Food Bank in St. Mary’s Anglican Church.

“Everything is getting more and more expensive and we’re definitely seeing more need and it’s always been our mandate at our food bank that we don’t turn anybody away who is a walk-in”, said Susan Brown, the food bank coordinator. “Everybody leaves with something. We’ve been really adamant about that. Sometimes it’s a little tricky. This grant allows us to stock up and have food on hand for emergencies.”



Through the Harvest Community Food Network Grant Program, the Charleswood Food Bank received \$1,000. One of the items they plan to purchase is a cart to help volunteers, largely seniors, with the loading of hampers from the truck. Remaining grant funds were used to buy feminine hygiene products and diapers for children, which are in high demand at the food bank. Last year’s grant of \$1,200 was used to buy an upright freezer.

“We purchased an upright freezer because we have a large walk-in clientele. Last year, I think we did over 250 walk-in clients for the year we just find that being able to keep excess (food stored properly is difficult),” she said.

The food bank has been running for eight years and services 80 clients monthly as well as walk-ins. Prior to COVID, the food bank had 45 volunteers, now it has only half that amount. She said the location of the food bank is great because it is close to social housing.

“We have quite a mix (of people who use the food bank), but as I say there is a Manitoba housing (unit) that is within walking distance from us, and it is a singles complex. Probably 70% of our clients are single households and the rest is a mix,” said Brown. ★



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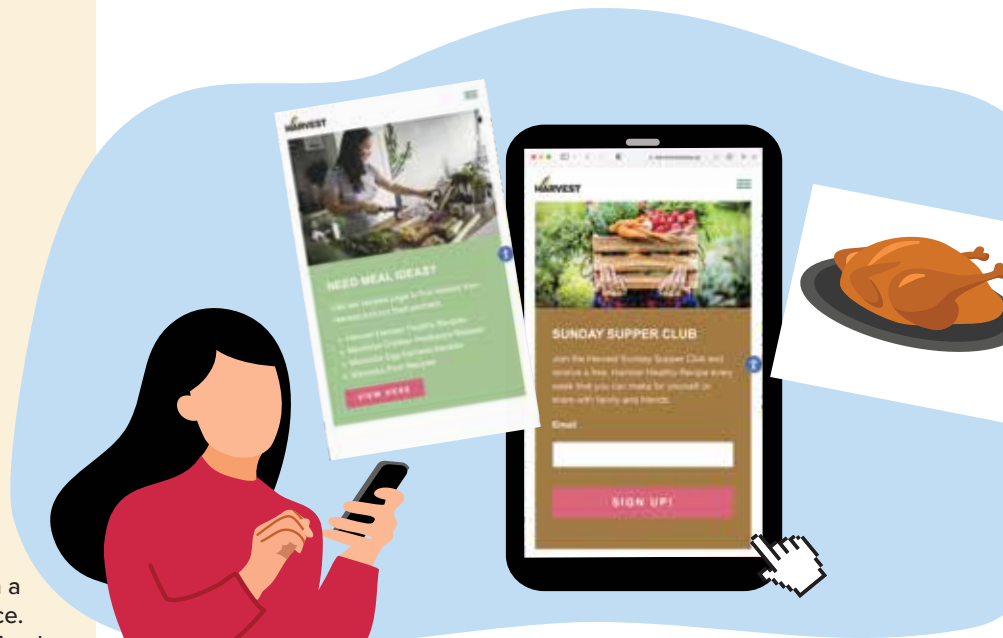
**Hungry kids and families need YOU**  
Call: 204-982-3582 Visit: [HarvestManitoba.ca/volunteer](https://HarvestManitoba.ca/volunteer)

## Harvest Hamper Healthy Recipe of the Month: Tuna Sandwich

- Ingredients:**
- Two 6-ounce cans tuna, drained
  - 4 tbsps. of celery, green or red onion; or a mix of any.
  - 1/3 cup whipped dressing
  - 1 tbsp. mustard
  - dash of ground black pepper
  - 1 tbsp. of lemon/lime juice (optional)
  - Sliced tomatoes and lettuce (optional)

- Directions:**
1. In a small mixing bowl add first 6 ingredients and mix well.
  2. Based on dietary requirements: Put tuna mix between two slices of bread or in a tortilla wrap and add a slice of tomato or lettuce. Or, put tuna mix on a bed of lettuce and add diced tomato for a lettuce wrap.

Source: Harvest Crew Member Karen



## Join the Sunday Supper Club

And a free Hamper Healthy Recipe will be delivered to your inbox every week, so you can make a delicious and nutritious meal yourself or share with family and friends.

## In case you missed it...



It's time to give up on new year's resolutions and switch to something less prone to failure — new year's intentions.

Overwhelmingly, resolutions become onerous. They fade and fail, and when they do, we feel like we've failed. But with new year's intentions, your good intent is always alive and waiting for you to use it! There's no guilt if you haven't acted yet — because all it takes to turn your good intentions into good actions is a gentle reminder.

And that the best reminder is a timely reminder, so please read on!



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