

# Summer Update!



## Life-changing help for people like Linda

In 2013, Linda received the diagnosis no one ever wants to hear — terminal cancer. Linda was told to get her affairs in order and she took an early retirement from a career that included many years of work with various community organizations in Winnipeg. Although she was fearing the worst, Linda was able to beat back the terminal cancer diagnosis. While she still has many health challenges and continues to receive cancer treatment, Linda is able to live on her own — with her dog Maggie of course!

Linda has always thought of herself as a thrifty person. She raised four children on her own in St. James and knows the value of a dollar. She never thought she would ever need to get support from an organization like Harvest — until now. Linda overcame the biggest battle of her life in the fight against endometrial cancer, but the experience has taken a tremendous toll on her health and financial independence. The pharmacare deductible for her cancer medicine is a big hit to her grocery budget.

### **The pace of inflation over the past year has made it even harder.**

“I have \$150 to spend on my monthly groceries,” said Linda. “I used to be able to get one meat item like chicken. Lately my protein has been chicken wieners.”

**Harvest Manitoba is there for thousands of people just like Linda all over our province who can't make ends meet with rising prices for food and other necessities.** By signing up for a Harvest hamper at a local food bank, people like Linda can stretch their small budgets further to make it to the end of the month. Although Linda knew that Harvest was there for people in need, she was still reluctant to make the call for help.

*“There are always people worse off than me, but for anyone who is struggling to pay for healthy food, please know that you are worth it. Don't be afraid to ask Harvest for help.”*

There are thousands of stories from people just like Linda. Your gift helps to support our food hamper program so that seniors can live independently and with dignity in their golden years.

# There are some staple foods we **NEVER** get enough of.

Did you know that the number of Harvest hampers has gone up by 42% since 2021?

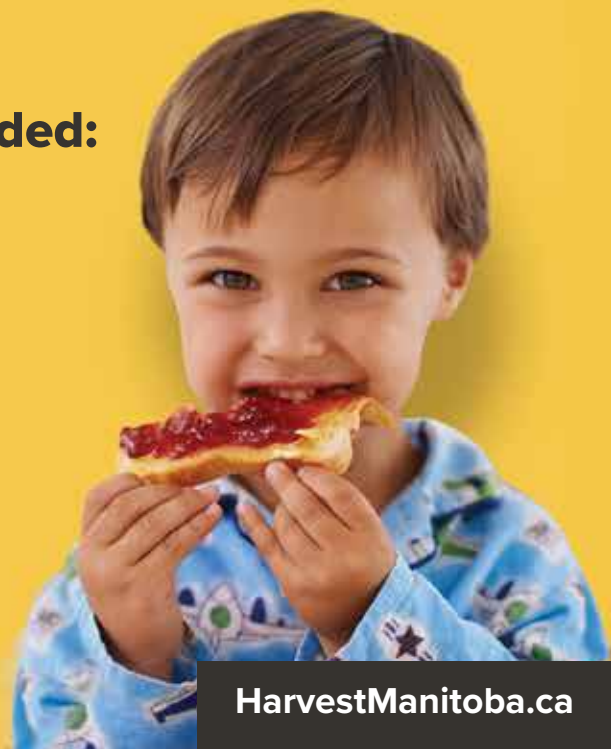
When you are shopping, consider picking up a Tin for the Bin to give back and help your community prosper.



Look for the yellow Harvest bin at the front of the store.

## Top 10 most needed:

- Canned Fruit
- Canned Soup/Stew
- Canned Tuna
- Canned Vegetables
- Pasta
- Pasta Sauce
- Rice
- Peanut Butter
- Baby Formula/Food
- Instant Oatmeal





# MESSAGE FROM THE PRESIDENT & CEO

HarvestManitoba.ca



*Dear Friends,*

This year has been a challenging one for many people in our community. Harvest Manitoba and our partner food bank agencies across the province continue to see record levels of need. One year ago in 2021, Harvest served 10,000 households per month which was a record level of need at that time. Jump ahead to 2022, one year later, and demand has increased by 42% to 14,000 hampers per month. Demand for food in Winnipeg and communities around Manitoba has never been greater than it is today.

Challenges like price inflation are hitting many people hard. One of those people is Linda of Winnipeg, whose story is shared in this newsletter. Linda is a cancer survivor who raised four kids while working in various jobs including with agencies that supported Harvest. Linda has always been very proud of her thrift and ability to live independently. She never thought she would need the help of a Harvest hamper herself — until now. The impact of rising food prices and a looming pharmacare deductible payment mean that for Linda the choice facing her was between paying her bills and buying food. Harvest hampers help to take the pressure off people like Linda and allow them to live with greater independence and dignity.

Our short Manitoba summers are always a time to enjoy the outdoors and take in all we can before the inevitable changing of the seasons. Even as many of us take summer holidays, the work of Harvest Manitoba goes on. Hunger doesn't take a holiday and our staff, volunteers and supporters continue to sort food, drive trucks, pack hampers, answer phones and do all the other things that allow our work to continue. If you have the time this summer, we could certainly use your help as a volunteer to meet the needs in our community. We have volunteer opportunities available for people of all ages and abilities and everyone leaves their shift with a smile on their face knowing they did something fun and good for the community. If you aren't able to volunteer during the summer, you can still visit our website [www.harvestmanitoba.ca](http://www.harvestmanitoba.ca) and fill in your volunteer application for shifts this fall. Of course, if your time is short and you are able, we appreciate your financial donations that allow our important work to continue. Thank you to all our donors and volunteers for their contributions all year long. With your help we will continue to build a healthier future for all where no Manitoban goes hungry.

Enjoy our Manitoba summer!

Thank you!

Vince Barletta, Harvest President & CEO







# Call for Volunteers

**Volunteers play a critical role in helping to ensure no Manitoban goes hungry. Individuals, groups and families welcome! We have a wide variety of opportunities including sorting food, packing hampers, delivering food to food banks and more!**

**Training is fun and efficient.  
Shifts are flexible.**

**SCAN ME!**



to visit our  
volunteer page!

**In the summer we have an increased need for drivers.**

**Qualifications:**

- **Class 5 Drivers License**
- **Clean Driver's Abstract**
- **Able to drive 3 and/or 5 ton**
- **Able to lift up to 50 lbs.**



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**HARVEST**