



HARVEST

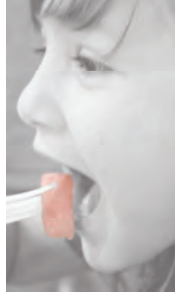
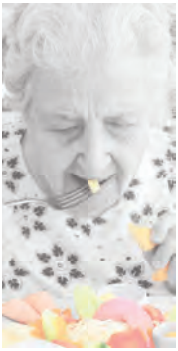
nourishing our communities



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It takes a province to feed a province. Thank you for your generous support as we work together toward a healthier future where no Manitoban goes hungry.



MESSAGE FROM THE PRESIDENT & CEO



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Dear Harvest Manitoba Community,

We hope you are having a wonderful start to summer, enjoying the longer daylight hours and warmer weather. As we embrace the new season, we have some exciting updates to share from Harvest Manitoba. Inside this newsletter you will learn more about some of our recent activities and upcoming events.

On May 10th, we held our 2nd annual town hall meeting with our esteemed Community Food Network. This incredible network comprises over 360 food banks and agency partners, including daycares, soup kitchens, and schools. Our annual town hall meetings serve as a vital platform for open dialogue and feedback, ensuring that the voices and perspectives of the community are heard and integrated into our strategies. Thank you to everyone who attended this meeting and for your commitment to combating food insecurity in our province.

We are pleased to announce that our annual Lee Newton Memorial Golf Tournament presented by Payworks on August 9th is officially sold out! This event is one of the biggest highlights of our year, playing a significant role in raising funds for hungry Manitobans. We sincerely thank everyone who registered and contributed to our golf tournament. Your participation ensures we can continue providing healthy and nutritious meals to Manitobans who need it most.



Mark your calendars! Our "Victories over Hunger and Poverty" gala is on October 12th at the RBC Convention Centre. We invite you to join us for an inspiring evening celebrating the remarkable legacy and career of David Northcott, Harvest Manitoba's past Executive Director of over 30 years. The event will also showcase the inspiring success stories of our clients, illustrating how Harvest Manitoba not only provides food but also instills hope in the lives of those we serve. To purchase gala tickets, please get in touch with our Director of Food and Fundraising, Colleen McVarish, at cmcvarish@harvestmanitoba.ca.

As we move forward into the upcoming months, may there be times of relaxation, fun, and cherished moments spent with loved ones. We encourage our community to remember the importance of lending a helping hand to our neighbours. Your generosity has positively impacted the lives of a record 109,000 hungry children, hardworking families, and struggling adults. We thank you for your ongoing support, and together, we can create a healthier future for all where no Manitoban goes hungry.

Vince Barletta, President and CEO



Harvest Manitoba is Getting Food to Those Who Need it Most

Harvest Manitoba is committed to getting food to those who need it most – and on February 25, Harvest staff members traveled by air and ice roads to bring hope and nourishment of 8,000 kgs of food! – to the four remote, Northern communities of Island Lake.

For our friends living in many remote northern First Nations, the cold of winter provides a lifeline in the form of winter road access to isolated communities.

This trip was an eye opener to see just how difficult it is to reach these communities during the very limited winter road season when the land and lakes are frozen enough to allow for heavy vehicles.

We transported 5,000 kg of food supplies for the communities in the region which was joined by an additional 3,000 kg of food flown in by Perimeter Air, and supported by our donors and in partnership with the Nutrition North Canada program. A special thank you to the community members who helped Harvest with the food distribution that benefited hundreds of families from Garden Hill, St. Theresa Point, Red Sucker Lake, and Wasagamack who struggle with the everyday reality of food shortages, high prices, and isolation from many critical services.



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HARVEST



Meet Sheri and Sylvia

Lifetime Elmwood resident Sheri can still remember the first time she met her soon-to-be-friend, Sylvia. “About five years ago, I was having a hard time after my mother passed away,” said Sheri. “I was at the Riverwood Food Bank when I met Sylvia, who had missed her bus, and we were able to find a ride home together.”

Since then, Sylvia and Sheri have built a friendship and have become a mutual support network for each other. “Five years ago, I lost my husband which made my situation difficult,” said Sylvia, who is turning 81 years old this year. “It is difficult to be alone, and the inflation of recent years has made it harder.”

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Sylvia and Sheri have found fellowship and community through the Riverwood Food Bank and participate in other programs, including the recent Mother’s Day lunch, as well as programs that help low-income seniors access recreation opportunities like Fort Whyte and Assiniboine Park. Today, two out of three food bank clients in Manitoba are women and a growing number are in the ranks of the low-income elderly population like Sylvia and Sheri.

As part of the Harvest Manitoba Community Food Network, Riverwood Food Bank has operated out of the old Elmwood firehall at 325 Talbot Street for the past 5 years but has served the local community for much longer. Each week, Harvest Manitoba delivers a truckload of food for the Riverwood Food Bank that supports over 100 households (400 households per month) on a typical Wednesday

afternoon. Riverwood Church, and its dedicated volunteers also operate a drop-in soup kitchen each Thursday for the local community.

Rising prices, economic uncertainty and the influx of newcomers from war-torn Ukraine are driving people to food banks in record numbers.

In March 2023, Harvest Manitoba hit another all-time high for food bank use, with 22,000 households needing our services in a single month – that’s over 47,000 people.

Through our Community Food Network of over 360 agency partners across Manitoba, Harvest is able to distribute food to people like Sylvia and Sheri who have a hard time getting by without a little help from our generous community.

Springing into Action at Harvest Manitoba!

We're pleased to share some exciting spring highlights that have taken place at Harvest and the impact our work has made in the lives of hungry Manitobans.



Our Meals2Go program recently achieved a significant milestone by packing its **150,000th kit!** These kits provide essential and nutritious food to Manitoba students over the weekends, ensuring they have access to meals when school meal programs are unavailable.



A round of applause goes to Maxim Truck & Trailer, who chose Harvest as their charity of choice for their annual charity BBQ on June 8th. They raised an incredible **\$25,000**, providing much-needed support to hungry Manitobans. Thanks to the generosity of Maxim Truck & Trailer and everyone who contributed - we're one step closer to a hunger-free province.

Our latest project is the blossoming development of our community garden right outside our 1095 Winnipeg Ave building. This garden is an educational space for children and community members to learn about gardening, nutrition, and food insecurity.

We also provide our clients with seeds, soils, and planters so they can grow their own gardens and cultivate skills while enjoying a bounty of fresh produce!



In other news, our free income tax return program hit a record for a single tax year at Harvest! We helped low-income Manitobans reclaim a total of **\$1,126,941** in refunds and benefits, which have been a lifeline for struggling families and adults to pay for essentials like food, housing, and medication.



An Evening to Celebrate the Career and Legacy of David Northcott

Thursday, October 12th, 2023
RBC Convention Centre

For more information contact Colleen McVarish
emcvarish@harvestmanitoba.ca
or call: 204-982-3666



Harvest Manitoba is thrilled to announce that we will be hosting *Victories Over Hunger and Poverty: An Evening to Celebrate the Career and Legacy of David Northcott* on Thursday, October 12th, 2023 at the RBC Convention Centre. All funds raised will go toward funding important Harvest initiatives. Together, with your help, we will build a healthier future for all where no Manitoban goes hungry. Corporate sponsorships and group table purchases are now available.