



Welcome Summer Newsletter!

Hello Summer & Sunshine

As June ends with our school year delivery, we can celebrate how **YOU** helped provide nutritious food to 1,100 hungry children this winter/spring attending 72 schools. That's up 22 schools from last year.

Although donations have declined since February and food prices have been up over the past few months, we have witnessed some amazing fundraising events that have helped support hungry kids, along with your dedicated support combined with major community investments from the City of Cambridge and the Ontario Trillium Foundation. We are also always being operationally innovative and agile, including reducing our expenses by beginning a pilot project with the Waterloo Region Food Bank to reach the many other children and youth living with chronic hunger.

Did you know we are only in 50% of elementary schools, and secondary schools are reaching out to support their students living with hunger?

We've seen the effects of chronic hunger on children, and together we can make a difference.

We are grateful to you, our generous donors and volunteers, who continue to be the sunshine and ray of hope for vulnerable children in our community.

Yours in gratitude,

A handwritten signature in black ink that reads "Lorri".

Lorri Detta, CPA

Executive Director

Tel: 519.576.3443 x 1

Email: lorridetta@food4kidswr.ca

You are receiving this newsletter because you are a valued friend and supporter of Food4Kids Waterloo Region. This newsletter is sent out four times a year. We respect your privacy and DO NOT share or sell our contact lists with outside parties.

Want to change how you receive this newsletter or opt out? You can receive it by email or opt out by sending us your email contact information to rachael@food4kidswr.ca or call 519.576.3443 x 1.

This newsletter has been printed courtesy of Minuteman Press of Kitchener.

Our mailing address is Unit 4, 10 Washburn Drive, Kitchener, ON N2R 1S2. Follow us on social media for more updates!

Feed a Kid This Summer

**\$300 feeds a kid for the entire summer.
\$35 feeds a kid for one week.**

The summer break is our most costly time of the year, when we are supporting kids with more nutritious food, when kids don't have access to nutrition during the 9-week break.

Your donation ensures a healthy food box – loaded with a selection of fruits and vegetables, proteins, grains, carbs (such as cereal, canned meat, and soup/pastas), and a grocery card for fresh milk/eggs – is delivered weekly over the summer to a local child living with chronic hunger.

We need your help, and our community's help to support vulnerable children this summer.

- **Join our [Feed1Kid](#) monthly donor program or consider making a [one-time donation](#).** You will join a community that cares and makes an immediate impact. When you commit to us, we can commit to more kids.
- **[Host a food or fundraising event](#).** With family, friends or co-workers, have fun and raise food or money for kids in need.
- **Follow us on [social media](#), and be an ambassador.** Help us spread the word, share and amplify our message to make our community aware of how they can end childhood food insecurity.

food4kids
WATERLOO REGION

Peanut Butter Challenge

Help us collect 2500 jars of peanut butter!



All brands and sizes are welcomed!

Peanut butter is a great source of protein for our kids. We will be including jars of peanut butter in our summer food bins and we need your help to reach our goal!

Message From Former Principal



"Over my career with the Waterloo Region District School Board, I was fortunate to work in a variety of schools throughout the entire region. **One immutable fact that applies to every child in every school is that in order to achieve their fullest potential, they must first have their basic needs met and the most basic of these needs is adequate nutrition.**

Food4Kids Waterloo Region is devoted to ensuring that children and families are supported in managing concerns with severe food security. As a school principal, I witnessed first-hand the amazing difference that Food4Kids made in the lives of my school community and was grateful for the support that they provided to Waterloo Region families."

Summer Volunteers Needed

We need volunteers to help our summer program run successfully! This is a wonderful opportunity to give back to the community this summer, meet new people, and is also a great way for your child to earn volunteer hours! Please see links below to read about each summer volunteer position and sign up for shifts, or **contact Itman Hassan, Volunteer Coordinator, 519.576.3443 x 5 or email itmanhassan@food4kidswr.ca**

Set Up Crew: <https://www.signupgenius.com/go/8050c44a9aa2fa2ff2-monday1#/>

Bin Jockey & Safety Crew: https://www.signupgenius.com/go/8050c44a9aa2fa2ff2-binjockey#

Food Bin Packing Team: <https://www.signupgenius.com/go/8050c44a9aa2fa2ff2-tuesday1#/>

Home Deliveries: <https://www.signupgenius.com/go/8050c44a9aa2fa2ff2-home1#/>



AdoptASchool - Thomas Waites



"I know that the life that I have today is because I received support and help from so many people"

Thomas Waites

adoptASchool

Thomas recently sponsored his former middle school, Centennial Public School in Waterloo. "It's upsetting that at Centennial, and many other schools, there are students who do not have food at home, and that there are even more kids going hungry on weekends that Food4Kids Waterloo Region can't reach because of funding."

School staff shared that sometimes the students are so hungry, they get into their bag as soon as it is delivered on a Friday.

Thank you, Thomas, for bringing the AdoptASchool idea and annually supporting Centennial.

If you or a group you know would like to adopt a school in Waterloo Region, please contact Lorri Detta, 519.576.3443 ext. 1 or email lorrydetta@food4kidswr.ca.

The Humble Lotus: A Conscientious Eating Experience

The Humble Lotus is a sushi market located downtown Kitchener that offers fresh-made sushi options and Southeast Asian grab-and-go meals. But they are more than delicious, creative food with warm, friendly service. Its owners, My and Jared, are committed to building a stronger community.

After learning about childhood food insecurity in their own child's preschool classroom, they made it their mission to bring awareness to this cause. They address childhood food insecurity in the community by doing food drives and donating 100% of their monthly gratuity money to Food4Kids Waterloo Region, with a goal to support \$12,000 a year which they easily achieve, and MORE!

You can learn more about the Dharma-inspired Humble Lotus by visiting <https://humblelotus.ca/> or go Wednesday and Thursday 12 p.m. - 7 p.m, Friday and Saturday, 12 p.m. - 9 p.m. at 388 King St. East, Unit B in Kitchener.

Read the Kitchener Record article featuring The Humble Lotus at <https://www.therecord.com/life/food-wine/diningout/2023/02/16/the-humble-lotus-offers-a-conscientious-eating-experience.html>



A BIG Thank You Hug from Danielle, to Our Donors and Volunteers!

I've been receiving help from Food4Kids Waterloo Region for the last four years. I'm raising a 10-year-old child on my own. I started out in extreme poverty living off Ontario Works and child tax which came out to be \$1100 a month. After paying rent and electricity this left me with \$100 a month for food, transportation, emergencies, etc. I remember the days having to choose between groceries, electricity or rent because there was no way I could do all three in a month.

The first six years of my son's life I could not work because he was diagnosed with high special needs and needed constant care. You helped my son receive fresh and healthy food. I can't tell you how many days I've cried over being unable to provide my child with a fresh and healthy balanced meal. Food4Kids Waterloo Region went above and beyond to make sure that I received my food. I don't know where I would be without your support. We are no longer in need. Thank you to everyone at Food4Kids Waterloo Region. I'm happy knowing that another child will benefit from this program that my son and I received.



Community FUNdraising

We are thrilled to be the beneficiary of the following golf tournaments - you can reach out to play or support.

Kitchener Firefighters 7th Annual Charity Golf Classic

We are excited to announce that we are one of the beneficiary charities - thank you to the Kitchener Firefighter Association for your support.

Event information:

- The tournament will be hosted on June 26th, 2023 at Rebel Creek Golf Club
- We are looking for volunteers, please contact rachael@food4kidswr.ca to support this event.

Boomer Invitational Golf Tournament

We are excited to be one of the beneficiary charities for this golf tournament organized by Owyn Palmer, Eric Bertrand and friends. Thank you for choosing Food4Kids Waterloo Region as your charity this year.

Event information:

- The tournament will be hosted on July 7, 2023, at Rebel Creek Golf Club
- \$141 for single registration, \$282 for twosome
- <https://app.eventcaddy.com/events/boomer-invitational> for event registration and details
- If you would like to sponsor or play, please contact palmerowyn6@gmail.com or call **705-888-9585. Only 20 spots left!**
- We are looking for volunteers including videographer/photographer, and silent auction prizes. Please contact rachael@food4kidswr.ca if interested.

Expensive Taste KW - 9th Annual Golf Tournament

We are delighted to be the charity of choice for this event and thank our wonderful board member and the group for supporting vulnerable kids during the summer.

Event information:

- The tournament will be hosted on July 15, 2023, starts at 1:00 pm, Scramble with Shotgun at Rebel Creek Golf Club
- \$110 per person, includes golf, cart, lunch/1 beer, prizes!
- Register your foursome by emailing bcbuchholtz@hotmail.com
- We are looking for volunteers including videographer/photographer, and silent auction prizes. Please contact rachael@food4kidswr.ca.

Want to Host Your Own Fundraiser?

Hosting your own fundraiser in support of Food4Kids Waterloo Region is so easy! Whether you're hosting an event or running a food drive, we can help you get there.

Check out our [webpage](#), or email rachael@food4kidswr.ca for support to help set up your fundraiser!



Ontario Trillium Foundation Funding Announcement

In addition to your support, we have been able to grow and expand our program with thanks to the Ontario Trillium Foundation. They have provided us with \$192,000 in funding over 2 years to support program and fund development to create a more sustainable organization.

Food4Kids Waterloo Region is here thanks to you!



Thank you to everyone who supports Food4Kids Waterloo Region in so many ways by volunteering, donating and being advocates for children living with chronic hunger.

We are stronger together and YOU are making a powerful and life-changing impact on the lives of the children we serve, and our community. It takes a village, and you are all valued members of the Food4Kids Waterloo Region Village.