



## As the leaves begin to fall

Fall has so much to offer. Whether you enjoy the cooler temperatures, wrapping yourself in a sweater, or sipping on a warm drink, these fall days ahead are always the start of a new chapter. Finding moments to appreciate in the hustle and bustle of a new season, and the beginning of new routines can be challenging for some. I hope that whatever attracts you to the season brings you joy for the next few months to come.

For the children and youth, we serve, Fall is the season to embark on a new school year. This comes with excitement and worry if they are equipped with what they need to thrive among their peers. We want to continue to allow these children to have the best start and to remove

the worry of food insecurity from their minds so they can truly focus on being kids. We are actively engaging our families, communities, and school boards to understand the true needs of these children who live with chronic hunger in our community. We take this valuable information to educate ourselves and implement practices and procedures to support these learnings. While collaboratively gathering information, we do our very best to ensure we are being ethical, inclusive, and actively listening while protecting the well-being of these deserving children.

I am proud to say together, with our remarkable donors, volunteers, dedicated staff, and board members, we feed 1,285 children and youth in 104 Elementary Schools, each week. I know, that as a strong community that cares, we can continue to gain traction and give these children a voice that will provide the recurring support they need all year long. No child should go hungry, and no child should wonder where their next meal will come from. I believe in the power of community and kindness. Kindness is never forgotten. If we pause and think back to a time when a kind hand was extended to us in one of our greatest hardships, we will forever be grateful for that moment in time. Let us continue to show compassion to the 4,000 children and youth in our community who need that gracious hand.

As loyal advocates and supporters of the imperative work we do, I want you to know that your impact makes a significant difference. It is life-changing. You are investing in these children who are our future leaders. Thank you for your hand, in putting an end to childhood hunger.

Take good care,

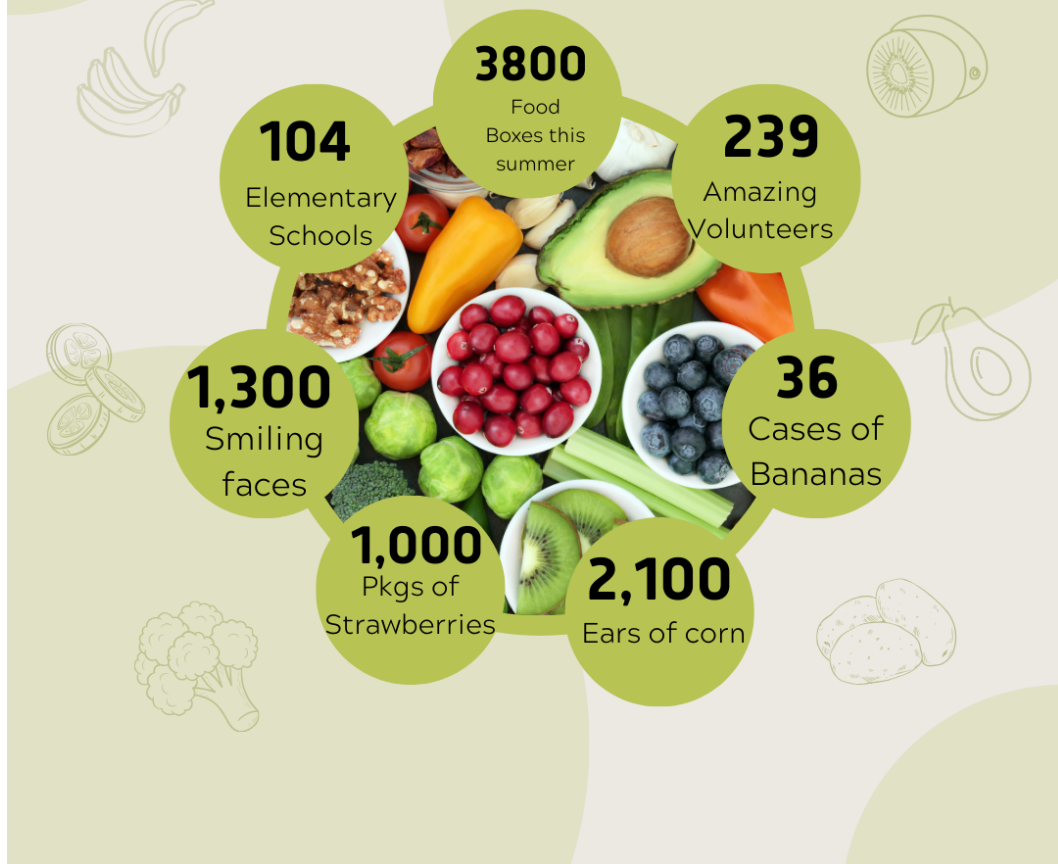


Faune Lang  
Director of Philanthropy

**We are more than just food we Fight Hunger; Feed Hope & Build Healthy Futures.**

**Because of you!**

# The Fun Facts



**Fall FUNdraising**



# Weekend Program

## Accepted Most Needed Food List

We will accept any brand within expiry date



If you are unable to donate any of these items, please consider a monetary donation or a grocery gift card

We're open and happy to accept all of your food & monetary donations to reach the homes of our most vulnerable. Please help give these children a great start back to school this Fall, so these kiddos can focus on being kids. Our most needed items are always a hit and deliver a SMILE every time.

When you support Food4Kids WR your donation will ensure a nutritious food package – loaded with a selection of fruits and vegetables, and grocery staples (such as cereal, canned meat, and soup) – is delivered weekly into the knapsacks of precious local children living with chronic hunger.

**We can not do this without you! We ask our incredible community to come together and support these vulnerable children this Fall!**

- 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, come together, 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 put an end to childhood hunger.

**Donate to Our Weekend Program**

## Community LOVE

We are immensely grateful to our generous community, which once again made it possible to provide nutritious food support to 1,300 children and youth this summer. We had a great time fundraising, too! ~ We appreciate you all so much.





## Donor Gratitude

The remarkable people at Trinity United Church ensured that 125 children received nutritious food all summer long. To say thank you is simply not enough. You lead by example and have allowed these children to believe in a brighter future.



## We Can Because Of Our Inspiring Volunteers





## Volunteers Make Our Program Possible, Do You Want To Be A Part Of A Rewarding Opportunity?

There are several ways to get involved as a volunteer, depending on your availability and interest. The majority of our work is done Monday to Friday during the day, except for a Thursday evening opportunity. On occasion, we have weeknight or weekend events that provide an opportunity to get involved.

Our activities are family-friendly, and we encourage youth ages 12 and older and students to come volunteer with us to earn community service hours.

Visit [//volunteer.food4kidswr.ca/need/](https://volunteer.food4kidswr.ca/need/) to learn more and sign up!

### Are you part of a group or organization?

We also have opportunities that are great for team-building events and to give back in a meaningful way. For more information, please contact our Volunteer Coordinator at:

[volunteer@food4kidswr.ca](mailto:volunteer@food4kidswr.ca)

## What's Going On In The Community

### Movie Night in the Park

~ Friday, September 6th or Friday, September 13th, 6:30 pm, Max Becker Commons



**Park** The good people at Rising Oaks are hosting their annual movie in the park event where food donations are collected from families and friends in the community, to donate to us at Food4Kids WR. Fun for the whole family, bouncy castle, and activities. **MOVIE - Kung Fu Panda 4 starts at dusk around 8:15 pm**

## Kitchener Firefighters Open House

We are happy to participate in the Kitchener Firefighter Open House this month. To learn more and join us in honoring brave individuals who first-hand protect our region while having a fun family time, please visit us on **Saturday, September 14th from 9:30 - 2:30 pm at Kitchener Fire Head Quarters 270 Strasburg Road, Kitchener.**

### Event Details:

- Tour a fire truck
- Learn about fire safety
- Kitchen fire demonstration
- High-angle rescue demonstration
- Fire equipment displays
- Children's Activities
- Food trucks
- ...and so much more!

Fun for the whole family!

## Annual Town Hall Meeting

~ **Tuesday, September 24th, from 6:00 pm - 7:00 pm at Catalyst Commons (atrium) 137 Glasgow St, Kitchener**

Join us for our Annual Town Hall Meeting, for an evening of our year in review. Celebrating milestones and light refreshments with good company.

## The Great Canadian Comedy Caravan

~ **Friday, October 18th, Doors open at 7:00 pm, show starts at 8:00 pm at The Registry Theatre 122 Frederick St, Kitchener.** Grab your tickets today 519.745.6565 Enjoy some laughs for a great cause! Thank you for your support.



## Community Awards Night

~ Thursday, November 14th Hamilton Theatre, 46 Grand Ave South Cambridge

Food4Kids Waterloo Region has been nominated for the 2024 Cambridge and North Dumfries Community Awards in the category of Organization of the Year - Under 10 Employees. This award recognizes a not-for-profit organization or service club that provides outstanding programs, services, events, or campaigns that support the community's and its residents' needs. Furthermore, the organization successfully raised awareness of issues affecting the community and successfully raised funds to support its mission and goals. Get your tickets today! [10th Annual Cambridge & North Dumfries Community Awards](#)

## Food Drives & Fundraising

We are incredibly fortunate to have the support of our amazing community which continuously shows up for our youth in a meaningful way. Thank you to some of our wonderful supporters below: **Desjardins - Todd O'Donnell Insurance and Financial Services Inc., HD Mutual, Desjardins - John Yari Insurance & Financial Services Inc., Express Employment Professionals, Desjardins - Andrew Lake Insurance Agency Inc., F45 Functional Training, Dominos Pizza, Starbucks, The Adaptavist Group**

## Want to Host a Fundraiser?

Hosting a fundraiser in support of Food4Kids Waterloo Region is a creative and engaging way to give back to the severely food-insecure kiddos we serve. It's simple and so much fun! Whether you're hosting an event or running a food drive, we are here to support you. Check out our [Host a Fundraiser webpage](#), or email [faunelang@food4kidswr.ca](mailto:faunelang@food4kidswr.ca) for support to make your fundraiser a success.

## Latest News Articles

[CTV News Clip](#)

[News Article](#)

[Federal Budget National Food Program](#)



**WOW**

*Our Current 2024 Cornerstone & Future Builder Donors are Amazing!*

# We are so grateful!

Without each of you, we could not live out our mission daily. It takes a strong, like-minded, big-hearted community to ensure we help end childhood hunger. Your contributions, time, and advocacy are deeply appreciated. We thoroughly enjoy what we do and are here to serve our community, to provide a brighter future for children and youth in the Waterloo Region!

Sincerely, the Food4Kids Waterloo Region Team



**Follow us on our socials for more updates!**



**Our mailing address is:**

10 Washburn Drive Unit #4 Kitchener, ON N2R 1S2

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