

## Mixing it up: partnership yields many benefits

Whether through baking muffins or learning life skills, participants in the Bathurst-Finch Community Kitchen program are getting their hands in the mix.

Every Thursday afternoon, a core group gather to try new recipes, cook, eat and socialize. Many of them are from newcomer communities that call the neighbourhood their home.

“In the beginning, I wanted to improve my English,” explains Natalia, “But later, I feel glad I came. The conversation is the richest in our lives and the new knowledge about food is good for our health.”

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The community kitchen program was founded nearly a year ago by North York Harvest member agency, Unison Health and Community Services. What began as an occasional cooking club has become an innovative way to address social isolation and food insecurity.

“In a community kitchen, food assistance goes a long way,” explains Mike Friedman, Manager of Agency Relations at North York Harvest, “It increases access while teaching about healthy cooking, and providing valuable life skills.” This comprehensive approach is central to North York Harvest’s mission of ensuring dignified food assistance and engaging the northern Toronto community in meeting its food needs.

Strong partnerships are also key, and Unison and North York Harvest work together on many fronts. Over the last fifteen years, the food bank has provided hampers for Unison’s community programs, and has hosted farm trips with Unison’s seniors group. Jenny Lyttle, the community kitchen coordinator, notes that: “North York Harvest pledged support for the community kitchen program right from the beginning.”

Now, every Thursday, Jenny brings a grocery list to North York Harvest’s distribution centre, and picks up over three quarters of the ingredients for the weekly menu. “Without North York Harvest’s support, the money would have run out long ago.” she says.

Partnerships like this help community members meet their food needs, and provide many added benefits. As Jeannie\*, a community kitchen participant, shares: “I am physically, emotionally depressed and living alone is very difficult. When I joined the program, I met people of different background and nationalities. We talk, share ideas, work, wash dishes, cook. It lifts up my spirit.”

\* name changed to protect privacy



Participants at the Bathurst-Finch Community Kitchen prepare ingredients for the day’s menu.

### By the numbers:

Number of community kitchen programs supported by North York Harvest: 9

Pounds of food distributed to these programs each year: 15,000

Number of individuals participating in these programs each year: 300

### Read more online:

Try out the Bathurst-Finch Community Kitchen’s recipe for Quinoa with Carrots & Raisins as well as other recipes that incorporate staple food bank donations. Visit [www.northyorkharvest.com/recipes](http://www.northyorkharvest.com/recipes).

## We need a truck!



## Thanks to all who have donated so far! North York Harvest still needs funds for a new truck.

Trucks are our roving heroes, collecting and delivering millions of pounds of food. Thanks to a generous donation of \$50,000 from the Mackenzie Financial Charitable Foundation and further contributions from numerous individuals, we are a little more than halfway to our goal of purchasing a new truck. We need your help so that we can continue to collect and distribute 1.6 million pounds of food to our community each year.

Please see the back of this coupon for information on how you can take part. ↪

## Food and Distribution Hub

Our Food & Distribution Hub Feasibility Study is now in full swing!

Funded by the George Cedric Metcalf Foundation, North York Harvest is exploring ways to create a food and distribution hub that will benefit the food bank system, increase access to local food, and provide complementary community services that embody a holistic approach to food security. The 15-month feasibility study will present an innovative vision for a facility in Lawrence Heights that will bring people together around food and build bridges between communities.

Joining the project team are **du Toit Allsopp Hillier**, an interdisciplinary design firm of architects, landscape architects and urban designers that has worked on landmarks such as the Artscape Wychwood Barns and the Evergreen Brick Works, and **Public Interest Strategy and Communications**, a consulting group that works with organizations to support social change, facilitate community development and promote progressive public policy. The project is also advised by a 14-member Food Advocate Council made up of local residents, agency representatives and other leading thinkers.

The Food & Distribution Hub is just one way in which North York Harvest is exploring new approaches to addressing food security and poverty.

For project updates, please visit [www.northyorkharvest.com/hub](http://www.northyorkharvest.com/hub).

## Run against hunger

Register Now! On October 16, 2011, North York Harvest will again participate in the Scotiabank Toronto Waterfront Marathon Charity Challenge.



Our goal: 50 participants for \$50,000 to help fight hunger in northern Toronto.

Visit the North York Harvest page at [www.torontowaterfrontmarathon.com](http://www.torontowaterfrontmarathon.com) by following the 'Charity Challenge' link. Then register for either the marathon, half-marathon or 5k fun run/walk.

Join our run against hunger!

## BlackCreek Summer Music Festival

North York Harvest is pleased to be partnering with the BlackCreek Summer Music Festival, an exciting new summer concert series that will span musical genres and showcase internationally acclaimed artists.

Starting June 4, this season's roster features artists such as Plácido Domingo, James Taylor and the London Symphony Orchestra, all performing under the stars at the Rexall Centre on the York University grounds.

Visit the North York Harvest information table on site. For the full schedule, check out [www.blackcreekfestival.com](http://www.blackcreekfestival.com). See you at the festival!



## TRUCK FUND

**YES! I want to help NYH distribute food in my community**

Here is my special gift of:

\$20    \$35    \$50    \$100    Other \$ \_\_\_\_\_

Please print clearly:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Please mail your donation to 640 Lawrence Ave. West, Toronto, Ontario, M6A 1B1. Or donate online at [www.northyorkharvest.com/truckfund](http://www.northyorkharvest.com/truckfund). North York Harvest respects your privacy. We do not rent, sell or trade our mailing lists.



## Annual Report wins Gold Prize

We are extremely pleased to announce that Krieger + Associates design of our 2010 Annual Report has won the Hermes Creative Awards Gold Prize in the Pro Bono category.



Hermes is an international competition for creative professionals involved in the concept, writing and design of traditional materials and programs, and emerging technologies. Entries come from corporate marketing and communication departments, advertising agencies, PR firms, design shops, production companies, web based innovators and freelancers.



We congratulate the creative team at Krieger + Associates on both this professional acknowledgement by its peers and on its stellar example of corporate goodwill. A special congratulations goes to Bruce Wrighte, Krieger's Creative Director.

### CONNECTIONS

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[www.northyorkharvest.com](http://www.northyorkharvest.com)  
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I have enclosed my cheque payable to the North York Harvest Food Bank.

I prefer to charge my donation to:  
 VISA    MasterCard

Card Number: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Charitable registration no. 11906 2495 RR0001. All donations of \$20 or more are tax-creditable.