

**Neighbours helping neighbours**

Grandma walks down a narrow hallway at a high-rise near Jane and Lawrence. She walks past Jane,\* who's pushing a yellow cart full of groceries and produce. She passes Susan,\* who's standing in line wondering how to support her family as a part-time cleaner at Tim Horton's.

"Hi Grandma!" bellows one fellow with dreadlocks. "We love you."

'Grandma,' as everyone calls her, knows the dozen people in line, their shopping carts taking up most of the hallway. She helped set up the Trethewey Supplementary Food Program in 1997, uses it herself, and knows that people in this building need the food. The North York Harvest Food Bank supports the resident-run Trethewey program, one of 60 programs, with food deliveries every second Thursday.

The need for food in the city, however, is great. Families across Toronto run short of food regularly. Newcomers to Canada, people on disability payments, and folks who work for poverty-level wages can't afford to pay for food, housing and other expenses in Toronto, especially in neighbourhoods that the City of Toronto has identified as high-need areas.

"Rent is expensive for me," explains Grandma, a pensioner. After rent, she has little left for food and expenses. "I struggle, but I survive," she says. On average, people who visit North York Harvest's food banks have less than \$7 a day for food and other expenses – and that's for an entire household after rent and utilities are paid.

"Food banks are overwhelmed in this city," explains Suelyn Knight, a North York Harvest manager who used to work with Trethewey volunteers. "We have a flawed system in this city that needs an overhaul – in terms of housing, income security, social assistance and employment issues. We need long-term change."



*Grandma and North York Harvest Client Services Manager, Suelyn Knight.*

Grandma has seen this firsthand. She's lived in the Trethewey building for more than 25 years. She saw the need in 1997 and sees it now. "The residents in the building formed the food bank because a lot of young people had babies and needed help," she explains. "We got diapers and food for them. Neighbours helped neighbours."

She points to the neighbour-run Trethewey room, which has four windows backed by rabbit wire. Inside, residents walk to L-shaped tables piled with bread, bananas, apples, bottles of baby food, cartons of milk and bags of peppers. People fill their bags and boxes.

"Families here are from Somalia, West Africa, the Caribbean and the Middle East," Knight explains. "They help each other, but they need all sorts of support, often because they're new here."

Since 1997, these neighbours have visited Trethewey. "I knew a baby who was born at that time," says Grandma as she walks down the hallway. "Now he's 13. He's good!" She smiles, turns the corner at a poster that reads 'sparkle.' "He goes to school. He's tall -- a big man." There's hope in her voice.

*\* Names have been changed at clients' request.*

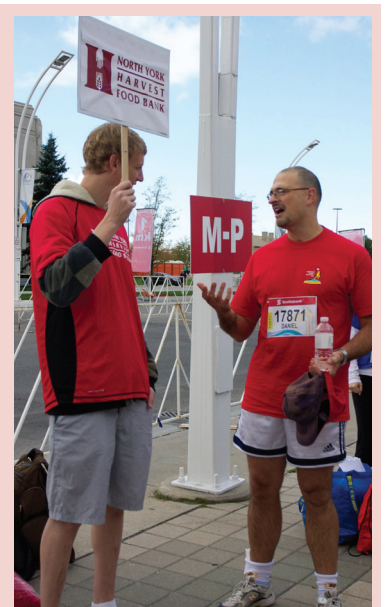


- We'd like to extend a warm thank-you to the runners, walkers, financial supporters and sponsors of North York Harvest during the **Scotiabank Toronto Waterfront Marathon**. We raised close to \$40,000 and celebrated our success with a recognition evening in September for participants and donors.

- North York Harvest thanks organizers, sponsors and the 180 attendees at the **Commercial Mortgage Lenders Association Golf Tournament**. Together, we raised \$24,616 for our food bank and its vision of a community where all people are able to meet their food needs.

- During a comedy night for 800 staff, friends and family, the **Investors Group** raised 360 pounds of food and \$530. Thank you!

- Looking for the perfect greeting card? Consider our **Holiday and Tribute cards**. Please contact Shirah Stern at 416-635-7771, ext. 33, or visit [www.northyorkharvest.com/tribute-cards](http://www.northyorkharvest.com/tribute-cards).



## Hot and spicy Harvest Food Drive

What does success smell like? A delicious stir-fry with hot mustard, onions and garlic.

At the North York Farmers' Market, on a sunny day at the end of September, we launched our Harvest Food Drive with an ambitious goal to raise 75,000 pounds of food. Among farmers selling piles of tomatoes and bushels of corn, we sold the idea that poverty and hunger shouldn't exist in Toronto – and that we needed a variety of nutritious food for families and communities in northern Toronto.

Our neighbours, Jeremy and Noah Kessler of Kozlik's Mustard, helped host the launch event, cooking a chickpea stir-fry in a four-foot iron skillet that generated almost as much attention as North York Harvest's Community Education Worker Daffodil Davis, who asked people for donations. Office workers flocked to our booth during lunch, donating food and money in exchange for a light lunch of chickpeas, salad and barbequed corn.

The three-week Harvest Food Drive was a huge success, surpassing its goal, educating hundreds of people at the Market, and generating a lot of media coverage, in spite of a mid-drive scare that we weren't going to meet the goal. Torontonians donated more than 82,000 pounds of food and \$68,600, providing food and services for families and communities in need.

Thank you to the individuals, companies, supermarkets and fire halls that helped.



Volunteer Noah Kessler, of Kozlik's Mustard, cooks a sizzling chickpea dish during the launch of our Harvest Food Drive.

## Sounds of the Season



Beginning on December 3, CBC radio hosts a day-long telethon for food banks in the Greater Toronto Area. Join musicians, celebrities and food bank staff on that day.

See [www.cbc.ca](http://www.cbc.ca) or [www.northyorkharvest.com](http://www.northyorkharvest.com) for more information.



**YES! I want to help people right here in my community!**

**HERE IS MY CONTRIBUTION OF:**

\$50    \$75    \$100    \$200    Other \$ \_\_\_\_\_

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

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

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

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

Please mail your donation to 640 Lawrence Ave. West, Toronto, Ontario, M6A 1B1. North York Harvest respects your privacy. We do not rent, sell or trade our mailing lists. The information we collect is used to process donations, keep our donors informed about our activities, and ask for your support.



**When:**  
November 26,  
2010 to  
January 4, 2011

**What:**  
Nutritious, non-perishable food  
such as:

- Whole grains
- Canned fish, fruit and vegetables
- Olive and cooking oils
- Dried or canned beans
- Baby food and formula
- Healthy nut butters
- Baking ingredients
- Spices and seasonings

**Where:**  
Drop off food in North York Harvest bins at fire halls and major supermarkets – or drop by our office at 640 Lawrence Avenue West. We're behind Bathurst Heights school.

**To give a financial donation, call**  
416-635-7771.

**To give online, please visit**  
[www.northyorkharvest.com](http://www.northyorkharvest.com).

**Mail a cheque to:**  
North York Harvest Food Bank  
640 Lawrence Avenue West  
Toronto, Ontario, M6A 1B1

### CONNECTIONS

is published by the



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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

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

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