



The Food Sharing Project

Andy Mills, Executive Director
Brenda Moore, Chair
e-mail: fsp@kingston.net
www.foodsharingproject.org

37 Rigney Street, Unit #4
Kingston, Ontario K7K 6Z3
Telephone 613-530-3514
Fax 613-530-3710

The Food Sharing Project's response to COVID-19: Supporting area Food Banks with supplemental fresh and healthy food while public schools are closed

The Food Sharing Project is a registered non-profit charity that has been providing healthy food to schools for almost 40 years, delivering six tons of food to 88 schools across KFL&A every week of the school year. This fresh and nutritious food supports each school's Student Nutrition Program, offering healthy snacks and meals to any student who needs nourishment regardless of financial need, in a stigma-free environment. Nourished students are better prepared to engage in learning and take advantage of all that school has to offer.

During the current COVID-19 situation, with schools closed for the next two weeks (until April 3), we will not be providing food to schools. We have been an active participant in conversations with many other local food-providing organizations who support vulnerable populations, to determine how we can make the greatest positive impact, particularly for students who would normally receive food at their schools through our student nutrition programs.

At this time, our decision is to provide additional support to existing food providers, such as the Food Banks in Kingston (Partners In Mission, Salvation Army, and St Vincent de Paul), Napanee, Sydenham and Sharbot Lake. We will provide them with food and finances to supplement their food hampers for families with children. These partners have agreed to use our support to provide additional food to families with students, food that meets the nutritional criteria of Student Nutrition Programs. This includes increases in dairy, eggs, protein and fresh fruits and vegetables.

The Limestone District School Board and Algonquin-Lakeshore Catholic District School Board will be issuing communiques to all school families to make them aware that they can access food banks and that additional healthy food will be included in family hampers.

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If you need help:

Contact your local food bank to make an appointment. Be sure to indicate the number of children and youth in your family.

Partners In Mission Food Bank, Kingston – 613-544-4534
Salvation Army Food Bank, Kingston – 613-548-4411
St. Vincent de Paul Emergency Food Pantry, Kingston – 613-766-8432
Salvation Army Food Bank, Napanee – 613-354-7633
South Frontenac Food Bank, Sydenham – 613-376-6477
North Frontenac Food Bank, Sharbot Lake – 613-532-8855

For additional information about local food providers, go to
<https://www.cityofkingston.ca/Resident/COVID-19>

If you want to help:

We would suggest that you donate financially to your local food bank or to The Food Sharing Project. Any donations to the Food Sharing Project during this time will help us support our partner agencies. With money, food banks can purchase more dairy, eggs, protein and fresh fruits and vegetables - items that are not donated and that they must buy in increasing amounts. With increased demand and fewer volunteer resources at the food banks due to social distancing, financial donations are encouraged over donations of food at this time.

While we are driven to want to deliver food to students in their school communities, advice from health officials urges us to reduce points of contact and reduce the risk of spreading the virus. We thank all volunteers who have contacted us wanting to help, and encourage everyone to stay home and stay safe, for your own protection and that of those more vulnerable in our community.

For more information, contact The Food Sharing Project at 613-530-3514, or by email at fsp@kingston.net . Please also visit our website www.foodsharingproject.org or follow our social media platforms.

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