

Feeding our Future

The Food Sharing Project – Donor Newsletter
December 2023



It's hard to believe it was only a few months ago when we were invited by MacKinnon Brothers Brewing to be the charity of choice for the Back to the Farm festival. We had a great time meeting everyone and playing some fun games - the box building was very popular! Congratulations to Liz B. who won the draw for the BBQ.

WELCOME to the Fall 2023 Edition of our Biannual Donor Newsletter IN THIS EDITION...

- Eggs for breakfast fuel students learning
- Your impact – School coordinators tell us how it is...and how you can help
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EGGciting meals at Katarokwi Learning Centre

With an enrolment of over 400, KLC provides specialty programs for youth, such as alternative ways to complete a high school diploma. Home and food insecurity are common factors for many students. Scrambled egg and cheese wraps are a very popular item for students to start their day. "Eggs are comfort food," say students. "I eat them for protein." "I am trying to eat healthier." "They taste good."



Your impact – direct from our school nutrition coordinators

We are hearing with increasing frequency that more students are coming to school with little food, or without any food....for a variety of reasons. But school coordinators continue to tell us how food provided by The Food Sharing Project makes a difference. Here is a selection of what they have to say:

We have several children who come to school with little in their lunch boxes. Thanks to your program, they are able to eat some healthy food with their friends and be more focused for the rest of the day.

We are noticing more and more that students are coming with not enough in their lunches. Students finish all that is packed by them or parents and are still hungry. This program offers that extra that is so greatly needed at our school.

The students at our school know that they will always have food available for them to eat while at school without judgement or bias. Students that forget a lunch, have food scarcity at home or can provide some food but not enough, can access The Food Sharing Project daily or as needed.

Many students come to school having not eaten breakfast. We offer cereal and milk to them so they can start their day with full tummies. Many students pack lunches but once finished are still hungry, we supplement their lunches, or they don't bring many healthy choices (fruit/veg) and are thrilled to have this offering.

We have many families here struggling right now. Our food program is a huge help in making sure these students get the nutrition they need. We have quite a few kids that enjoy some cereal and milk or a bagel when they get here to help set them off on the right foot and many students who often need some extra snacks in their lunch to get them through the day.

We have some students with dire food insecurity at home. Our program nourishes these students so that they may focus and learn like their peers. It gives them a fighting chance to succeed.

As the need for healthy food grows in our schools, and government funding is slow to catch up, students rely on your donations to The Food Sharing Project. We are all so grateful. Thank you!

Andy Mills, Executive Director

How you can help

The Food Sharing Project receives 75% of its funding from the Province of Ontario, national and local foundations, community partners and investment earnings. The remaining 25% (\$255,000 in 2022-23) is from fundraising and our generous donors.

If you are able, please consider a year-end donation to provide the nutritious food students desperately need, so they can take advantage of all that school has to offer.

To donate, scan the QR code, or visit our website: www.foodsharingproject.org/donate/



Advocating for a national school food program

This fall we have been very busy raising awareness of the critical importance of a national school food program which would ensure that every student in Canada has access to nutritious food every school day.

- One in four Canadian children live with food insecurity.
- A UNICEF report card ranked Canada 37th out of 41 among the world's richest countries when it comes to providing healthy food for kids.
- Canada is the only G7 country without a national school food program; although its development is in the mandate letters of three Liberal Ministers, no funds have been allocated for it ...yet.

Our work has focused on sending a strong message to the federal government to include the allocation of funds for a national school food program in Budget 2024, with implementation in Canadian schools in Fall 2024. Thanks to the individuals and organizations below who helped to amplify our message through their efforts!

- Dr. Piotr Oglaza, KFL&A Medical Officer of Health and Wess Garrod KFL&A Public Health Board Chair who were instrumental in an endorsement of the call for a national school food program by KFL&A Board of Health and the Ontario Boards of Health.
- Councilors Brandon Tozzo and Conny Glenn who prepared a motion of endorsement which was unanimously accepted by Kingston City Council.
- Mark Gerretsen, Kingston and the Islands MP who is dedicated to sharing over 30 petitions in the House of Commons from school communities across KFL&A urging the government to prioritize funding for a national school food program in Budget 2024.
- Ted Hsu, Kingston and the Islands MPP who advocated for emergency funding from the Province of Ontario to support the crisis in funding for student nutrition programs across the province.
- The Coalition for Healthy School Food and its 270 member organizations which have been advocating for public investment in a universal healthy school food program since 2014.



Andy Mills of FSP (L) with Mark Gerretsen, MP Kingston and the Islands and his family, who volunteered to pack boxes of food going to 88 schools.



FSP Chair Brenda Moore (L) and Executive Director Andy Mills (R) visiting Shelby Kramp-Neuman, MP Hastings-Lennox & Addington

Andy Mills with Marit Stiles, Leader of the Official Opposition and NDP party of Ontario, after a tour of The Food Sharing Project and a discussion about food insecurity.



We hope you will join us in telling your elected officials about the urgent need for a national school food program in Canada. We recommend you email **Chrystia Freeland, Minister of Finance** at Chrystia.Freeland@parl.gc.ca and copy your local Member of Parliament, asking them to allocate funds for a national school food program in Budget 2024, with implementation in September 2024.

Sylvia's Birthday Wishes

Sylvia Dopking is a retired school administrator and a witty conversationalist. For her 80th birthday, she told her friends not to buy her anything, but to make a donation to The Food Sharing Project. And true to her profession, she provided us with a well organized list of donor names and address along with the hundreds of dollars donated in her honour.

Thank you, Sylvia and friends!



Lions Clubs continue to support access to food at schools

The **Storrington Lions Club** makes regular donations all year long, to support food in rural schools in their district in South Frontenac

The **Newburgh-Camden Lions Club** made a second large donation this year in September so we can provide healthy food to Centreville and Newburgh schools

The **Lioness Club of Napanee** provides funding every year to support the provision of food to schools in Napanee.

McDougall Insurance: People power

Getting 5 tonnes of food to 88 schools every week takes a lot of effort, and we couldn't do it without our incredible volunteers who pack 450 boxes of food every single week! We have folks who have packed boxes every week for years and years. (You know who you are – and we love you!).

This year, we were joined by a commitment from McDougall Insurance in Kingston. Once a month, our regular volunteers take a break as teams of McDougall staff members take over the packing duties. A total of about 30 staff rotate through the volunteer teams. It's a wonderful example of a local business connecting with charity in a meaningful way. After two hours slogging boxes, I hope they have time for a rest back at the office 😊



FINANCIAL UPDATE

Each edition we bring you a quick summary of finances.

FSP ended the 2022-23 fiscal year, Aug. 31, 2023, with expenses exceeding revenue by \$145,000. This was a result of the withdrawal of additional government pandemic funding, and the increasing cost of food coupled with a greater demand for food at school as families struggle with rising costs. This deficit was absorbed by our reserve funds.

For the 2023-24 school year, we cut back on some of the more expensive packaged foods, trimmed operating expenses, diversified our revenue and will be expanding our fundraising activities.

Our audited financial statements will soon be available on our website, along with those from previous years. Please contact us for more info.

School boards contribute more to get nutritious food to students

The Food Sharing Project packs and delivers food every week to 88 schools in four publicly-funded school boards that serve students in Kingston, Frontenac, Lennox and Addington.

This year, each of the four school boards have agreed to increase their financial support of our operations, an amount that has not increased in decades.

Along with designated Provincial funding, the school boards' support covers all our staffing costs, to enable us to continue to purchase and deliver fresh, healthy food to all schools in the region every week.



Conseil des
écoles publiques
de l'Est de l'Ontario



Algonquin & Lakeshore
Catholic District School Board

Staff updates at FSP

We are pleased to welcome Carissa Bird as our new Administrative Assistant this school year, thanks to a grant from the Community Foundation for Kingston & Area. Carissa works Mondays, Tuesdays and Thursdays in the office taking care of a wide variety of projects.



Alec Mills has joined us as a temporary delivery driver, helping out while our 20-year veteran Dave Mortensen recovers from an extended illness. Dave will be returning in January, joining Brian Cassidy in the warehouse and Andy Mills in the office.



HOLIDAY GIVING

For the person who has everything...

You could buy them a sweater...

Or...

You could make a donation in their honour.

\$50 will feed one child at school for a month, helping their family to make ends meet.

\$100 will feed 40 students for day, so they have energy to play and learn.

\$250 will provide 100 nutritious breakfasts to give youth a good start to the day.

DONATE AT: www.foodsharingproject.org/donate

or mail your donation to: The Food Sharing Project, 4-37 Rigney St., Kingston, ON, K7K 6Z3

JOIN US for the 20th annual Zal and Rose Yanovsky School Breakfast fundraiser

2023 marks the return to in-person dining at Chez Piggy on Dec. 12, after a three year absence. Or you can pick up a popular breakfast box to go at Pan Chancho on Dec. 13.

Be sure to reserve your breakfast. Space and food is limited, and the event always sells out!

WE INVITE YOU TO DONATE AND SUPPORT

ZAL & ROSE

SCHOOL BREAKFAST FUND

20TH ANNUAL

A Community Foundation for Kingston & Area fund that supports The Food Sharing Project.



Chez Piggy
RESTAURANT

TUES, DEC 12
7AM-9AM, DINE IN ONLY
613-549-7673



Pan Chancho
Bakery~Restaurant~Take-out

WED, DEC 13
7AM-9AM, TAKE-OUT ONLY
613-544-7790

CALL TO RESERVE YOUR SPOT



The Food Sharing Project provides over 10,000 healthy meals and snacks each week to all 88 schools across KFL&A.



Community Foundation
for Kingston & Area

If you cannot join us,
scan the QR code to donate
or call CFKA at 613-546-9696





United Way
Member Agency

The Food Sharing Project
Charitable Reg. No. 118933522 RR0001
37 Rigney Street, Unit 4, Kingston, ON, K7K 6Z3
613-530-3514 fsp@foodsharingproject.org

