



## GIVE HEALTHY FOOD

Join our **#GiveHealthyFood**  
Campaign

We are kicking off the end-of-year giving season with the launch of our new Give Healthy Food Campaign. Join us and give the gift of healthy food to those less fortunate this holiday season. After all, what says holidays more than supporting your community with good food?

**Turn the page and see how you can get involved and make a difference!**

**GIVINGTUESDAY™**

**No Ordinary Tuesday!**

This December 3, 2019, is Giving Tuesday, a day of charitable giving that has sparked a global philanthropic movement. Held on the first Tuesday after American Thanksgiving, it is a sort of yin to Black Friday's and Cyber Monday's yang. It relies on the charitable nature of people around the world to give back to their communities and do some good in the world.

**#GivingTuesdayCA**

NEWSLETTER | FALL 2019



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**WARMTH**



### Food bank tasting, October 2019

McGill student and Share the Warmth intern Eleni serving samples of refried beans at the food bank. Food bank members were also offered a spice mix to take home.



### IN 2018, OUR FOOD BANK

provided food to

11,221 people including

5,675 families and



718 home deliveries for members with reduced mobility

### Did you know?

Eating well has a considerable impact on our overall health. Food insecurity, which is the insufficient access to the right quantity of healthy, nutritious and culturally appropriate food, does not only affect the long-term health of Canadians but also puts a financial strain on the public health care system. On average, a food secure household costs the system about \$1,600 per year, whereas a moderately insecure household costs \$2,800 and an extremely insecure one, \$4,000! <sup>1</sup>

### What Is the Give Healthy Food Campaign?

The Give Healthy Food Campaign is our new virtual food drive. It encourages the donation of cash over cans and raises awareness about the importance of donating healthy food. After adopting our Healthy Food Philosophy last year, we believe it is our collective responsibility to make healthy food available to all. So, this year, we are asking you to give the gift of healthy food to those less fortunate.

### Why cash over cans?

Financial donations have a greater impact on fighting hunger in our community. Through bulk purchasing and reduced rates, every \$10 you donate allows us to buy up to \$30 worth of food! Additionally, through conscious purchasing, we aim to provide fresh, healthy, seasonal, local, and minimally processed food to our members.





## Collect food for the food bank

Help us stock pantries by collecting non-perishable food items for our food bank.

Please check out our wish list and encourage donations of healthy items that are low in sugar, salt and saturated or trans fats. Canned vegetables, fruits, proteins such as tuna and staples such as flour, rice, pasta, and cereals are always welcome.

To order boxes for your school or place of business, please contact Vanessa at 514 933-5599 ext. 224 or by email at [foodsecurity@sharethewarmth.ca](mailto:foodsecurity@sharethewarmth.ca)



<sup>1</sup> <https://www.cbc.ca/news/canada/calgary/food-insecurity-a-huge-drain-on-health-care-costs-study-shows-1.3187546>

## So how can you get involved? Simple.

### Join our virtual food drive!

Individuals, companies, schools, clubs, teams, adults, children, seniors . . . we need you to help us raise money for our food bank!

Joining our virtual food drive is as easy as **1 2 3**. You don't even have to leave your desk or couch!

- 1** Visit [www.sharethewarmth.ca/food-drive](http://www.sharethewarmth.ca/food-drive)
- 2** Choose to donate or click on the link to help us fundraise. Fundraising is easy. You can fundraise as an individual, join an existing team or create a new team. Ask your friends, colleagues, and family members to join your team or support you.
- 3** Share **your personal fundraising link on social media and with your networks.**

Voilà, good deed accomplished!

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### Healthy food in your lunch box!

This fall we welcomed 31 children from all three Point Saint-Charles elementary schools into our new Boîte à Lunch program. In partnership with the Depot Community Food Centre, we launched these fun, interactive cooking workshops to get students involved in the preparation of nutritious, delicious meals. Children learn about nutrition and the importance of eating well and adopting good lifestyle habits. These workshops aim to strengthen the food security of local families, while building participants' confidence and autonomy. Through Boîte à Lunch, the kitchen becomes a space to learn, share, build bridges and make friends!



### Food brings us together

After consulting with members, we decided to close the Café and offer a more complete community lunch program twice a week in our newly renovated hall. The hall can accommodate a lot more people and provides a welcoming space where community members can socialize and enjoy a healthy meal together.

On average, we host 50 to 70 people per community lunch. Everyone is welcome and the lunches follow a pay-what-you-can model.





## BEYOND ACCESSIBILITY

Recent studies suggest that to positively impact the health and diets of residents in low-income neighbourhoods, we need to do more than simply make healthy food more accessible.<sup>2</sup> The nutritional divide between low-income households and wealthier ones is actually a difference in income, education, and knowledge.

At Share the Warmth, we take every opportunity to learn, cultivate, cook, and eat together. We are equally committed to promoting the importance of healthy eating and the pleasure of being able to choose what we eat. We also work to equip members with the skills and knowledge to make healthier choices.

<sup>2</sup> [www.nber.org/papers/w24094](http://www.nber.org/papers/w24094)

## Fruits and vegetables all year long

The pay-what-you-can market is open every Tuesday from 4 p.m. to 6 p.m. for the fall and winter, ensuring everyone can buy fresh, nutritious food to fill their plates.



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## Out with the old, in with the new!

Thinking of getting rid of last year's Christmas party outfit? Expecting a new coat under the tree? You can donate used clothing and small housewares to our boutique. Donations can be dropped off during business hours or you can call us to schedule a pick-up. We pick up on Tuesdays and Wednesdays from the following areas: Côte-des-Neiges-Notre-Dame-de-Grâce, Côte Saint-Luc, Downtown, Hampstead, LaSalle, Montreal West, Sud-Ouest, Town of Mount-Royal, Ville Émard, Ville Saint-Laurent, Verdun and Westmount.



## Music is on the agenda in December

Please join us in celebrating the end of the school semester and show your support for our young musicians!

On December 11 at 7:00 p.m. and December 12 at 6:30 p.m. our piano students from the weekly program will take the stage. The guitar students from the weekly program will take the stage on December 12 at 7:30 p.m. All weekly program concerts are held at Share the Warmth. (625 Fortune, Montreal, QC H3K 2R9).

On December 17 at 6:00 p.m., the intensive *E/ Sistema* program will perform at the Charles-Lemoyne Auditorium (Charles-Lemoyne School, 2001 Mullins, Montreal, QC H3K 1N9).

## What's your new year's resolution?



Why not add volunteering to your list of resolutions? We are always looking for volunteers to help in the food bank, the kitchen, the boutique, in our youth programs or during special events.

Contact Dalila at 514-933-5599 ext. 223 for more information.

Question or comments?  
Please send us your questions  
or comments at:  
[info@sharethewarmth.ca](mailto:info@sharethewarmth.ca)



PARTAGEONS L'ESPOIR | SHARE THE WARMTH

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