

PARTAGEONS  
l'espoirSHARE  
the warmth

Semer l'espoir et le rêve

Awakening hopes and dreams

## A response to Hunger

### Affordable and Healthy Meals for all

At Share the Warmth, we believe that eradicating poverty and hunger is possible, provided we address the root causes of these deep social problems. Part of our mission is to increase access to food and health in all our food programs: through the food bank, school food program and even through youth group programming. We do this by adding nutritious foods, sharing recipes and educating about different types of food. We are also planning on opening a Community Café that will provide healthy and affordable meals.

**Read more about our programs on pages 3 through 5.**

*Share the Warmth's priorities are to support the overall development and success of youth, increase access to food security and health, and offer work training to those in need, regardless of the reasons for that need.*

**DON'T MISS OUR UPCOMING  
EVENTS – READ MORE ON PAGE 2!**

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#### SAVE THE DATE

##### Scotiabank Run

April 27th

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May 26th

##### Music Concert

June 5<sup>th</sup>



### A warm place to wait

Since January, food bank recipients are invited to wait indoors for their food box instead of outdoors in the cold. A staff member and a volunteer welcome members in our upstairs hall where people can read a newspaper, play a game of cards or just chat.

### Breaking Isolation

A woman who comes to Share the Warmth's food bank for help told us that she used to be a prisoner in her own apartment. Now that we have a community space where she can wait with others, she is finally coming out of her shell and talking to others.

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## UPCOMING EVENTS - 2014



### Youth Music Concert – June 5<sup>th</sup>

Come out in support of the youngsters who have been working hard all year to learn songs and pieces for this year's Music Concert. Children from Share the Warmth's Music Program will perform guitar, keyboard and choir pieces together!

### Scotiabank Marathon – April 27<sup>th</sup>

On Sunday April 27<sup>th</sup>, our very own *Equipe Espoir* will be walking or running to support Share the Warmth's Youth Programs. Join our team and help us raise \$40,000 to support the development and success of our youth.

It's not too late to join the team. Visit our website at <http://sharethewarmth.ca/events/scotia-run/>



### Table of Hope – Monday May 26<sup>th</sup> at Windsor Station

The Table of Hope Gourmet Event of the Year promises delicacies for all in our new locale – the Windsor Station. Tickets are available on our website at <http://sharethewarmth.ca/events/table-of-hope/> or by calling Katina.

We hope to see everyone there! Stay tuned for more information...

## GENEROSITY CORNER



Over \$7,200 were donated to buy food, guitars and toys for children during the holidays and over 35,000 food items were contributed to the Food Bank for the people who turn to us for help, not to mention the hundreds of pieces of clothing we have received.

MANY THANKS TO ALL!

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# SUPPORTING YOUTH TO GROW AND SUCCEED

## Tutoring and Scholarships



Share the Warmth tackles the high drop-out rate by providing incentives to stay in school and support with homework. The tutoring and scholarships we offer are helping children maintain their grades and graduate from high school.

Antonio, who is featured in this photograph, is a young man who received a Sam Pelc Scholarship and started having trouble with his school work. He then joined Share the Warmth's tutoring program a few years ago. Every single Friday for several years, Antonio and his tutor worked hard on Antonio's homework. Last June, Antonio graduated and applied for a Post-Secondary Scholarship from Share the Warmth to pursue his studies. He was accepted and now studies at CEGEP André-Laurendeau. His first term results are positive: he is above average in 5 of his 6 subjects.

The 2014 Scholarship Award Ceremony will be held on May 22<sup>nd</sup> at 6pm at Share the Warmth.

## Youth Group

Youth Group participants were part of a month-long cooking challenge at Share the Warmth in January and February.

During the Challenge, they created energy bars and smoothies and held a Mexican fiesta.

Family dinners were also introduced on Wednesdays. On these nights, children who cook during the week invite their parents to join them and share in their discoveries. The ultimate cooking challenge was to cook a full meal and serve it to their families on February 26<sup>th</sup>.



## Music Program



On February 19<sup>th</sup>, Share the Warmth hosted the memorable **Share the Music in the Spirit of Motown** Event at the Rialto Theater.

Children involved in the Sistema-inspired intensive program performed to great acclaim as they showed how much they have learned this year. Bravo to all for this amazing event!

The next concert, on March 27<sup>th</sup>, will take place in a local school and showcase children involved in the intensive Music Program.

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## INCREASING ACCESS TO FOOD SECURITY & HEALTH



### Testing Café recipes

Volunteers and staff have been busy testing recipes that would be both affordable and healthy for residents and members, and feasible to produce in Share the Warmth's kitchen.

As of today, 15 recipes costing less than \$2 a bowl to produce have been tested (and tasted 😊) by staff and volunteers. Here are just a few of them.

Quinoa lentil curry  
Chocolate Zucchini Cake  
Vegetable Soup  
Vegetarian Pasta Sauce

### Community Café

Share the Warmth's FOOD BANK is helping more people than ever before. On average, 1,200 people turn to us for emergency food support each month.

These are not happy statistics and show that hunger is on the rise in our community. To address this growing need, staff and volunteers at Share the Warmth aim to open a community café where affordable and healthy meals will be served to residents and members alike.

To ensure that the project is feasible, market research was conducted between February 15<sup>th</sup> and March 3<sup>rd</sup> and results will be available in April for members to plan next steps.

Our hope is to open Share the Warmth's doors throughout the week to those who are hungry, while encouraging individual autonomy by charging reasonable prices, and offering job training opportunities.

### Adding Nutritious Foods

We continue our efforts to add healthy foods to Food Bank boxes that are distributed each month. One such box contained yogurt, cheese, a banana, beets, squash, eggs and hummus.

We also continue to distribute a growing number of Good Food Boxes such as the large family one below.



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## Dental Care is basic health care



A recent report on the need for free dental care showcased Share the Warmth and helped us gain visibility in the French Community through the television show *une pilule, une petite granule*.

Thanks to the McGill Mobile Dental Clinic, we were able to offer free basic dental care to another 16 people on February 27<sup>th</sup>.

The monthly dental clinic for young children is also helping improve dental hygiene thanks to our work with the Point St-Charles Community Clinic's Dental Hygienist.

These two clinics are helping to improve dental health in the community and increasing access to basic care!

## Spotlight on volunteers

The hundreds of volunteers who help out at Share the Warmth make our programs possible! These dedicated volunteers make sandwiches that are sent to 25 schools for more than 2,500 children each week. Others work in the food bank, the second-hand shop, tutoring, or at the reception desk every single week.

Thank you for all your hard work!



## PROVIDING WORK TRAINING



Shenel, who works in the kitchen three days a week and is learning valuable work skills, is just one of the nine people currently on work training programs at Share the Warmth. As she grows in both confidence and competency, Shenel is encouraged that she will be able to get a full-time job later.

Her daily smile, her attention to detail and her very warm presence would make her an asset to any team and her work ethic would make her an ideal employee.

## BOARD OF DIRECTORS

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## How can you help?

You can give time and **volunteer** in one of our many programs. Are you interested in cooking for the School Food Program or helping out in the Food Bank? Would you consider answering phones or sorting clothes? What about tutoring or helping in the music program? Are you interested in helping us launch the Café? Share the Warmth is always looking for volunteers. Please speak to Debbie Gunn if you are available to help!



You can **make a donation** towards a specific program or support the overall work of Share the Warmth. Can you afford \$100 for a guitar for a child or \$50 to feed a family of four? Every donation helps us help the community!



You can **network** for us and talk about us to your contacts, share our newsletters and tell others about our events. Can you think of other ways you can increase Share the Warmth's visibility? Let us know!

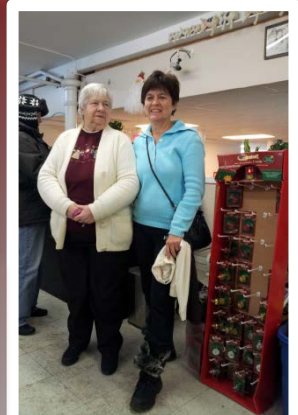


You can **donate shares** or make a **planned gift** to Share the Warmth.



Without YOU, none of this work would be possible and we thank you!

## Meet some of our Volunteers ☺



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