



SHARE THE  
WARMTH

# Building a Strong and Healthy Community

Annual Report 2017 · 2018





## **MISSION**

Our mission is to awaken hopes and dreams in the community through excellence in programming that fosters the overall development and success of youth, increases access to food security and health for all, and offers work training programs.

## **VISION**

Inspired by the vision of a vibrant community where all members reach their full potential and achieve their dreams, Share the Warmth's priorities are:

- Food security for all, with special attention to school-aged children  
**So we can all eat**
- The overall development and success of youth  
**So we can all learn and grow**
- Employment and job readiness training  
**So we can all work**

# TABLE OF CONTENTS

|  |    |
|--|----|
| Our mission, Our Vision, Our Priorities                  | 1  |
| Point St-Charles: A Health Portrait                      | 6  |
| So We Can All Eat  | 8  |
| So We Can All Learn and Grow                             | 15 |
| So We Can All Work                                       | 19 |
| A Solid Foundation for Our Future                        | 21 |
| Fundraising and Special Events                           | 23 |
| Statement of Financial Position                          | 24 |
| Our Team, Board of Directors,<br>Thank you to our Donors | 25 |

# WELCOME TO SHARE THE WARMTH

This past year marked the completion of four years of major building repairs and renovations and we are grateful to the companies, individuals and government partners who made this work possible; people who believe in our vision of a vibrant community where all members reach their full potential and achieve their dreams. If you didn't get a chance to participate in this massive effort, there is still time to help pay off the final costs of repairs!

A project of this magnitude is an important investment in the future, but it takes a huge toll on those running Share the Warmth, and we recognize that staff, volunteers and members alike faced the years of stress that come with construction projects of this size. During the past year we said goodbye to a number of staff and welcomed new team members. We worked hard to ensure that all our members continued to experience the sense of community and high level of quality programming they have come to expect, despite the challenges.

The new pay-what-you-can fruit and veggie market became a symbol of who Share the Warmth is: a place where everyone is welcome; where everyone is equal; where everyone, regardless of socioeconomic background, deserves and receives the best possible quality goods, services and programming; and where each one contributes according to their means and ability.

Despite the gentrification taking place in our neighbourhood, Point Saint-Charles and the Southwest borough has a high percentage of low-income housing where families have more than their share of hurdles to overcome; 37% of our residents live below the poverty line and 30% of people who depend on our food bank each month are under the age of 18. Share the Warmth has a critical role to play as a meeting place for all people who are open to giving, learning and sharing, in an inclusive and respectful environment.

Read on and discover what has been happening at Share the Warmth and through the participation of our members this past year. And above all, be inspired to act. Join us. We look forward to seeing you!



Fiona Crossling  
Executive Director

Rod Matheson  
Board Chair



# THANKS TO YOU 2017-2018 WAS AN INCREDIBLE YEAR!

230 

young minds were awakened to music through 1,073 hours of music programming.



43

grade 5 and 6 students who were facing academic challenges received tutoring support to help get their grades up.

239

students and their families were able to buy back-to-school supplies at a fraction of the cost.



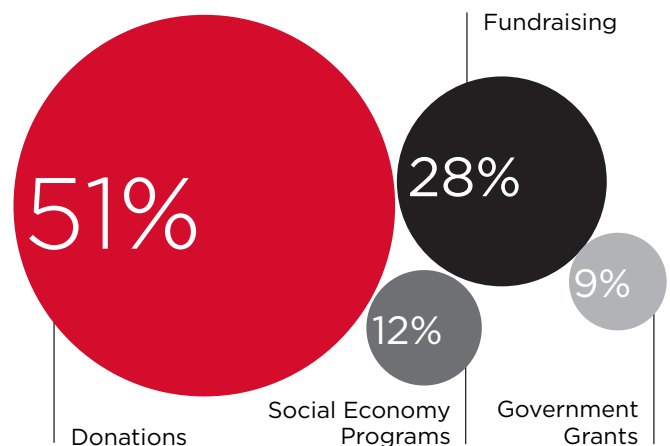
**35** Montreal schools received school supplies to help children in need.



355

children and their families shopped for gifts at the holiday Magasin-Partage.

## Revenue Breakdown\*



\* Excludes all donations in-kind.



An average of **1,700** students per week in **17** schools received healthy snacks and lunches to improve their concentration and academic performance.



**50** members, adults and youth, participated in FoodFit and youth cooking workshops.



**1,400** people per month received food assistance through Share the Warmth's food bank including **100** home deliveries for members with limited mobility.



**12** adults developed their employment skills in our work-training programs for a total of **9,700** hours worked.



Over **2,000** people bought fresh fruits and vegetables at the pay-what-you-can market in the summer of 2017.



**920** volunteers donated close to **16,000** hours of time to help their community.



Rue  
Saint-Patrick





# Point Saint-Charles: A Health Portrait

In 1948, the World Health Organization (WHO) defined health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”<sup>1</sup> Based on a health portrait compiled in June 2017 by the Point Saint-Charles Community Clinic<sup>2</sup>, here are a few key statistics that show some of the health challenges our community faces.

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**31.5%**

of the population (15 years +)  
of Point Saint-Charles suffers from  
at least one chronic illness, such as  
hypertension and diabetes.

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**11.5%**

of the population (18–64 years)  
suffers from a mental health issue.

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**37.5%**

of kindergarten children are  
considered at risk in at least one  
area of development.

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**58.8%**

of the population (12 years+)  
consumes less than 5 portions of  
fruits and vegetables per day.

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1. The World Health Organization, 1948 Constitution. <http://www.who.int/about/mission/en/> Consulted on June 27, 2018.

2. Point Saint-Charles Community Clinic Report, June 2017. [https://ccpsc.qc.ca/sites/ccpsc.qc.ca/files/Portrait%20de%20sant%C3%A9\\_CPSC\\_Final\\_140617.pdf](https://ccpsc.qc.ca/sites/ccpsc.qc.ca/files/Portrait%20de%20sant%C3%A9_CPSC_Final_140617.pdf) Consulted on June 27, 2018.

# Health Canada's Determinants of Health:

- Income and social status
- Employment and working conditions
- Education and literacy
- Childhood experiences
- Physical environments
- Social supports and coping skills
- Healthy behaviours
- Access to health services
- Biology and genetic endowment
- Gender
- Culture

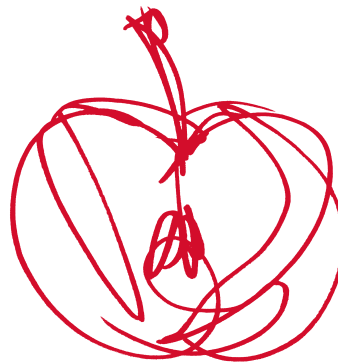
## THE HEALTH EQUATION

After the first International Conference on Health Promotion in Ottawa in 1986, the World Health Organization (WHO) stated that.

**“To reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment. Health is, therefore, seen as a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities.”<sup>3</sup>**

If we look at what makes communities healthy, we need to understand that social, economic and environmental factors are important determinants of human health and are interrelated.<sup>4</sup> Health Canada further explains that in addition to genetics and lifestyle choices, “where we are born, grow, live, and age” will have a significant impact on our health.<sup>5</sup>

In the last year, Share the Warmth focused on ensuring members of the community have better access to health in all its forms. Whether it is through access to healthy food and information, a safe and secure building to offer our services in, or academic support to keep children in school, we believe the health of our community rests on the ability of individuals to take control of the very things that determine their well-being. We hope that in reading the following pages, you will see how health and quality are guiding principles in our food security, youth, work-training and social economy programs.



3. <http://www.who.int/healthpromotion/conferences/previous/ottawa/en/>. Consulted on June 27, 2018.

4. <http://www.ohcc-ccso.ca/en/what-makes-a-healthy-community>. Consulted on June 26, 2018.

5. <https://www.canada.ca/en/public-health/services/health-promotion/population-health/what-determines-health.html>. Consulted on July 4, 2018.



# SO WE CAN ALL EAT



Over 4 million Canadians are food insecure, which means they do not have reliable access to a sufficient quantity of affordable, nutritious food.<sup>6</sup> The riding of Ville-Marie-Sud-Ouest-Île-des-Sœurs, where Share the Warmth is located, has the fifth-highest child poverty rate in Canada.<sup>7</sup> The number one cause of food insecurity in Canada is low income.<sup>8</sup>





# FOOD BANK

## How food insecurity impacts our community

Food insecurity negatively influences physical, mental and social health and places a considerable burden on the Canadian healthcare system. Food-insecure individuals, both adults and children, are more likely to be in poorer health, and are more vulnerable to chronic conditions like diabetes, cardiovascular disease, high blood pressure and so on.

## The food bank: changing our approach

Our approach focuses on providing the healthiest, and most nutritious food possible to our members. In the last year, we have moved away from the traditional food bank model toward **a member-choice model. What this means is that members are now able to choose the items they want from eight food categories.** This reinforces member involvement, provides members with the dignity to choose what they want to eat, and gives them a sense of empowerment over their own health.

“I am a food bank member and volunteer. I understand what the people who visit the food bank are going through, so I am able to serve them without judgment. I feel compassion for them because they are in the same situation as me. I think it is essential to welcome people respectfully and to provide impeccable customer service. **They deserve the best even if they live in poverty [...]**”

- Food bank member and volunteer



## The 2017 Holiday Food Drive in Numbers

- Our superhero volunteer drivers picked up **1,051** boxes from **150** participating schools and companies.
- Our stellar volunteers counted and sorted **45,014** individual food items.
- Food drive participants raised over **\$6,000** for the food bank.

## Rethinking food donations

The food bank relies primarily on food donations from organizations and food drives held throughout the year. As such, it is difficult to control the type and quality of food we receive. To encourage donors to make a conscious effort to donate healthier food, **we printed our wish list on our food drive boxes.** This wish list is also available on our website and is sent out with food donation requests. Our goal is to slowly eliminate any unhealthy options (i.e. junk food, foods high in saturated fats or sugar) from our shelves. To further improve our offering, we also need to expand our food bank budget so that we can benefit from bulk purchasing with financial donations. This would significantly impact the eating habits of our members and ultimately their health.



6. proof.utoronto.ca/food-insecurity, Consulted on July 4, 2018.  
7. Campaign2000 End Child & Family Poverty, <https://campaign2000.ca/wp-content/uploads/2018/06/Campaign-2000-Riding-by-Riding-Child-Poverty-Report.pdf> Consulted on July 4, 2018.  
8. proof.utoronto.ca/food-insecurity

# KNOWLEDGE IS POWER

A recent joint study from New York University, Stanford University and the University of Chicago on food deserts in the United States suggests that opening supermarkets in these areas had little impact on the health and eating habits of residents.<sup>9</sup> The study found that it is not so much access to healthy food but rather income, education and nutritional knowledge that will influence people to make better lifestyle choices.

At Share the Warmth our aim is to equip our members and the community with the tools and information they need to change the food security equation going forward. All our programs are designed to give people the chance to learn about proper nutrition and have access to healthy, affordable food to strengthen their food autonomy.

## Textured Soy Protein? Yes please!

When our food bank received a large donation of textured soy protein (TSP), a popular meat substitute in vegetarian cuisine, food security interns from McGill University's Dietetics Program demonstrated TSP's versatility, preparing delicious chilies, "meatballs", sloppy Joes, and spaghetti sauces. In no time, many food bank members, most of whom were unfamiliar with TSP, became fans and started requesting it. Members were even exchanging recipes and sharing photos of their culinary creations.

**Canada is one of the biggest wasters of food in the world.<sup>10</sup> In 2017, our market received more than 15 tons of donated fresh produce, 75% from the Corbeille Bordeaux-Cartierville's food recovery program "La saine alimentation, un défi alimentTERRE !". Over 80% of produce sold at the market was locally grown.**

## The pay-what-you-can-market made its debut in summer 2017

In the summer of 2017, we launched our first fruit and vegetable market after learning that 60% of food bank members eat only five servings of fruits and vegetables per week (the Canada Food Guide recommends seven to eight servings per day for adults)! The goal is to make **fresh produce more accessible to the entire community, reduce food waste from local markets, promote locally grown products and cultivate a stronger community.** The market is open to everyone, regardless of financial situation, and people who can afford to pay the suggested price or more are encouraged to do so. However, if customers cannot afford to pay the suggested price, they can still buy the fruits and vegetables they need to feed themselves and their families.

The market operates in partnership with La Corbeille Bordeaux-Cartierville, a local organization that picks up unsold, imperfect or overstock produce from local growers and markets and redistributes it to partner organizations. Any produce we judged not suitable to sell was transformed into sauces, stocks, and jams in our kitchens. These were then sold at the market or served at our community café. The homemade jams are low in sugar and are used in the School Food Program.



9. [www.nber.org/papers/w24094](http://www.nber.org/papers/w24094)

10. Commission for Environmental Cooperation, Characterization and Management of Food Loss and Waste in North America, 2017. <http://www3.cec.org/islandora/en/item/11772-characterization-and-management-food-loss-and-waste-in-north-america-en.pdf> Consulted on July 4, 2018.







## It is never too early or too late to start eating healthier

As a Good Food Organization with Community Food Centres Canada (CFCC), Share the Warmth offers the CFCC's free 12-week FoodFit program. The program combines fun, hands-on cooking sessions and food-based activities with take-home recipes, easy-to-understand nutritional information, group exercise, and shared meals. This past year, our community chef welcomed a group from *Autisme sans limites* and animated two groups at *Action Santé*, a local mental health organization.



Following the FoodFit model, we also launched **youth cooking workshops** in March 2017. This past year, we held two 12-week sessions in September 2017 and in January 2018. 12 participants signed up for each session. Participants are taught to prepare simple, inexpensive and nutritional meals with ingredients from



"The FoodFit program helped me in making me aware of the amount of sugar I was eating. The program also showed me many ways of changing an unhealthy meal into a healthy one. I thoroughly enjoyed developing the skills I need to feed myself."

- Nathan Stacey, 2017 FoodFit Participant at Share the Warmth

our kitchen. The workshops also include a nutrition education component and address many different issues like healthy snacking, the importance of sleep, the nutritional benefits of certain foods and so on. We were also fortunate to welcome students from McGill University's Dentistry Program who taught the children the importance of proper dental hygiene.

"The children really enjoy cooking and are always excited to learn new recipes. They are very interested in new ingredients and very receptive to the subjects and lessons discussed. They like sharing their opinions and comments on important subjects such as eating disorders and other serious topics."

-Fleurlie Merveille,  
Youth Cooking Workshop Animator



## School Food Program

Canada is the only G7 country that does not have a national school food program, and according to a recent UNICEF report, Canada ranks 24th in the world in terms of food security for school-aged children.

Share the Warmth believes in a school food model that provides healthy lunches to all students, just like the one adopted in 2017 by New York City public schools.<sup>11</sup> Such programs avoid stigmatizing students who do not have enough to eat and gives every student the opportunity to eat a healthy, nutritious meal. Until such a model is adopted in Montreal, we are committed to raising the funds to provide food to hungry students around the city so that they can focus on learning and be successful.

**The School Food Program provides healthy meals and snacks to close to 1,700 students per week in 17 schools around the city.**

Menus in the School Food Program are developed in partnerships with interns from McGill University's Dietetics Program. Meals contain foods from at least three of the four Canada Food Guide groups, prohibit sugar-based foods, provide high fibre content, and include foods with the highest essential nutrients. The menu was developed to ensure access to "ideal meals", which are nutritionally complete.

## The Community Café: Share the Warmth's heart and soul

**In the last year, the Café has reduced its lunch expenses by 80% by using donated and recovered food.**



**Variety is the spice of life!** An example of a lunch served at the Café.



In the summer, members can enjoy the beautiful weather on our terrace. Wednesday barbecues are very popular and a great way to bring community and staff members together over delicious food.

## Getting members more involved in decision-making

At a lunch meeting in the spring of 2018, members expressed their disappointment with the slight price increases at the Café. An external mediator was also on hand to ensure the conversation went smoothly and that everyone felt heard and that their opinion was valued. Following this lunch meeting, our staff was eager to find a middle ground. The result: a prepaid meal card offering 10 meals for \$20 (a \$10 saving) and a more varied Café menu was created to better meet the needs of our customers. The Café now serves delicious breakfast options on weekdays (including a \$1 grilled cheese sandwich) and two sizes of coffee.

Relationships with members significantly improved following this first mediation session and subsequent changes. As such, we have held several lunch meetings with members on different topics that directly affect them, including changes in the organization of food distribution at the food bank. By meeting regularly with members and consulting them, we are better able to respond to their needs.



In 2018, we organized three free community lunches. Renowned chef, TV personality and Table of Hope Honorary Co-Chair Chuck Hughes participated in our last community lunch and gave a fun, interactive culinary demonstration to our members and guests.

# SO WE CAN ALL LEARN AND GROW

**In 2011, 4 out of 10 people lived below the low-income cut-off in Point Saint-Charles.<sup>12</sup>**

**48.8% of families in Point Saint-Charles are single-parent families.<sup>13</sup>**

According to the American Psychological Association, low socioeconomic status (SES) influences our overall human functioning, including our physical and mental health. Low SES is associated with higher levels of emotional and behavioural difficulties, higher rates of depression, anxiety, aggression, and higher instances of chronic disease later in life. Furthermore, low SES also affects educational outcomes, particularly academic success, and has a lasting effect on learning (cognitive, linguistic, and socioeconomic skills)<sup>14</sup>

## Music as a vehicle for social change

**80 students registered for the weekly music program and 60 for the intensive El Sistema program for the 2017-2018 school year.**

**The overall attendance rate for both programs was 92.5%.**

**86% of current students have already registered for next year.**

**Our pilot Musical Initiation program was also launched in Charles-Lemoyne elementary school for 90 kindergarten-aged children.**

“My son has the opportunity to take part in Share the Warmth’s music program with a teacher who is passionate and attentive [...] What is special about this program is its approach: it offers a nice balance between lessons and the openness required to guide students in their journey [...]”

**- Houda Fagueri, mother of a student in the weekly piano and guitar program**



“Our [school] teacher asked me if I could play a piece on the violin in front of the class . . . and when I did it, after that everyone congratulated me, and I was happy because, well, I am less shy. . . and that has changed since I joined El Sistema.”

**- El Sistema student**

This year, Meriem, one of our guitar students, mustered the courage to play two solo performances of a piece she learned on her own. Her determination and perseverance have earned her the recognition of her teachers and peers.



12. [https://ccpsc.qc.ca/sites/ccpsc.qc.ca/files/Portrait%20de%20sant%C3%A9\\_CPSC\\_Final\\_140617.pdf](https://ccpsc.qc.ca/sites/ccpsc.qc.ca/files/Portrait%20de%20sant%C3%A9_CPSC_Final_140617.pdf)

13. [https://ccpsc.qc.ca/sites/ccpsc.qc.ca/files/Portrait%20de%20sant%C3%A9\\_CPSC\\_Final\\_140617.pdf](https://ccpsc.qc.ca/sites/ccpsc.qc.ca/files/Portrait%20de%20sant%C3%A9_CPSC_Final_140617.pdf)

14. <http://www.apa.org/pi/ses/resources/publications/children-families.aspx>



“There are no words to describe the pure joy I feel when I see a group of children on stage, proud, their eyes shining, each with their instrument, performing together for the audience. The effort they put in all year and their determination is written all over their faces.”

**- Habib Zekri, Music Program Coordinator,  
June 2018**

## **The art of performance: building self-confidence and self-esteem**

Both our weekly program students (piano and guitar) and our intensive El Sistema program students (violin, viola, cello and guitar) performed three concerts this year. A number of guitar students from the weekly program also performed at Festi-Pointe, a large neighbourhood festival in May. At this same festival our intensive program students took the stage with young musicians from St. Gabriel School. This joint performance was an important step in the future collaboration of both music programs.

## **Group learning and peer-to-peer teaching to foster respect, teamwork and leadership**

Based on the El Sistema approach, the intensive program welcomes students four times a week and focuses on peer-to-peer teaching, group learning and participation in orchestral ensembles, while keeping music and musical education fun. The aim of the program is to build self-confidence, foster each child's independence and creative spirit, encourage teamwork and respect, and help develop perseverance and social skills.

This year, returning students were assigned different tasks and asked to assist professors and support new students. This approach was beneficial for both the students and the group as a whole. Older students took their responsibilities seriously and we hope to further develop this type of mentorship in the coming years.

## **Motivation is key**

Efforts were made to keep children motivated by diversifying workshops, particularly through new experiences. For example, a stage design workshop was implemented this year and a studio recording session was also a successful addition, especially since it was combined with the creation of video clips. To see the fruit of our young musicians' labour, please visit our **YouTube channel: El Sistema Share the Warmth/Partageons l'espoir**.

## **McGill University's impact study: some preliminary findings**

In the summer of 2017, six PhD candidates from McGill University's Department of Family Medicine conducted community-based participatory research with students in the El Sistema program. The first part of their research was primarily based on how students view the program and the effects it has on their well-being. Their preliminary findings revealed that students felt the program influenced:

- Their emotional development: coping with stress, patience and respect, pride and confidence.
- Their social development: sense of community, relationships with others, relationships at home.
- Their educational development: new opportunities, academic motivation and future ambitions.

## **Learning music early**

In September 2017, 90 kindergarten students at Charles-Lemoyne school took part in 30-minute music classes as part of our pilot Music Initiation program. This project is based on the El Sistema approach and introduces children to movement, rhythm and other basic music concepts. We believe the sooner children are introduced to music the sooner they will reap its many benefits.

Teachers and staff expressed their appreciation for the project, particularly the teacher in charge of the specialized class for students with severe language impairments where she noticed particular improvements in students suffering language delays.

## **Bringing music to the community**



In April, students and the community were treated to a free concert by harpist Valérie Milot, who was accompanied by the Orchestre Symphonique de l'Agora (OSA) under the expert direction of Nicholas Ellis. At the rehearsals a few lucky students were able to get up close and personal with the harp. Professional musicians from the OSA also volunteer their time with our students, and this year gave over 40 hours of music lessons.

## Tutoring and bursaries

Share the Warmth's Tutoring and Bursaries Program welcomed 43 students from École Charles-Lemoyne, École Jeanne-LeBer and St. Gabriel School. Participants either have academic averages below 74%, or have been identified by their school as needing additional help. Each group (school) received 2 one-hour sessions per week, which included healthy snacks, individualized support and report card monitoring.

### The main objectives of the program are:

- Prevent high school dropout by supporting students in the critical transition years before high school. Point Saint-Charles has one of the highest dropout rates in Montreal at over 40%.
- Improve academic performance.
- Diminish students' social isolation.

### Attendance in all three schools was 94% or higher!

Through this program, we hope to ease the children's academic and social transition to high school, while providing bursaries (of up to \$200) based on each student's attendance. We feel that the bursary is definitely a motivation for students. It allows many to go to summer camp, to buy clothing, school supplies or just do something fun. It is a way to reward students for their hard work and is a help for families experiencing financial difficulties.

This year, the program focused on the following objectives:

- Develop students' self-discipline and organizational skills
- Encourage perseverance
- Foster participants' pride and self-esteem
- Instill a love of learning in participants
- Develop positive student-tutor relationships
- Increase access to healthy food
- Encourage parents' involvement and establish a closer relationship with parents

### A few preliminary findings

In its third year, we cannot yet evaluate the program's long-term impact on children's future success, however, by monitoring report cards and building relationships with school personnel, we can see where children have improved, and which areas still need work. As of publication of this report, our findings show positive trends among program participants, while the need for ongoing support remains.

- 21% of students are no longer considered at risk, having increased their academic average to 80% or higher.

- 55.3% of students have maintained or increased their French language grades. This means that 18.4% of participants are no longer considered at risk in this subject.
- 63.2% of students have maintained or increased their mathematics grade. This means that 18.4% of participants are no longer considered at risk in this subject.
- 91.3% of 5th graders have maintained or increased their academic average compared to last term.
- 41.6% of 6th graders have maintained or increased their academic average compared to last term.

"We provide healthy snacks during tutoring. Apples are the most popular. Once, there were only four apples left, not enough to go around. We decided to have a 'king/queen of silence' contest for the entire one-hour tutoring session. The four most studious students would win an apple. We have never had such a silent session and such concentrated students! Hurray for apples!"

**- Marion Hilken, Tutoring and Bursaries Program Coordinator**

### A round of applause for our tutors



Our tutors even do the dishes! A few of our tutors helping to clean up after the end-of-year ceremony, May 2018.

This year, seven part-time tutors and four volunteer tutors worked with students. Many of them have already been with us for two school years, which means they know the neighbourhood and participants well. They are extremely conscientious and are always looking for ways to improve tutoring sessions and ensure a positive experience for students. Most importantly, they have developed a solid and trusting relationship with students. This is especially important for children who are experiencing difficult family situations.

## Bursary Ceremony



On May 24, 2018, we organized an end-of-year celebration to highlight the hard work of students in the tutoring and bursary programs. Our program coordinator and tutors created a “Wall of Fame” with pictures of the students during the year and words of encouragement from their tutors.



Students receiving their diplomas during the ceremony.



Nathan, a recipient of the Sam Pelc scholarship, gave a speech for our tutoring and bursary students and their families at our end-of-year ceremony. Nathan who just graduated from high school has been awarded the Post-Secondary Scholarship and will be starting CEGEP.

“With the scholarship funds I received, it made things so much easier for my dad who is on a fixed income. The funds made it easier to pay my school fees, books, school supplies, and the small field trips my school offers. [...] Some of the best experiences I had were in Secondary 4 and 5, when I was able to do the school trips and a grad trip to New York City. It was the highlight of my life thus far. I’m so grateful.”

**- Nathan Haggerty, Speech given at Share the Warmth’s end-of-year ceremony, May 2018**

## Sam Pelc Scholarship

In 2017-2018, Share the Warmth awarded the Sam Pelc Scholarship to 18 high school students, 9 in Secondary 4 (Grade 10) and 9 in Secondary 5 (Grade 11). This program provides financial assistance and support to students with the aim of encouraging them to finish high school and pursue their education.

Of the nine participating Grade 11 students, three were awarded Share the Warmth’s Post-Secondary Scholarship, providing them with financial support for their CEGEP studies.

### Post-Secondary Scholarship

There are currently 12 recipients of Share the Warmth’s Post-Secondary Scholarship, which provides financial assistance to CEGEP or trade school students. Three new students were awarded the scholarship at the end of the 2017-2018 school year.



Kyarra, a recipient of the Sam Pelc Scholarship and the Post-Secondary Scholarship, is now entering her final year of CEGEP at John Abbott College. She hopes to become a psychiatrist.

“In my future studies I hope to study either Behavioural Neuroscience or Pharmacology as my bachelor’s degree, and then enter medical school from there. To say the least, if I hadn’t been involved with Share the Warmth, and hadn’t received scholarships for high school and college, I most definitely would not be on the path I am today. I undoubtedly owe Share the Warmth a big acknowledgment for where I am today, and hopefully I will be fortunate enough to give back.”

**- Kyarra Ross, Sam Pelc and Post-Secondary Scholarship Recipient**

## Summer camp partnerships

Share the Warmth has developed partnerships with three summer camps: Camp le P’tit Bonheur, Camp musical Père Lindsay, and l’École des jeunes music camp at the Université de Montréal. These camps offer spots to our Tutoring and Bursary and Music Program students, providing them with unforgettable and enriching experiences. We are so grateful to these three camps for their ongoing generosity.



# SO WE CAN ALL WORK

## Emploi Québec's PAAS-Action Program

In the summer of 2017, **Jean-Philippe** started the PAAS-Action program in the kitchen as a dishwasher. After a couple of months, he started to help with meals for the Café and production for the School Food Program. He has made an enormous amount of progress in the past 12 months.



"I am less stressed, much more patient, more sure of myself, I have more confidence. I always like to make jokes and make people laugh. I feel much more confident to use the gas stove. I learned to cook, to make many things at the same time and I am more sure of myself when I cut vegetables and less scared to cut my fingers. The people at Share the Warmth are kind and everyone in the kitchen is patient."

**- Jean-Philippe, PAAS-Action Program Participant**

The program is geared toward people on social assistance who want to return to the job market. It assists them in learning and developing new skills and prepares them for a work-training program or even a permanent job. Participants can work in different areas, based on their availability and interests. We offer training for sales (Café-Boutique), food bank (warehouse), delivery help, kitchen help and office help. In 2017-2018, we had 10 PAAS-Action positions at Share the Warmth. We also collaborate with other organizations like Portage, l'Arrimage and Action main-d'oeuvre for recruitment and follow-ups.

## Community positions

These part-time positions are offered in customer and janitorial services and are available to members of the community who have been on social assistance programs for prolonged periods of time. The goal is to offer participants the opportunity to acquire work experience, build confidence and ultimately encourage them to return to, or enter, the job market. Last year, we had two community positions. As of January 2018, we only had one community position, as one of the participants was hired on a permanent part-time basis.



**Shenel** started working at Share the Warmth as a PAAS-Action participant. She then stayed on in our community position. In January 2018, we were able to hire her permanently. Shenel works 20 hours a week in janitorial services, keeping the building spic and span for our members.

## Collaborations

### CIUSS

Share the Warmth collaborates with several partners including integrated university health and social service centres (CIUSS). We have two people in training as well as a group of five people who work in the kitchen and triage twice a week. This group is accompanied by an educator.

### Ivritivik

Ivritivik is a project that encourages the socio-professional integration and skills development of Inuit people 18 years and older. In the last year, we have had 22 groups volunteer at Share the Warmth.

## OUR VOLUNTEERS

According to the Royal College of Psychiatrists, “work, whether paid or unpaid, is an important part of life. For many of us, it is central to our happiness.”<sup>15</sup> It also provides social contacts and support, a way of structuring and occupying our time, physical and mental activity, an opportunity to develop and use skills, social status, a sense of achievement and, of course, money. In other words, work is good for our physical and mental health.



“During my internship, I learned that we can connect with people from all walks of life, and that it is always important to be mindful of the challenges people may face; including financial hardship. One of the biggest lessons I learned was to be resourceful on a budget! It was amazing to see how minor tweaks to recipes or common nutrition recommendations are achievable and more importantly far better than eliminating the options altogether. All in all, I would highly recommend volunteering, or interning at Share the Warmth. The overall spirit of this organization is invaluable and one to see for yourself!”

**- Arianne Rodriguez, one of our summer interns, created a Health and Safety Protocol for the community kitchen, managed the seasonal fruit and vegetable market and animated a 12-week FoodFit program.**

## Our volunteers come from near and far

On top of giving back to your community, volunteering is good for your health. Studies have shown that volunteering can help fight anxiety, depression and social isolation. We are so grateful to the amazing volunteers who come through our doors every day. Our volunteers come from Quebec, Ontario, Arkansas, Missouri, Florida, Pennsylvania, Kansas and Algeria! In 2017-2018 we welcomed 560 individuals who volunteered as part of a group (companies, associations, schools, universities, etc.) and 360 individual volunteers.



## New hall rental project takes off

With the expert help of Deloitte volunteer consultants, we were able to develop a business plan for our hall rental project. As of spring 2018, the Share the Warmth hall has been available to rent for special events. In line with the organization's mission, the renting of our event space has been developed to ensure accessibility to all. As such, Share the Warmth members can rent the hall at a reduced rate. Furthermore, all profits from the hall rental will be used to pay off the remaining debt on the building renovations and then reinvested in our many programs and services.



# A SOLID FOUNDATION FOR OUR FUTURE

Since 2014, Share the Warmth has been undergoing major repair and renovation work: excavation of the foundation, restoration of the bell tower, replacement of windows and doors, remodeling of the food bank space, and more. This last year, the roof was replaced, the second-floor hall was renovated, and new offices, bathrooms, and music and youth rooms were added. We are pleased to announce that the fourth and final phase is almost complete. While we are still in need of funding to pay for the work, there is finally a light at the end of the tunnel. We would like to express our gratitude to all the companies, individuals and government partners who donated time, materials, work and funding for this incredible project.





## FUNDRAISING AND SPECIAL EVENTS

### Partageons la PUCK raises over \$80,000 for the School Food Program

Only in its second year, this amazing hockey fundraiser was held in October 2017. This year, Share the Warmth spokesperson and Montréal Canadiens General Manager Marc Bergevin was joined by Hockey Hall of Fame inductee and former Canadiens player Yvan Cournoyer. The players really rose to the challenge and raised an incredible \$85,000 for our School Food Program. An amazing effort by all!

### Share the Spirit cocktail inaugurates Share the Warmth's brand-new hall and honours our construction partners

This year's cocktail reception and silent auction were held just before the holiday period and honoured some of the many companies who donated their time and expertise to our renovation project. The festive evening also awarded long-time volunteer Joan Skelton the Betty Scott Award for service, and inaugurated our brand-new event space, which was made possible by the generosity of our numerous construction partners.

### The ScotiaBank Charity Challenge

This year, the Scotiabank Charity Challenge was held the weekend of April 21 and 22 at Parc Jean-Drapeau. It was a beautiful sunny weekend and Team Espoir, made up of 26 participants, raised over \$17,000 for our youth programs. We thank you for your amazing fundraising efforts and your participation!

### A new face joins Table of Hope cast

Renowned chef, restaurant owner and television personality Chuck Hughes joined media personality Aphrodite Salas as honorary co-chair at this year's Table of Hope. Held in May at the beautiful Salon Richmond, this incredible evening raised \$120,000 for our School Food Program!

### DIY fundraising

This past year, numerous third-party events, otherwise known as Do-It-Yourself events, have raised money for our programs and services. These fundraising initiatives are organized, managed and financed by external companies, individuals, clubs, organizations, schools, or community groups and benefit Share the Warmth. From bake sales, to food and clothing drives, to soccer and golf tournaments, to boxing matches, to fitness and yoga events, to company Jeans Days and End Hunger campaigns, to foodie events and art auctions, this past year has been full of creative and diverse fundraising ideas. We are so grateful to everyone for their incredible efforts. You raised \$78,000 this year. Keep up the amazing work!



# STATEMENT OF FINANCIAL POSITION

## A LOOK AT THE NUMBERS...

This table presents comparative financial information for 2018 and 2017. The building renovation project has placed a significant financial burden on the organization for the past four years. Despite this burden, Share the Warmth is pleased to report an operating surplus for the 2017-2018 financial year of approximately \$71,000. 75% of in-kind donations are from Moisson Montreal for weekly food bank donations received. The organization ended the year with a building debt of \$605,000. Another \$200,000 in final invoices for the roof are expected, which will be partially offset by grants receivable of \$400,000.

|  | June 30, 2018       | June 30, 2017       |
|--|---------------------|---------------------|
| <b>Assets</b>  |                     |                     |
| Cash   | \$ 252,627          | \$ 206,124          |
| Accounts receivable  | 90,919              | 87,765              |
| Prepaid expenses   | 4,107               | 3,869               |
| Government grant receivable  | 200,000             | -                   |
|  | <b>547,653</b>      | <b>297,758</b>      |
| Property, plant & equipment  | 2,371,078           | 1,746,193           |
|  | <b>2,918,731</b>    | <b>2,043,951</b>    |
| <b>Liabilities and Net Assets</b>  |                     |                     |
| Line of credit   | 605,000             | 325,000             |
| Accounts payable and accrued liabilities                                 | 171,654             | 63,425              |
| Deferred contributions   | 993,814             | 578,348             |
|  | <b>1,770,468</b>    | <b>966,773</b>      |
| Net assets   |                     |                     |
| Invested in property, plant & equipment                                  | 2,371,078           | 1,746,193           |
| Unrestricted   | (1,222,815)         | (669,015)           |
|  | <b>1,148,263</b>    | <b>1,077,178</b>    |
|  | <b>\$ 2,918,731</b> | <b>\$ 2,043,951</b> |
| <b>Revenues</b>  |                     |                     |
| Fundraising activities   |                     |                     |
| Donations  | \$ 677,256          | \$ 500,292          |
| Contributions in kind  | 472,235             | 556,570             |
| Special events   | 387,604             | 280,864             |
| Other  |                     |                     |
| Social economy   | 168,155             | 173,353             |
| Government grants  | 115,330             | 145,496             |
| Estate donations   | 25,000              | -                   |
|  | <b>1,845,580</b>    | <b>1,656,575</b>    |
| <b>Expenditures</b>  |                     |                     |
| Community programs   |                     |                     |
| Food Security Programs   | 713,249             | 650,574             |
| Social Economy & Work Programs   | 344,938             | 423,425             |
| Music & Youth Programs   | 286,593             | 263,678             |
| Administration   | 229,000             | 177,826             |
| Amortization   | 109,761             | 80,359              |
| Fundraising activities   | 90,954              | 87,163              |
|  | <b>1,774,495</b>    | <b>1,683,025</b>    |
| <b>Excess of revenues over expenditures (expenditures over revenues)</b> | <b>\$ 71,085</b>    | <b>\$ (26,450)</b>  |



"The Foundation has been partnering with Share the Warmth for 12 years. In that time, we have witnessed some pivotal moments in the life of the organization: the retirement of the founder, the transition to the new executive director, the implementation of new programs, major construction work to name just a few. Our support has also evolved over the years, focusing more on youth programs while still paying close attention to Share the Warmth's overall mission.

Our involvement has also grown, and we have developed a partnership that goes beyond the simple donation framework. Together, we discuss our respective practices and the development of the non-profit sector as a whole. This is a partnership that stands out and of which we are particularly proud, because Share the Warmth is an exceptional example of what a non-profit can and should be: relevant, innovative, resilient, willing to learn and inspiring."

**- Ode Belzile, Director, Philanthropic Activities,  
Fondation J. Armand Bombardier**

## Our team

### Full-time staff

Emily Balderston  
Naouel Bendahmane  
Serena Carden  
Ruby Clark / Marion Hilken  
Fiona Crossling  
Kimberly Fellows  
Mona Gittens-Williams  
Dalila Hamsi  
Julie Hurtubise  
Susan Mingo  
Elizaveta Orlova  
Vanessa Girard-Tremblay  
Katina Vanasse

### Part-time staff:

Tanina Drvar  
Russell Godding  
Maria Consuelo Padron Aicardi  
Shenel Pierre-Ramsay  
Victoria Prodan  
Denis Tremblay

### Music staff:

Albane Sophia Chateau  
Solène Derbal  
Medad Ernest  
Alexandre Ethier  
Ivan Fabara  
Louisane Cynthia Fozin-Kengni  
Langakali Halapua  
Charles Hobson  
Suzanne Larose  
Nadège Wary  
Julie Richardson-Robitaille  
Michel Salvail  
Lauren Tyros  
Habib Zekri

### Tutors:

Frédérique Alain  
Thivya Anban  
Laurent Chicoine-McKenzie  
Raphaël Cyrius  
Taya Darling-De Clou  
Catherine Lamontagne  
Fleurie Merveille  
Rachel Turenne

## Board of Directors

Rod Matheson, Chair  
Vice-President at Accord Financial  
Dominique Chatel, Vice-Chair  
Real Estate Broker and Foundation Director  
Dario Mazzarello, Treasurer  
Managing Director, Jarislowsky Fraser Ltd.  
Christian Amessee, Secretary  
Director Principal École Charles-Lemoyne (Retired)  
Geneviève Charette, Director  
Consultant, Change Management and Organizational Development  
Julie Hamel, Director  
Social Entrepreneurship Fellow and Coach  
District 3 Center for Innovation and Entrepreneurship,  
Concordia University  
Nisha Noor-Matchett, Director  
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Consultant, MBacal Group  
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Small Business Advisor, TD Canada Trust  
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Co-Owner, Studio du Chateau  
Roberto Pietracupa, Director  
Director, Wealth Management Scotia McLeod  
Jeffrey Rosenberg, Director  
Artistic Director, DentsuBos  
Serge Théorêt, Director  
Vice-President, Distribution and Logistics, Agropur  
Fiona Crossling,  
Executive Director, Share the Warmth

## Thank you to all our donors!

We are grateful to all the individuals, foundations, corporations, sponsors and numerous partners who support Share the Warmth throughout the year. We would also like to thank everyone who participated in our fundraising events, Share the Spirit, Partageons la PUCK, Scotiabank Charity Challenge, and Table of Hope and everyone who organized fundraising events to support our programs. We are truly grateful.

### \$25,000 and more

Boychuck, Lorraine  
Estate of Denise Pitre  
Evenko Foundation  
George Hogg Family Foundation  
Jacques Francoeur Foundation  
Marcelle et Jean Coutu Foundation  
Ministère de la Santé et des Services sociaux (PSOC)  
Moisson Montréal

### \$24,999 - \$10,000

Adventure Joe  
Altru Foundation  
André Gauthier Foundation  
Carpet Art Deco  
CI Investments  
Entreprise Venise Peintre  
Gilles Chatel Foundation  
Great-West Life, London Life and Canada Life  
Hay Foundation  
Hockey Helps the Homeless  
J. Armand Bombardier Foundation  
Le Berlingot Foundation  
Lederman Foundation  
Ministère de l'Éducation, du Loisir et du Sport (MELS) - English Montreal  
School Board  
Ministère du Travail, de l'Emploi et de la Solidarité Sociale, Programme  
d'aide et d'accompagnement social (PAAS - ACTION)  
Montreal St. Patrick's Foundation  
R. Howard Webster Foundation  
Scotia Bank  
Show & Tell  
TELUS  
TD Bank Group  
Utility Garments  
Vitrerie Dufour  
Zeller Family Foundation

### \$9,999 - \$1,000

Accès Charpente  
Accord Financial  
Actions Enfance  
Albert, Leonard  
Alucko installation  
Anon, Anon  
Baker, Mary Ellen  
Bar-B-Barn  
BDO Canada  
Beaconsfield Golf Club  
Bergeron, Eric  
Birks Family Foundation  
BMO Global Asset Management  
BMO Wealth Management  
Borden Ladner Gervais  
Brouillet, Eric  
Bussandri Foundation  
Canderel Management  
Carr, John  
Carrière, Guylaine  
Centraide - Fonds du CAPSSOM  
Centre intégré universitaire de santé et de services  
sociaux du Centre-Sud-de-l'Île-de-Montréal  
Charrette, Geneviève  
Chatel, Claude and Claire  
Chatel, Dominique  
Chawkers Foundation  
Chemotec/Safeblend  
Cheong, Vanessa and Rod Matheson  
Clarke, Tom  
Clinique communautaire de Pointe-Saint-Charles  
Cloutier, Charlotte and Jeanne  
CN Employees and Pensioners Community  
Courtemanche, Jérémie  
Côté, Henri and Catherine  
Couture, Josée  
Croteau, Vincent and family  
Crowe BGK  
Davidman, Michael and B. Kim

DentsuBos  
 Dynamic Funds  
 Easy, Jackie  
 ESDC – Summer Student Grant  
 Institute of Christian Communities  
 Erin Sports Association  
 Etheridge, Suzanne and Paul  
 Falardeau, Julie Anne  
 Familiprix  
 Farnsworth, Kayli  
 Fednav  
 Fidelity investments Canada  
 Filion, Jacques  
 Five B Family Foundation  
 Fondation Frontenac - Fonds Pierre Mantha  
 Fonds de développement et de reconnaissance des compétences de la main-d'œuvre  
 Fonds de solidarité FTQ  
 Forde, Kimberley  
 Foundation of Greater Montréal – Malouf Family Fund  
 Frare & Gallant  
 Gleason, Diane  
 Groupe Lefebvre M.R.P.  
 Groupe Sanik  
 Gurudwara Sahib Quebec  
 Gustav Levinschi Foundation  
 Hanson, Douglass  
 Hasbro  
 Hatley  
 Hyatt, Susan M.  
 Hydro-Québec  
 Imadake Izakaya  
 I-MAG Energies  
 imk advocates  
 Institute for Christian Communities  
 Jarislowsky Fraser  
 Jayli Trade Net International  
 Jewish Community Foundation of Montreal  
 Jokinen, Judie  
 Jumpstreet Educational Tours  
 Kataka  
 Kugler Kandestin  
 Langelier, Yves  
 Lasalle Elementary Jr. School  
 Leonard Albert Family Foundation  
 Le Support – Fondation de la déficience intellectuelle  
 Lloyd Carr-Harris Foundation  
 Lorenskowski, Barbara  
 Lower Canada College  
 Masdel  
 Merck Frosst Employees Charity Trust Fund  
 Michelin, Andrew  
 Michelin, Janet  
 Ministère de la santé et des services sociaux, Direction de la Santé publique, volet Écoles et milieux en santé (Action Gardien)  
 Mitchel Lincoln Packaging  
 Morrison, Lori  
 Moruzzi  
 Moser, Paula  
 Mulroney, Mila  
 Multibags  
 Namer, Guy  
 National Bank of Canada  
 Negru, Nina and Maxime Danyliuk  
 NH Asset Recovery Specialists  
 Oceanwide Canada  
 O-I Canada  
 Open Table  
 Patrimonica  
 Pietracupa, Roberto  
 Pearlmark  
 Petosa, Linda  
 Power Corporation of Canada  
 Pub Burgundy Lion  
 Québecor Médias  
 Quinlan, William  
 Quo Vadis  
 RBC Foundation  
 Redbourne  
 Réseau Réussite Montréal  
 Richardson GMP  
 Rockman, Jason  
 Rosenzweig, Allan  
 Roslyn Elementary School  
 Sannse, INGI Fashion  
 Schultz, Richard  
 Sciage de Béton St-Léonard  
 Saint Monica bilingual School  
 Sandra and Leo Kolber Foundation  
 Scotia Wealth Management – Pietracupa Group  
 Seagulf Marine Industries

Sebastian, Elizabeth  
 Sibylla Hesse Foundation  
 Spencer, Robert  
 Skelton, Joan  
 Studio du château  
 Système intérieur VCAJ  
 TAS  
 Tata Communications (Canada)  
 TD Canada Trust  
 TD Securities  
 The Vox Box  
 The Hylan Foundation  
 Thursday's Group  
 T.R.E.E. Foundation for Training and Development  
 Trust Eterna  
 United Acoustics and Partitions  
 United Way of Greater Toronto  
 Verdun Elementary School  
 Vigilant  
 Ville de Montréal (MESS)  
 Walker Glass Co.  
 Wally and Aaron Fish Foundation  
 William & Esber  
 YTM Capital

### Partners, benefit events

Agropur  
 Air Canada Foundation  
 Bad Monkey Popcorn  
 Bar à Beurre  
 Bell Média  
 Bird Bar  
 Bitoque  
 Brasserie McAuslan  
 Bureau en Gros  
 Cambridge, Glen  
 Canada Running Series  
 Celebrations  
 Copper Branch  
 Corby Spirit and Wine  
 Daboom Desserts  
 Dalla Rose  
 Daou Restaurant  
 Dentons Canada  
 Deville Dinerbar  
 Distillery 1769  
 Doughnats  
 Emiliano's  
 Enoteca Monza Pizzeria Moderna  
 Entrepôts Dominion  
 Gaufrabec  
 Hockey Canada  
 L'Orchidée de Chine  
 L'Antichambre RDS  
 Luxe Rentals  
 Main Florist  
 Mandy's salades gourmandes  
 Mirvik  
 Miss Prêt à Manger  
 Monique Simone Photography  
 Monsieur Restaurant & Bar  
 Montreal Alouettes  
 Nantel Distribution  
 Notre-Bœuf-de-Grace  
 Pigeon Coffee  
 PIMCO  
 Pinnacle ERP Solutions  
 Puppa sacha  
 Raw Vitality  
 Reuben's Deli & Steakhouse  
 Rib'n Reef Steak  
 Satay Brothers  
 Trillium  
 Unique Foods  
 Vanessa Langevin Événements/Events  
 Virgin media  
 Waina Wyn  
 Wienstein & Gavino's  
 Xavier Artisan

### Partners, third party events

Angry Animals Golf Tournament  
 Angry Monkey MMA  
 BDO  
 Défi des 100 cols  
 Jamais Figé Art Auction  
 DentsuBos Employee Events  
 GOAL MTL  
 L'Aréna des Canadiens  
 LeChop  
 Lululemon  
 Luxury Retreats

### Partners, social community programs

Action-Gardien, table de concertation communautaire de Pointe-Saint-Charles  
 Action main-d'œuvre  
 Camp Le P'tit Bonheur  
 Camp musical Père Lindsay  
 Community Food Centres Canada  
 Concordia University's Community Service Initiative  
 Dawson College  
 École des jeunes de la faculté de musique de l'Université de Montréal  
 Deloitte  
 Emploi-Québec  
 Forestore  
 Ivirtvik  
 La Corbeille Bordeaux Cartierville  
 L'Arrimage  
 Le Bonhomme à lunettes  
 McGill University - School of Human Nutrition  
 McGill University – Faculty of Dentistry  
 McGill University – Department of Family Medicine  
 MyCognition  
 Orchestre Symphonique de l'Agora (OSA)  
 Portage  
 Salesforce Foundation  
 Wilder & Davis  
 YMCA

### Partners, renovation project

Accès Charpente  
 Alucko  
 Association de la construction du Québec  
 BES  
 Bousada  
 Carpet Art Deco  
 Carrelages FN  
 Cométal  
 Constructal  
 Décor Lacharité  
 Demo Spec  
 Electrique Britton  
 erod agence creative  
 Espace Construction  
 Forage St-Leonard  
 Gestion 3 dans 1  
 Humaco/Gypstech  
 Kodem  
 Le Groupe Beauchesne  
 Lemay  
 Lumenpulse  
 Maçonnerie Hardy  
 Marble Maestro  
 Menuiserie Mont Royal  
 Moderco  
 Moruzzi  
 Nevada  
 Pomerleau  
 QMD  
 Quincaillerie RONA Saint-Patrick  
 Richelieu  
 Sanik  
 Simcon  
 Sistemalux  
 Solotech  
 Solutions Médias  
 TBC Construction  
 Tomico  
 United Acoustics  
 Vitrierie Dufour

This list reflects gifts of \$1,000 and more and includes individual donations, donations-in-kind and sponsorships. If we have inadvertently left anyone out, please accept our apologies and let us know so that we can correct our information.

### Credits

Text and revision: Tanina Drvar  
 Graphic design: courtesy of Jeffrey Rosenberg  
 Cover art: Gail Paré

Share the Warmth  
 625 Fortune  
 Montreal (QC) H3K 2R9  
 514 933-5599  
 sharethewarmth.ca

Charity number:  
 876448879 RR0001





Serving the  
Community

PARTAGEO  
l'espoir  
SHARE  
the warmth

Paré

MENU