



# The Source

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**If you or someone you know is in need of food bank support, visit the “Find A Food Bank” page on our website, or phone 705-324-0707**



## **Local Student Caellum Makes a Big Donation!**

Caellum Smith, a fourth-grade student at Rolling Hills Public School, collected an impressive **76lbs of food** for KLFS and his school project! Each student in his class was tasked to “make a meaningful difference in someone else’s life,” which is why Caellum decided to support our mission to end hunger in the City of Kawartha Lakes.

Caellum’s donation is a great example of how to turn a project or a task into an impactful community effort that supports a local cause! Caellum made a meaningful difference in more than one person’s life: food donated to KLFS helps to feed individuals and families that are hungry all throughout the Kawartha Lakes.

***Thank you, Callum, for supporting us!***

## Look who's helping feed our neighbours!



**Cash Donors:** Wilf Ludlam, Alfred Ades, Jo Alberti, Thomas and Linda Bartlett, Patricia Barton, David and Pauline Brien, Robert and Sandra Brillinger, Leo Brockman, Susan Brooks, Robert and Georgina Coleman, Karen Coles, Verna Curtin, Gerard and Andree Curtin, Sharon Dawson, Kim Devolin, Fran Dominic, Naomi Ecob, Ilean Foster, June Gall, John and Elizabeth Gundy, Loreen Harris, Maureen Hewitt, Joan Johnson, Betty Kellestine, Lynda Little, Garth and Marian Mackay, Barbara Marquardt, Lucy Moulton, Nancy Pelletier, Ken and Elizabeth Penley, Sharon Pollard, Max Radiff, Jane Shulist-Green, Andris Smits, Donna Snowden, Greg Spellen, Natale Stoppa, Brenda Tamlin, David and Judy Warren, Floyd and Gabriele Wills, Judith and Glen Wright, J. B. Concepts, Cedar Springs Motorsports Ltd., Cambridge St. United Church, Five Counties Children's Centre, Ontario Alpha XI Master, Queen Street United Church, St. Paul's Church, St. Vincent DePaul, U11 B Muskies Hockey Team, and Victoria West District Women's Institute.

**Monthly Donors:** Roberta Allen, Mary Auld, Rob and Rose Barg, Laurie Cameron, Pat Casey, Suzanne Clark, Barbara Corp, Francis and Jacey Culham, Michael Cummings, Henry Dening, Muriel Ellis, Lisa Fedele, Kelsey Gibson, Jennifer Gilmer, John and Elizabeth Gundy, Brian and Pat Henderson, Patricia Herlihey, Douglas Horton, John Hunter, Patricia Jarvie, Timothy Jenkins, Patti Jones, Yvonne Kehoe, Betty Kellestine, Bonnie Kennedy, Grace King, Allin Kingdom, Trevor and Shannon Kuypers, Katherine Le Gresley, Marion LeBlanc, Lynda Maxwell, Catherine Morrison, Gwen Mossini, Joann Nairn, Carol Nicholson, Kenneth and Arlene Oakes, Girish Patel, Annette Payne, Yvette Peel, Catherine Philp, Arnold Porter, William and Margaret Preston, Alyson Read, Virginia Reeds, Ellen Ritchie, Anne Rodd, John and Julia Ruitter, Joan Shippel, Sheila Smith, Earl Spence, Bert and Sheila Stillwell, Devavrat Sud, Barbara Taylor, Gord Travis, Linda Tripp, Barbara Truax, Mike and Wendy Villemaire, Doug Watson, and Larry and Michelle Wilson.

## The Summer Outreach Lunch Program Continues This Year!

Since 2018, the Summer Outreach Lunch Program has prepared and distributed thousands of healthy bagged lunches to elementary-aged children in the Kawartha Lakes throughout July and August. As many families in our community rely on school-run programs, the summer months often bring anxiety surrounding food insecurity, leaving children burdened with the worry of not having enough to eat.



Through collaboration with Kawartha Lakes Food Source, The Salvation Army Lindsay, Kawartha Lakes Food Coalition, and the Haliburton, Kawartha, Pine Ridge District Health Unit, we are grateful to continue the program again this year! **In the summer of 2022, we produced 588 lunches — 431 distributed to children and the remainder to A Place Called Home and BGC Kawarthas** — and we are hoping to reach even more children this season.

As in years prior, lunches will be available every Wednesday and Friday at King Albert Public School and Queen Victoria Public School, but we are also excited to announce a third location, new this year! Starting in July, children can also visit the Dalton Branch Library in Sebright every Monday to receive their lunch. **Please visit our website under 'News' for more details.**



## Food Banks Canada Helps Provide Hot Meals!

Food Banks Canada recently granted Kawartha Lakes Food Source with funding that allowed us to provide **1900 frozen, single serve meals** to tenants at Kawartha Lakes Housing (KLH) Corporation. Meals

are made from scratch by a local caterer and include a protein, carbohydrates, and vegetables, for a healthy and well-balanced meal. KLH is responsible for all social housing in the City of Kawartha Lakes, where some of our most vulnerable population resides, often struggling to access their next meal. **We're incredibly grateful that funding from Food Banks Canada has provided some guaranteed hot meals to tenants at KLH!**



## The Season of Fresh Produce is Upon Us!

Did you know KLFS can accept **fresh produce donations**? At our distribution centre, we have both a walk-in fridge and freezer that we use to store perishable foods for our member food banks and social service agencies.

Since growing season is now in full swing, **we hope to receive more fresh vegetables and crops** so clients can have better access to healthy eating!

If you have extra produce and would like to donate to Kawartha Lakes Food Source, please come directly to our distribution centre, located at 164 Needham Street, Lindsay.



### KLFS MEMBER AGENCIES:

Coboconk Community Food Bank  
Dunsford Community Food Bank  
Fenelon Falls Salvation Army  
Kinmount & Area Food Bank  
Lindsay Community Food Market  
Omeme Food Bank

Women's Resources  
Woodville Eldon Food Bank  
21 Member Schools  
Participating in Fruit  
& Milk Program



## Look who's helping feed our neighbours!



**Online Donors:** Donald Kennedy, Tina Matthews, Sarah McGowan, Martha Pendlebury, Teresa Sides, Thiviya Sivanathan, Mary-Katherine Stainton, Steve Strathdee, Jeff Todd, and Paul Weinwurm.

**Monthly Online Donors:** Deborah Mohr, Micheal T and Mary Scott, Deborah Smith, Tim Jenkins, Beth Tait, Sandra Boksman, Brian Rump, Barbra Glass, Lisa Van Halteren, Barbra Evans, Cathie Ritchie, Daniel Grima, Kenneth Koski, Mary Ellen Wood, Gwen Allore, Peter Maitland, Christine Schaafsma, Andrew Leach, Jeremy Kraemer, Shannon Roszell, Sandra and Bob Laurence, Nanci Byer, Pamela Lawson, Paul Jantzi, Veerle De Lombaerde, Janet Armstrong, Donna S Thompson, Jennifer Connor, Denise Williams, Sallie Byer, Virginia Hewton, Grace Pineau, Karan Byrappa Ramesh, Karen and Ivan Goodhand, and 3 Anonymous.

**Food Donors:** Caellum and Melissa Smith, Elise Goddard-Shah, E66 Farmers of Ontario, Woodville Farms Ltd., Polito Ford, Andrea Lao, Kawartha Dairy Ltd., Skyline Living, Brian and Denise Sabourin, Bob Brillinger, Cambridge Street United Church, St Luke's Community Centre, and 10 Anonymous.

**Community Events and In-Kind Donations:** Hobart's Restaurant, Ground FX Landworks Inc., Lindsay Bike Nights, Forester's Branch SCEO, and Dan Burns Memorial Golf Tournament.

**In Memory:** Mary Auld in memory of Melissa O'Neill, Donna Chambers in memory of Mary Gosse, Jody Clements in memory of Serena Sharpe, Kathi Fujino in memory of Kim Dewey, Catherine Martin in memory of Mary Gosse, Valerie McQuat in memory of Melissa O'Neill, Sandy Wisniewski in memory of Mickey Bond, Heather Payne in memory of Serena Sharpe, and 2 Anonymous in memory of Keith Livingstone.

**In Honour:** Linda MacDonald-Clow in honour of Lawrence Clow, Melissa Martel in honour of Collver Consulting, and Amy Mullen in honour of Jorja.

## Ground FX Landworks and Home Building Centre Help with Our Open Gardens!

KLFS maintains **78 garden beds that produce free and fresh vegetables** to those that need them in our community. This year, we received some much-needed help from Ground FX Landworks and Lindsay's Home Building Centre to kickstart the growing season in our Open Gardens!

Ground FX Landworks donated **soil, mushroom compost, and vermicompost**, while Lindsay's Home Building Centre donated their **time and equipment** to deliver the materials to our gardens. Healthy soil is imperative to growing healthy food, which means KLFS is now better equipped serve our community!

Our hope is that KLFS Open Gardens can ensure those that are struggling have access to a well-balanced diet, including a large variety of fresh vegetables.



### We're Now Collecting Empty Dish Soap Containers!

Our member organizations receive more than just food from KLFS: they also get personal care and household necessities that we often purchase to supplement the items received by donation. **Dish soap is highly requested from our members and their clients**, so we have decided to begin collecting your empty dish soap containers to refill at our distribution centre! Buying dish soap in bulk will allow us to save costs and help the environment by reusing plastic containers.

**If you would like to donate your empty dish soap containers, you may bring them to our distribution centre**, located at 164 Needham Street, or leave them in any of the blue donation bins located at various local businesses in Lindsay. Please make sure they are washed and dried before they are donated!



### A HUGE thank you

to our volunteers who sort, pick up donations, drop off supplies, plan events, organize food drives, deliver food hampers and so much more!

**THANK YOU  
for your generosity!**

**DONATE NOW!**

Visit  
[kawarthalakesfoodsource.com](http://kawarthalakesfoodsource.com)  
to donate online.