



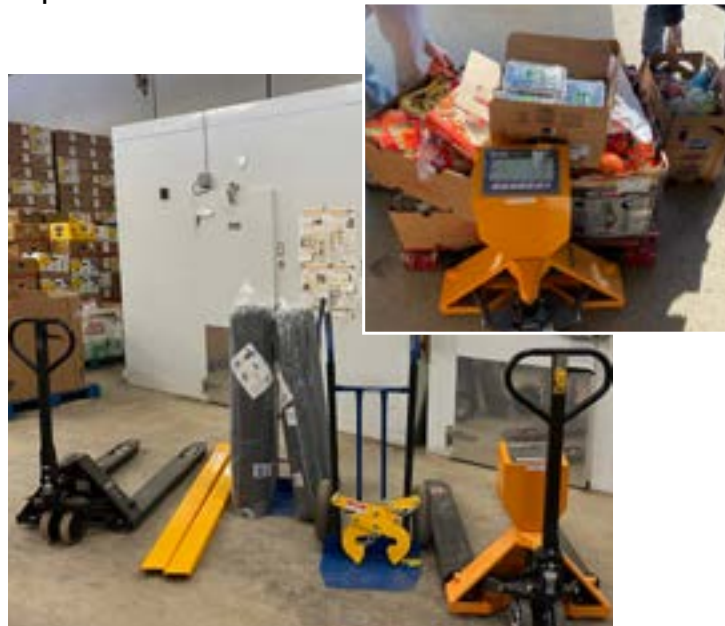
# The Source

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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**

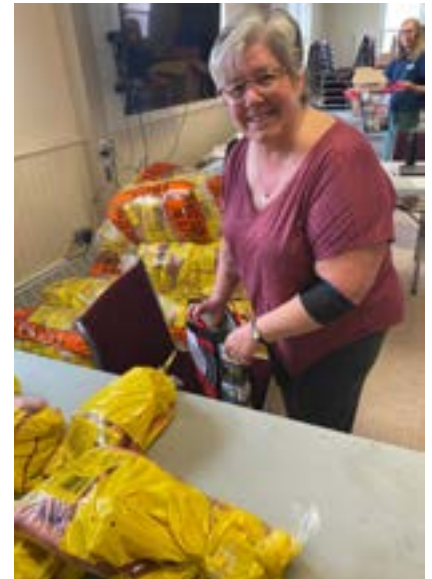
## **Feed Ontario Helps KLFS Expand Our Capacity!**

Thanks to Feed Ontario’s Feeding Possibilities – Feeding Fundamentals Grant we have expanded our capacity to accept any size of donation! The grant allowed us to purchase fork extensions for our forklifts, a pallet puller, new dollies, a new pallet truck scale and a new pallet truck. For the Lindsay Community Food Market, we were able to get new shelving and a produce stand to help our space feel even more like shopping at a supermarket.



**We are incredibly grateful for the support from Feed Ontario!** The Feeding Fundamentals Grant has made an incredible impact at KLFS and our shared goal of fighting food insecurity.

## **Our Annual Easter Dinner Initiative is Fast Approaching!**



The Easter Dinner initiative provides hampers of food containing all the fixings for a delicious Easter dinner, including ham, fresh potatoes and carrots, a can of green beans, buns and margarine, with cookies and chocolate bunnies for dessert.

Last year, Kawartha Lakes Food Source distributed 308 hampers to families and households, which fed a total of 808 individuals that are struggling in the Kawartha Lakes. We are looking forward to helping our community once again this Easter!

**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!

## Look who's helping feed our neighbours!



**In Memory cont.:** in memory of Joe McColl, Shelley Johnston in memory of Joe McColl, Sharon Kinasz in memory of Joe McColl, Wayne Lance in memory of Joe McColl, Michele Lindsay in memory of Joe McColl, Jennifer & Chris Mabee in memory of Joe McColl, Gord MacLeish in memory of Joe McColl, Gordon MacLeish in memory of Joe McColl, Yvonne Manion in memory of Joe McColl, Daniel McColl in memory of Joe McColl, Dennis Meagher in memory of Joe McColl, Glenda Morris in memory of Joe McColl, Rod Palliser in memory of Joe McColl, Margaret Pells in memory of Joe McColl, Losang Rabgey in memory of Joe McColl, Brenda Robinson in memory of Joe McColl, Brenda Roxburgh in memory of Joe McColl, Steve Sundberg in memory of Joe McColl, Derrick Taylor in memory of Joe McColl, Ellen Bosevski & The International Group Inc in memory of Joe McColl, Terrisa Tseng in memory of Joe McColl, Kyle Wicks in memory of Joe McColl, Patricia in memory of Williamson Joe McColl, Connie Nugent in memory of Ken Meek, Nicole Britton in memory of Mark Briand, Gary Nasu in memory of Mark Briand, Arnold Porter in memory of Sylvia Porter Molson, Lynda Maxwell in memory of David Letham, Henry Dening in memory of Albert, Michael Keay in memory of Herb Probst, and Reginald Garbutt in memory of Gord Stewart.

**Community Events:** Elise Karklins, Kendra Thurston, Sherry Nielsen, Amy Stubbs, Rx Cosmetics, Bob Mark New Holland - Sales & Parts, Lindsay Wildcats Basketball U13s, Great North Storage, Kawartha Men's Hockey 70+ League, Victoria Durham Minor Hockey League, CSRA Snowcross Racing, Hunter Lembke, and 2 Anonymous.

**Love Month:** Great North Storage, Kawartha Lakes Public Library, Kawartha Art Gallery, Unwrapped, Burns Bulk Food, North Ward Coffee Co, Fresh Fuell, Kent Florist, Hill's Florist, and 1 Anonymous.

**Food Donors:** Kawartha Dairy, June Gall, Evolve Dental Hygiene, Geraldine Bradt, Gerald & Keith Erickson, Egg Farmers of Ontario Zone 8, Boudina Braches, and 1 Anonymous.



## That's a Wrap on Love Month!



Love Month is an annual initiative at KLFS where we create opportunities for the community to spread kindness, support local businesses and organizations, and raise awareness of KLFS and food insecurity!

**Thank you** to those who contributed or participated in our Love Month 2024 events, including **Great North Storage, Kawartha Lakes Public Library, Kawartha Art Gallery, Unwrapped, Burns Bulk Food, North Ward Coffee Co, Fresh Fuell, Valu Mart, Kent Florist, and Hill's Florist!**

**Stay tuned on our social media platforms for donation totals and special shoutouts!**

### 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



**THANK YOU**  
for your generosity!

**DONATE NOW!**

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

## Look who's helping feed our neighbours!



**Cash Donors:** Brenda Bailey, John Baldry, John & Maria Bennett, Troy Blaine, Jorn Braches, Leroy Brown, Arlene Chick, Diane Conway, Marina Currie, Sharon Dawson, Kim Devolin, Dianne Evans, Kim Fintelman, Ron & Kathy Firth, Wendy Goller, David Holloway, Cornelius & Anita Jilesen, James Dick Construction Limited, Audrey Johnston, Mark Joncas, The Kent Florist, Robert & Barbara Lovitt, Jane MacIntosh, Barbara Marquardt, Robert May, Valerie McQuat, Lucy Moulton, Girish Patel, Gail Payne, Yvonne Pearson, Ken & Elizabeth Penley, Sharon Pollard, Ken Raymond, Kevin Rayner, Katherine Reddick, Anne Rodd, Rosepark Landscaping Ltd, Marilyn Searle, George & Linda Skerratt, Bruce Vandenberg, Judith & Glen Wright, Samuel Benchimol, Kinsmen Club of Lindsay, Knights of Columbus Council 1124, Lindsay Christian Reformed Church, Ontario English Catholic Teachers Association, St Paul's Church, Anne Rodd, and 1 Anonymous.

**Online Donors:** Michael Bak, Boudina Braches, Suzanne Clark, David G Cunningham, Henry Dening, Kerri & Kevin Keates, David Kennedy, Gord MacLeish, Michael Micheff, Monique Miller, Paul & Diane Reeds, P Heidi Schumacher, Ludmila Stephanoff, Steve Strathdee, Paul Weinwurm, and Daniel Whalen.

**Monthly Donors:** Roberta Allen, Mary Auld, Rob & Rose Barg, Leo Brockman, Laurie Cameron, Pat Casey, Jenny Connell, Francis & Jacey Culham, Michael Cummings, Henry Dening, Muriel Ellis, Lisa Fedele, Kelsey Gibson, Jennifer Gilmer, John & Elizabeth Gundy, Brian & Pat Henderson, Patricia Herlihey, John Howard, Helen Howe, John Hunter, Timothy Jenkins, Patti Jones, Yvonne Kehoe, Betty Kellestine, Bonnie Kennedy, Grace King, Allin Kingdom, Trevor & Shannon Kuypers, Katherine Le Gresley, Lynda Maxwell, Tom Mohr, Gwen Mossini, Janet Murtha, Carol Nicholson, Arlene Oakes, Annette Payne, Yvette Peel,

## LCFM Has a New Space!

The Lindsay Community Food Market (LCFM) is an off-site food bank owned and operated by KLFS. We recently found a new home for LCFM at **86 Russell Street West in Lindsay!** This spot has helped us better fulfill the needs of our community: the new location is downtown and highly accessible by public transit and the space is larger, which helps us store more food for clients and fill more food hampers for those **with pick-up appointments.**



Throughout our 8-member food banks, **KLFS saw a 10% increase in food bank visits** in 2023. With the growing need for food bank services in the Kawartha Lakes, KLFS has been required to adapt our capacity to serve all of those suffering from food insecurity. The new location for LCFM is a massive step in the right direction to help our vulnerable population and better facilitate our operations.

# DONATE NOW!

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

## Tampon Tuesday: Supporting people in need, PERIOD.

The Lindsay District Labour Council has organized Tampon Tuesday, a **month-long event beginning March 1st** that collects menstrual products for Kawartha Lakes Food Source!

You can drop-off products including tampons, pads, liners, and menstrual cups at the following locations in Lindsay **until Thursday, March 28:**



**United Way for the City of Kawartha Lakes: 50 Mary St W**

**Lindsay & District Chamber of Commerce: 180 Kent St W**

**Kindred Café: 148 Kent St W**

**Reids Valu Mart: 42 Russell St W**

All donations will be distributed to KLFS member food banks and social service agencies where those in need can get support.

## KLFS Submits Recommendations for Ontario's 2024 Budget.

At KLFS, we believe it is necessary to advocate for change and ensure we submit our recommendations each year for Ontario's Budget. In 2023, the most common reasons given for using our member food banks were inadequate social assistance rates and high costs of housing and food. The growth of food bank use and the reasons given for using their services shows that support from the Ontario Government is necessary to help our most vulnerable populations.

Our recommendations are focused on increasing investments in social assistance, affordable housing, and worker protections in the 2024 Budget. To read our full submission, visit our website and click on 'News' in the top menu.

## Look who's helping feed our neighbours!



**Monthly Donors cont.:** Catherine Philp, Arnold Porter, William & Margaret Preston, Michael & Catherine Puffer, Alyson Read, Virginia Reeds, Anne Rodd, Ellen Ritchie, Julia & John Ruiter, Joan Shippel, Devavrat Sud, Barbara Taylor, Trish Todd, Gord Travis, Linda Tripp, Barbara Truax, Mike & Wendy Villemaire, Doug Watson, and St Vincent Depaul Society.

**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.

**In honour:** Anne Rodd in honour of Dr. Loeb's retirement, Anne Rodd as a special Thank You to Sherry Giltenan, and Joel Shapiro in honour of Matthew Brown.

**In Memory:** Brenda Thomas in memory of Joe McColl, Wendy & Gregory McColl in memory of Joe McColl, Wanda Percival in memory of Joe McColl, Barb Kennedy in memory of Joe McColl, Marnie & Wylie Suggitt in memory of Joe McColl, Linda & Ralph Stokes in memory of Joe McColl, Douglas Price in memory of Joe McColl, Bonnie & William Langdon in memory of Joe McColl, Bonnie McColl in memory of Joe McColl, Brent Allen in memory of Joe McColl, Ron Augustine in memory of Joe McColl, Robert Barkwell in memory of Joe McColl, Sandra Gail Batt in memory of Joe McColl, Mary Anne Chapman in memory of Joe McColl, Rita Cuddahee in memory of Joe McColl, Lance Davidson in memory of Joe McColl, Susan Edwards in memory of Joe McColl, Joanne Heyes