



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

13th Annual Jolly Jog

Kawartha Lakes Food Source invites you to their 13th Annual Jolly Jog fundraiser, happening November 26, 2022. The event takes participants on a fun and festive 5km walk or run around Lindsay, after which they can enjoy a chili lunch, hot chocolate, a silent auction, pictures with Santa, and awards for 3 lucky ‘Best Dressed’ prize winners!

On the event day, registration will start at 9:30am, and our fitness partners will lead a warmup before the run starts at 10am. Registration is free and all are welcome, but we encourage those who can, to donate \$20 per participant, as that

amount is eligible for a charitable tax receipt. We also encourage participants to collect pledges in support of their run, and all donations of \$20 and above will receive a charitable tax receipt as well.

Help **Kawartha Lakes Food Source** achieve their goal of raising \$5,000 to fight food insecurity in the City of Kawartha Lakes! Can’t make it on November 26th, but still want to help fundraise? Be a virtual Jolly Jogger and collect pledges to support a 5km run on a day and time of your choosing.

Scan the QR code below or visit our website to register! www.kawarthalakesfoodsource.com

13th Annual JOLLY JOG
IN SUPPORT OF KAWARTHA LAKES FOOD SOURCE

SATURDAY, NOVEMBER 26, 2022
9:30AM REGISTRATION
Lindsay Collegiate and Vocational Institute
260 Kent Street West, Lindsay



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!



Cash Donors: Denise Auger, Diane Miller, Marcia Whyte, Lucy Moulton, Alexander Gray, Donna Chambers, Mary Enright, Maureen Hewitt, Frank & Charlene McColl, James Lindsay, Max and Patricia Radiff, Gillian Willcocks, David Simser, William and Barbara Franklin, Kim Fintelman, David and Judy Warren, Hector and Aileen Naylor, Marion Walden, Maureen Lancaster, Gordon and Nicole Sloan, Thomas and Linda Bartlett, Alfred Ades, Terrance and Debra Oliver, Betty Rinzema, Lynn and Diane Johnson, Barb Federchuk, Natale Stoppa, Yvonne Pearson, Leo Brockman, Dale and Bonnie Drake, Ken and Elizabeth Penley, Nelson and Marley Ouellet, Kitty Stone, Frances Shelton, Carol Barkwell, Helen Branston, June Gall, Linda Fitzgerald, Anna Evans, Donna Paull, Elaine Kell, Fran Dominic, Beverly Prestage, Barbara Marquardt, John and Julia Ruitter, Mark Joncas, Eileen Kellestine, Brenda Moynes, Frank Bassingthwaite, Ross Bilton George Thomson, Garry and Faye McCabe, Ted and Tracey Twohey, John Baldry, Patricia Barton, Sandra Canning, Lloyd O'Connell, Laurie McLean, Ruby Catling, Lawrence Crocker, Susan Brooks, Verna Curtin, Marg Wansbrough, Margaret Ross, Luise Zimmermann, Michael Green, Jane Schulist-Green, Ken Raymond, Naomi Ecob, Girish Patel, Sharon Pollard, Joanne Hough, Patti Jones, Stephanie Pick, John Hunter, Marilyn Graves, Viorica Coza, Gail Payne, Trina Connell, Joan Shippel, Marguerite Veale, Barbara Truax, Anne Rodd, Karen Wylie, Linda Braiser, Philip and Jo-anne Rittenhouse, Lynda Maxwell, Rob and Elena Drury, John and Lynne Glenney, Mary Auld, Sue Sequin, Connie Ellery, Deborah Gray, George and Brenda Arbuckle, Sally Crockford, Ruth Moore, Jane Stewart, Mavis Fountain, Larry Lowes, Carol Hughes, Diane Mathison, Gladys and Harold Shea, Don Ireland, W Braise, Laurie Keillor Faulkner, Lysa Shaw, Marion Knott, Martha Pendlebury, Lorie Knee, Alison Westrop, Doug Paterson, Patricia Waite, Brad Goody, Julie Walmsley Joe Clarke, Brian Gilbertson, The Lana Vannetten Foundation, DWC Concrete, St. Thomas Aquinas Secondary, CUPE Local 4422, Woodville Farms, Double "M" R.V. Resort and Campground, Rosepark Landscaping Ltd., Optimist Club of Lindsay, East Central Christian Farmers Association, Aquaticover Inc., Canada Rainmakers, Lindsay Christian Reformed Church, Victoria West District Women's Institute, Strategic Charitable Giving Foundation, Rotary Club, St. Vincent Depaul, and St. Paul's Church.

Monthly Donors: Allison Hannah, Douglas Horton, Anne Rodd, Patricia Jarvie, Lisa Fedele, Yvonne Kehoe, Kelsey Gibson, Eileen Kellestine, Doug Watson, Barbara Corp, Laurie Cameron, Barbara Taylor, Mary Auld, Trevor and Shannon Kuypers, Brian and Pat Henderson, Jennifer Gilmer, Barbara Truax, Carol Nicholson, Katherine Le Gresley, Michael Cummings, Larry and Michelle Wilson,



Ultimately, for the second year in a row, North Lindsay beat the South, collecting 1,673lbs of food! In total, KLFS collected 3,077lbs of food, so congratulations North Lindsay, but **THANK YOU** to all who participated!

2022 Thanksgiving Food Drive

Every year, **Kawartha Lakes Food Source** organizes a Thanksgiving Food Drive, where North and South Lindsay compete for the most food collected.

The competition was close, with only 50lbs of food separating the two sides.



Coming Soon!



KLFS' Holiday Food Drive

The KLFS Holiday Food Drive will be taking place at local grocery stores between December 1st and December 16th. Watch for KLFS volunteers who will be providing lists of needed items to shoppers in effort to prepare food banks for the holiday season. Thank you to those who are able to donate – every item is greatly needed and gratefully accepted!

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 Grab N' Grow Program

Consider Hosting a Community Event to Support KLFS!

A community event can be a food drive, or a fundraiser hosted by an organization or an individual on behalf of **Kawartha Lakes Food Source**. Hosting a community event is a great way to get involved in the community – you could team up with others or compete against them to raise the most funds or gather the most food! KLFS has produced a **Community Event Guide** with tips and samples of promotional material for those interested in contributing to KLFS in this way. Find the guide by going to our website - hover over the **“Want to Help?”** drop down menu, click **“Corporate Giving Guide,”** then click the dark green button, **“Community Events Guide.”** Thank you!

Kawartha Lakes Hockey’s Food Drive Was a Success!



Kawartha Lakes Hockey initiated a food drive in support of **Kawartha Lakes Food Source**, where one hockey team from each club who collected the most food won a \$10,000 tournament fee giveaway. The event was a HUGE success, collecting a grand total of over 22,000lbs of food, which will all be distributed to the community through KLFS’ member food banks, social service agencies, and schools! The commitment and effort by all KL hockey teams was astonishing and made us all very proud here, at KLFS. Pictured is **Mariposa Lightning** – one of 28 teams that participated!

DONATE NOW!

Visit kawarthalakesfoodsource.com to donate online.

Look who’s helping feed our neighbours!



Michael and Catherine Puffer, Francis and Jacey Culham, Catherine Philp, Rob and Rose Barg, Gwen Mossini, Yvette Peel, Patricia Herlihey, Virginia Reeds, and Sheila Smith.

Online Donors: Nancy Beddoe, Shirley Rogers, Sharon Phelps, Chris Mitchell, Benita Vandenberg, John Donahue, Elke Danziger, Brian Loney, Lisa DeGeer, Gregory O’Regan, Elizabeth Woodcock, Denise Gottlieb, John Howard, Samantha Itani, Henry Dening, Steve Strathdee, Michael Bak, E. Jane Avery, Penny Wilkins, Patricia Harkot, Emily Perdue, Peter Petrosioniak, Craig and Mary Fittsell, Brian O’Flynn, Tony Reitzel, Anne Van Warmerdam, Greg Dowdall, Sarah Bakker, Paul Weiwurm, Peter Brennan, Leon Des Rochers, Kenlynne Duke, John and Elizabeth Gundy, Muriel Ellis, Suzanne Clark, Mary Jane Williams, Kathleen Madden, Bruce Walker, Ruth Anderson, E Anne McEwen, Patricia Finkle, Angela Cowan, M Cathryn Begley, Alyson Read, James Bergin, Larry Pearson, Gordon MacMillan, Sal Zagorski, Jennifer Brown, and Barb Smith.

Monthly Online Donors: Virginia Hewton, Sandra Boksmann, Denise Williams, Paul Jantzi, Andrew Leach, Tim Jenkins, Michael T and Mary Scott, Bruce Couling, Barbara Evans, Janet Armstrong and John Sanders, Sandra and Bob Laurence, Daniel Grima, Jennifer Connor, Christine Schaafsma, Gwen Allore, Peter Maitland, Lisa Van Halteren, Barb Donnan, Pamela Lawson, Cathie Ritchie, Beth Tait, Shannon Roszell, Deborah Mohr, Kenneth Koski, Sallie Byer, Veerle De Lombaerde, Mary Ellen Wood, Donna S Thompson, Deborah Smith, Jeremy Kraemer, Barbara Glass, Brian Rump, and Nanci Byer.

Food Donors: Feed Ontario, Central Senior Public School, Cambridge United Church, Valu-Mart, Loblaws, Wholesale Club, Giant Tiger, Ivan Genrich, Lindsay’s Firefighters, St Andrew’s Presbyterian Church, Ctrl V Virtual Reality, Mission Thrift Store, Town and Country Medical, Burns Bulk Food, Thrive Coworking Collective, RX IDA, Christian Reform School, Farmers Butcher Shop, St John Paul II CES, Amanda Ullius Photography, Victoria Beef Farmers, LCVI Secondary School, and 30 Anonymous.

Fresh Produce Donors: Derek Warren, Holli Lee, Barb Brown, United Way, Tessa Lewis, Adrian and Betty Brouwer, Bill Wilms, Cordula Winkelaar, Shirley Sundberg, Peter and Gail Payne, and 24 Anonymous.

Community Events: Lindsay and District Labour Council, Don and Diane Ireland’s 50th Anniversary, Wards Lawyers, Kawartha Care Wellness Centre, Fenelon Falls Tennis Club, Kawartha Charity Riders, 2 Heritage Way, Tim Horton’s Lindsay Smile Cookie Week, Joey McLaughlin Weekly Bike Night, Black Diamond Ladies Night, Fairstone Financial,

NOVEMBER 17	Stuffing
NOVEMBER 18	Gravy
NOVEMBER 19	Muffin Mix
NOVEMBER 20	Stew
NOVEMBER 21	Coffee
NOVEMBER 22	Tuna
NOVEMBER 23	Pasta Noodles
NOVEMBER 24	Pasta Sauce
NOVEMBER 25	Pancake Mix
NOVEMBER 26	Canned Meat
NOVEMBER 27	Kraft Dinner
NOVEMBER 28	Canned Peas
NOVEMBER 29	Canned Carrots
NOVEMBER 30	Canned Potatoes
DECEMBER 1	Hot Chocolate
DECEMBER 2	Jello
DECEMBER 3	Fruit Cups
DECEMBER 4	Jam
DECEMBER 5	Maple Syrup
DECEMBER 6	Granola Bars (nut free)
DECEMBER 7	Chicken Noodle Soup
DECEMBER 8	Mushroom Soup
DECEMBER 9	Vegetable Soup
DECEMBER 10	Laundry Detergent
DECEMBER 11	Body Wash
DECEMBER 12	Shampoo
DECEMBER 13	Conditioner
DECEMBER 14	Winter Gloves
DECEMBER 15	Winter Toque
DECEMBER 16	Your favourite treat!

KLFS' Reverse Advent Calendar

Our **Reverse Advent Calendar** event will begin on November 17, 2022 and will end on December 16, 2022.

How it works:

1. Check out the graphic to the left or watch our website, Instagram, Facebook, and Twitter pages to see the items you must collect to fill your **Reverse Advent Calendar**.
2. Each day between November 17th and December 16th will be assigned a unique item but, on Thursdays, the entire week's list of items will be released online.
3. On December 16th, you will have a completed **Reverse Advent Calendar** made up of 30 items to donate to Kawartha Lakes Food Source.
4. On or after December 16th, drop your **Reverse Advent Calendar** off to our distribution centre, located at 164 Needham Street, Lindsay.

Look who's helping feed our neighbours! cont'd



53 Adelaide Street Apartment Building, IE Weldon Thanksgiving Food Drive, St Thomas Aquinas CSS Food Drive, Cambridge St Baptist Church, Kawartha Fall Festival, St Paul's Anglican Church, Thrive Coworking Collective, LCVI Halloween Food Drive, Ctrl V Virtual Reality, Gstrings Trio Dance at the LEX, Parkview Public School Halloween FD, 1st Lindsay Scouts, Amanda Ullius Photography, RBC Thanksgiving Food Drive, KL Hockey Food Drive, and St John Paul II CES.

In Memory: Henry Dening in memory of Albert, Arlene Chick in memory of Dorothy Woodcock, Robert Graham in memory of Robert Keegstra, Rick Roddy in memory of Alma Drake, Catherine Sproule in memory of Alma Drake, and Marilyn Winkworth in memory of Heather Hind.

In Honour: Nancy Beddoe in honour of Shelly and Steve Hiscock's 40th Anniversary, Shirley Rogers in honour of Kim & Dave Holiday's 25th Wedding Anniversary, Sharon Phelps in honour of the 70-year reign of Queen Elizabeth II, and Lisa DeGeer in honour of Dianne and Don Ireland.

In Honour of the Fenelon Falls Tennis Club: Chris Mitchell, Benita Vandenberg, John Donahue, Elke Danziger, Brian Loney, Gregory O'Regan, Elizabeth Woodcock, Denise Gottlieb, John Howard, and Samantha Itani.