



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

You Can Still Sign Up for Our Annual Jolly Jog Fundraiser!

Our annual Jolly Jog fundraiser will be taking place this year on November 18th, 2023, and you won't want to miss out on this year's festivities!

Jolly Joggers will meet at the Lindsay Collegiate and Vocational Institute (LCVI) at 9:30am to register, then the energetic folks from Carbon Fitness will lead us all in a warm-up so we can begin the 5km run/walk around town at 10am. The event is free for participants, but we always accept monetary donations upon sign-up and strongly encourage participants to collect pledges for their jog. When participants finish the route, they can enjoy fun games, a hot lunch, and a prize giveaway!

Jolly Jog is one of the largest fundraisers organized by KLFS each year, and we have set a goal of raising \$10 000 to support our fight against food insecurity in the City of Kawartha Lakes.



To sign up for this year's event:

Visit our website at www.kawarthalakesfoodsource.com

and click on the Jolly Jog banner near the top of the homepage, or

scan the QR code below with your smartphone camera!

If you have questions, please contact Cathy at jollyjogckl@gmail.com or give us a call at (705) 324-0707.

See you on November 18th, Jolly Joggers!



Look who's helping feed our neighbours!



Cash Donors: Russell Gibson, Maureen Lancaster, Painting by Sue Hunter, IG Wealth Management, Lucy Moulton, Reginald Garbutt, Andris Smits, Marilyn Searle, Natale Stoppa, William and Elizabeth Peters, Michael Green, Jane Shulist-Green, Diane Miller, Hector and Aileen Naylor, Terrance and Debra Oliver, Joe and Maureen McColl, Paul Robinson, Diane Conway, George Piggott, Ken Raymond, Ilean Foster, Sharon Pollard, Leo Brockman, Bill Bogardis, Heather Watson, Troy Blaine, Megan and Kaitlin Imrie, John and Julia Ruitter, Helen Kowarski, Lawrence and Leona Crocker, Linda Western, Vera Adell Wood, John Baldry, Lorraine Perdue, Betty Kellestine, Ross and Velma Naylor, Sandra Canning, Les Hills, Judith Terrill, Mike and Beryl Connell, Beverly Baxter, Margaret Ross, Suzanne Clark, Ted and Tracey Twohey, Loreen Harris, Sharon Dawson, Mark Joncas, Barbara Marquardt, John and Elaine Crosgrey, Leon Des Rochers, Jean Collier, Gertus Jetten, Lindsay Lions Club, Lindsay Tai Chi Club, St. Paul's Church, Show Kids You Care, and St. Vincent Depaul.

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.

Online Donors: Michael Bak, Mary Jane Williams, Bonnie Kam, Heather Storey, Steve Strathdee, Sarah Covert, Amy Persia, Richmond Stewart, Bill Charlton, Margaret Carroll, Tony Reitzel, Victor Remeika, Helen McNicol Irwin, Paul Weinwurm, Larry Muller, Neil Hannam, Bruce James Walker, Brian and Laurie Ikeda, Jennifer Brown, Virginia Hewton, Beth Tait, Sandra Boksman, Lisa Van Halteren, Cathie Ritchie, Robert Naylor, group donation from Sandy, Lucie, Ivonne, Laurie, Brenda, and Ashley, Deborah Smith, Anne van Warmerdam, Sandra Boksman, Barbara Glass, and 3 Anonymous.

Start the Giving Season with the Reverse Advent Calendar Food Drive!



As the holiday season approaches, Kawartha Lakes Food Source is gearing up to launch our annual Reverse Advent Calendar food drive! This year's event will run from November 1st to 30th, 2023.

The idea behind the Reverse Advent Calendar is simple: rather than getting something each day, we are calling on the community to give something by listing a food or household item to donate daily. Last year's event brought a total of 1,331 lbs of donations. This year, we are looking to beat that number and will be setting a goal to collect 1,500 lbs of donations for our community!

To participate in the food drive, complete the Reverse Advent Calendar by collecting as many items on the list as you can and drop off your donations at our distribution centre (164 Needham St, Lindsay)!

Here is the full list of items assigned to each day from November 1st to 30th:

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

Thank You to Kawartha Lakes Hockey and all Participating Teams!

KL Hockey holds an annual competition between each Kawartha Lakes hockey club to see which team can collect the most donations for Kawartha Lakes Food Source!

This year, between October 2nd to October 16th, a total of 34 teams participated in KL Hockey's food drive competition and an outstanding 27,994lbs of food and household items were donated to KLFS! We are incredibly fortunate to have the support of KL Hockey: their enthusiasm and outreach this year saw more teams participate and more donations collected than ever before.

Congratulations to the top 9 teams that collected the most donations and won their portion of the Tournament Giveaway, and a special shoutout to the U13 Central Ontario Wolves who collected the highest total between all 34 teams! Thank you, KL Hockey!



Pictured is the U11 B Lindsay Minor Hockey Muskies, which was one of the top 9 teams this year!

Stay Tuned for Details on our Upcoming Events!

Information about this year's Love Month will be announced shortly!

We will also be holding a Holiday Food Drive from November 20th to the 23rd, and again from November 27th to the 29th. You will find us at Food Basics, Giant Tiger, Valumart, and Wholesale Club!

COMING SOON...

LOVE MONTH

FEBRUARY 2024

HOLIDAY FOOD DRIVE

NOVEMBER 20 - NOVEMBER 23
NOVEMBER 27 - NOVEMBER 29

Look who's helping feed our neighbours!



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 Memory: Rosina Colalillo in memory of Samuel and Domenica, James Morris in memory of Janice Trimper, Wayne and Eleanor McCuaig in memory of Ronald Snook, Ronald and Barbara Munro in memory of Elsie Thompson, Joan McLean in memory of Elsie Thompson, Barbara Wood in memory of Elsie Thompson, Karen Coe in memory of Elsie Thompson, Brenda Bailey in memory of Ruth Brown, Garry and Faye McCabe in memory of Mike Holder, Garry and Faye McCabe in memory of Ruth Brown, Pam Dudman in memory of Julia, Kathleen Potts in memory of Charmaine Devitt, Jane Woodward in memory of Elsie Thompson, Joyce Buckler in memory of Janice Trimper, and Sherry Scanga in memory of Troy Scanga.

In Honour: Rosanne O'Neill, Garth and Marian Mackay in honour of Nana Tummon's 100th Birthday, Fran Dominic in honour of Charlie and Ina's 70th Wedding Anniversary, The Commonwell Mutual Insurance Group - Team Member Donation by Mary Jo Beggs, Shari Bricks in honour of Scott Taylor Maple Leaf Foods, and Doug Keaney in honour of Great North Storage.

Community Events and In-Kind Donations: Ellen Jay Geraldoy Giacolone, Ron Wyatt, Walter Mendoza, Antonia Eyre, Rubyliza Come, Marieta Maicon, Tony Ramos, Larry Stevens, Jasmine Dudhnath, Jim Mackey, Margie Ventura, Mafe Germinal Sayson, Corazon Mendoza, Jocelyn Dizon, Amber Tyrrell, Maddie Rivero, John McCoy, Great North Storage, Julie Brooks, Sherry Nielsen, St. Vincent Depaul, DeVries Fruit Farm, Labour Day Picnic, Lindsay Bike Nights, TLDSB, Ravines of Lindsay Neighbourhood, Fairstone, Wards Lawyers, St. John Paul II Elementary School, BDO Canada, Victoria British Car Club, and 1 Anonymous.

Food Donors: Club of Lindsay, Carol Garland, Mary Auld, Preceptor Beta Upsilon, Kawartha Dairy Ltd., Heather Watson, Haden Cameron, Cable Cable and Rural Wave, Green Tractors. Sobey's Fenelon Falls, Dan and Val Obress, Elise Shah, Jennifer Burnham, Mike Demaeyer, IG Wealth Management Comedy Night, Barb Brown, Cambridge Baptist Church, and 1 Anonymous.

Have You Seen Ontario's Poverty Report Card?

Food Banks Canada (FBC) has taken on a new project called **'Poverty Report Cards,'** which gives each of Canada's provinces and territories a letter grade based on various indications and measurements of poverty. The report cards work to evaluate all the causes that contribute to food bank use and are intended to demonstrate the severity of poverty in Canada.

Overall, **Ontario has calculated average of D-** based on the grades received in these 4 sections:

1. **Experiences of Poverty: Overall score of D**
People feeling worse off than last year, spending more than 30% of income on housing, having trouble accessing health care, insufficient government support rates, and unmanageable income spent on fixed costs beyond housing.
2. **Measures of Poverty: Overall score of D**
Poverty rate, social assistance and disability assistance as a percent of the poverty line, unemployment rate, and food insecurity rate.
3. **Material Deprivation: Overall score of D**
Inadequate and severely inadequate standards of living.
4. **Legislative Progress: Overall score of F**

Ontario received one of the lowest grades on our Poverty Report Card, showing that not only is food bank use in our province among the highest in Canada, but also that Ontario is in dire need of more government



support and policy changes. Until change can occur, Kawartha Lakes Food Source is committed to supporting those that are struggling, but we truly rely on the help of food and monetary donations from generous folks in our community to fight food insecurity.

If you would like to learn more about how you can support KLFS, please visit our website at www.kawarthalakesfoodsource.com. We also strongly encourage you to visit Food Banks Canada's website at www.foodbanksCanada.ca to read more about Ontario's Poverty Report Card and how you can advocate for change.

THANK YOU
for your generosity!

DONATE TODAY!

kawarthalakesfoodsource.com

A HUGE THANK YOU to our volunteers who sort, pick up donations, drop off supplies, plan events, organize food drives, serve at our food bank, and so much more!

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