

## The garden is open!



In addition to the garden behind the Alternative Education and Training Centre, there are open gardens now at Weldon! **Our Open Gardens are FREE to anyone in need.** Please harvest only what you need when it is ready and come back as many times as needed. Volunteers built, planted and maintain these gardens and are happy to know

that the garden is providing fresh produce to those who do not have enough. The Adult Education and Training Centre (Angeline Street South) has 36 raised beds that are located behind the school and new this year, IE Weldon Secondary School has 8 raised beds that are located by the east entrance and parking lot.

## Calling all Gleaners!



A local resident had too many beans and called for our gleaning team to **harvest and donate to KLFS!** Gleaners keep 1/3 for themselves, 1/3 stays with the donor and 1/3 is donated. It is win-win and win! Contact KLFS if you are interested in gleaning or donating!

## This girl is on fire!



Yes, Miss **Ella** is at it again... dropping off donations for our summer outreach lunch program. For her, it is about kids helping kids.

Wow! What an amazing, caring and determined young lady!

## Look who's helping feed our neighbours!



### Online Donations:

Barbara Glass, Deborah Smith, Anonymous, Margaret Thurston, Douglas and Carol Brenner, Sara Sims

### Online Monthly Donations:

Jeremy Kraemer, Nanci Byer, Bruce Couling, Brian Rump

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

**DONATE NOW!**

### Monthly Donations:

Mary Auld, Catherine Philp, George and Anne Davies, Robert and Rose Barg, Jacey Culham, Doug and Kristen Watson, Yvonne Kehoe, Charles and Ina Currie, Linda Coles, Larry and Michelle Wilson, Bert and Sheila Stillwill, Dave & Sheila Smith, Michael Cummings, Lisa Fedele, Barbie Corp

### In Memory of:

**Liette Lavigne**  
*from* Martin Tuchtie  
**Myrna Fraser**  
*from* Milton Battersby

Look who's helping feed our neighbours!



**Food Donations:**

- Ella Martin - 51 lbs
- Nesbitts Meat Market - 74 lbs
- Central Senior Public School - 12 lbs
- Armada Tool Works - 77 lbs
- St Dave's Diner - 133 lbs
- Rick Rickard - 100 ice packs
- Jim and Shirley King - 133 lbs
- Dorothy Huhtalo - 40 lbs
- Chris Tait - 74 lbs
- Brigitte Nolte - 37 lbs



**Random Acts of Kindness**

Random acts of kindness on a sunny Thursday are wonderful! Thank you!



**Thank you ladies!**

Always enjoy catching up with the ladies of the **Victoria West District Women's Institute**. Thank you for your support and for all that you do in the community!

**Thank You!**



**Supporting Those who Support our Community**

Thank you **Dan** and **Burns Bulk Food** for your support!

When you support KLFS, you will receive a Food Partner card. You can take this card to Burn's Bulk and receive 10% discount on Wednesdays.

KLFS would like to recognize both a local business and our local donors! THANK YOU!



**Staff supporting our community!**

Thank you **Lindsay Home Hardware** staff for supporting our new Summer Outreach Lunch Program! Without your support, we would not be able to provide the fresh fruit, vegetables, yogurt and cheese that are so yummy and nutritious!



**Milk and Fruit Money**

Recently Heather dropped by **Kawartha Business Equipment** for a donation from John and Lisa to purchase milk and fruit. Without your support, we would not be able to provide these fresh items to 21 schools within the City of Kawartha Lakes. Thank you for helping to fuel young minds!



**Food Basics!**

Thank you Food Basics for your continued support! In June we held a food drive and received \$345 in donations! Thank you volunteers for your time and efforts! Thank you to those who make a donation!

Without your community support, KLFS would not be able to do what we do to help others.

## Look who's helping feed our neighbours!



### Money Donations:

**June:** Joyce Palmer, Mrs. M. Scott Beatrice Hayes, Jody Clements, Mr. & Mrs. Bruce Faulkner, Mrs. Nama Tummon, Doug Comber, Frank & Charlene McColl, Kawartha Business Equipment, Home Hardware Lindsay, Victoria West Women's District Institute, Wendy Goller, Lindsay Cleaners and Dyers Ltd, Joan Caswell, Tri Care Cleaning Specialists, Ronald and Olivia Kuper, St Andrews

**July:** Pilkington-Henninger Charitable Trust, Jim and Shirley King, Karen Williams, Nancy Byer, Lindsay-Peterborough Movers, David and Sheila Smith, Mr. and Mrs. Gary Ferguson, Kawartha Chapter Order Eastern Star, Earl and Marilyn Manley, Chris and Jennifer Mabee, Trudie Lee Robson, Marguerite Veale, Valerie Mihailiuk, Bill Steffler, Barb Federchuk



### Hunger doesn't take a vacation

Thank you to this team of volunteers and community partnerships! The kids are enjoying their lunches!

**The Summer Lunch Outreach Program** started because some students did not have enough. They rely on their school Student Nutrition Program and worry when they are not in school. Through the Kawartha Lakes Food Coalition, The Lindsay Salvation Army Community Ministries, Kawartha Lakes Food Source and the Health Unit starting planning in February and the community support has been overwhelming. Thank you to: St. Vincent de Paul, Community Living and the OPP Auxiliary. Recently volunteers arrived at a drop off location on a rainy day to find a young boy waiting to receive a lunch. He has been coming all summer and relies on this program. This is why we do what we do.



SHOW  
**Kids**  
YOU CARE

### Donation to schools

A shout out to **Show Kids You Care** for your continued support! With your gift, we are able to continue to provide fresh fruit and milk to 21 schools!

100  
Women  
WHO CARE  
Kawartha Lakes

\$17,350

### Women Who Care

So thankful to announce **100 Women Who Care** donated \$17,350 to the **Summer Lunch Outreach Program**. Phenomenal! Well Done 100+ Women Who Care!



## Distribution Centre

Our distribution centre is still the powerhouse of KLFS. This is where we receive, sort and distribute all food donations.

This is the framework that the organization started on and will continue to operate. Without the strength of the past, we would not be in a position to move forward.

## Stinky Fish Challenge

The “Stinky Fish Challenge” is a way that you can support KLFS by donating to one of our three challengers so they do NOT have to sample this fine delicacy! **The challenger with the least fundraising will have to sample the “stinky fish.”**



*Thank you to our sponsor, Bob FM*

## The Challengers:



**Dave & Julie**  
Bob FM



**Chief Mark Mitchell**  
Kawartha Lakes  
Police Services



**Mike Perry**  
Kawartha Family  
Health Team

You can show your support by donating strategically for, or against, a challenger! Donate online at [www.kawarthalakesfoodsource.com](http://www.kawarthalakesfoodsource.com) or by cash, cheque or debit in person at our office: 41 George Street West, Lindsay. The deadline for donations is September 14th.

# A HUGE thank you

to our volunteers who sort, pick up donations, drop off supplies, plan events, organize food drives, tend to the gardens and so much more! THANK YOU!

## FOOD SOURCE MEMBER AGENCIES:

- Coboconk Food Bank
- Dunsford Food Bank
- Fenelon Falls Salvation Army
- HKPR Health Unit
- K L Centre of Hope
- Little Britain Food Bank
- Omeme Food Bank
- Frost Student Association
- Women’s Resources
- Woodville Eldon Food Bank
- 21 School Breakfast /Snack Programs

## Upcoming Events:

### September 2nd

21 Charities – Boots of Hazard at Celebrations  
Contact KLFS for tickets.

### September 20th

Hobart’s Dining Event  
More details to come – save the date!

Watch for more events on our Facebook page:  
[www.facebook.com/KawarthaLakesFoodSource](https://www.facebook.com/KawarthaLakesFoodSource)