

YOUR **\$1** WILL BECOME **3 MEALS** FOR YOUR NEIGHBOURS!

Date, 2016

Ms. Jen Love

Dear Jen,

Your \$1 becomes 3 meals for your hungry neighbours.

Our Thanksgiving Food Drive is underway, and together we must raise \$114,000—enough for 342,000 meals for men, women and children who need our help.

Can we count on you for a gift of \$X today?

Your gift of \$X will provide Y meals in your neighbourhood and right across Waterloo Region.

You'll help feed homeless youth, isolated seniors, working poor, new Canadians and their families and many more hungry neighbours who need to access fresh, nutritious food through our network of agency partners.

On the back of this note, you can read 3 stories of neighbours you will help with your gift today. And if you can give 3 meals with just \$1, imagine what you will achieve with your gift of \$X.

And it's not just the stories that are special, it's the storyteller. I hope you love meeting our friend Phil!

Please, give as generously as you can and send your gift in right away. Your support right now is crucial.

Yours, so that no one goes hungry,

Wendi Campbell, Executive Director

Pssst! Please turn over!



P.S. Your \$1 = 3 meals for hungry neighbours. Please, give today.

**YES, WENDI (AND PHIL!),
HERE IS MY GIFT FOR THE
THANKSGIVING FOOD DRIVE!**

- I'll give: \$X – for Y meals!
 \$XX – for YY meals!
 \$XXX – for YYY meals!
 I prefer to give \$ _____



Enclosed is my cheque, payable to **The Food Bank of Waterloo Region.**

I prefer to donate by VISA Mastercard

Ms. Jen Love

CARD No.....

EXPIRY.....

XXXXXXXX and DON_FALL16

CARDHOLDER'S NAME.....

SIGNATURE.....

Feed me! Fill me! I'm Phil! This Thanksgiving, you'll see me around the neighbourhood. From here in your mailbox to your grocery store to your community events, I'm ready to get filled up with urgently-needed funds and food for our neighbours in Waterloo Region. There's not much you can get for a dollar these days. But if you share that dollar with ME, I will turn it into THREE meals for hungry men, women and kids!



You'll find a sticker of me enclosed, and I hope you keep it on your fridge or bulletin board to remind you of your amazing support of The Food Bank. **Without you, I'm just an empty paper bag! But with your support, I'll be proudly busting at the seams and sharing food with hungry people.**

★ And with your gift today, you will make more stories like this possible: After a family breakdown, a young man came to oneROOF Youth Services. He was unemployed, feeling isolated and alone and struggling. His immediate need was food and shelter. Once these basic needs were met, oneROOF was able to provide holistic supports and services that resulted in him finding employment and stable housing. He still comes into oneROOF for a food hamper to help sustain his new found independent living situation, and said that he feels more in control and happy. He said that due to the physical nature of his employment, being able to access a food hamper when his food supply is running low, is important; and that he feels his life is on a very different trajectory now.

★ "How do I cook these?" Chen, an immigrant from Taiwan turns a bag of dried beans over in his hands. Talia, originally from the Sudan shares, "You must soak them first, and then boil them slowly with a little salt. My mother used to add a bit of hot pepper too." At the Sunnydale Community Centre, food distribution days are much more than food. They are a place for neighbours to meet, exchange recipes and share stories. As Fariba, an Outreach Worker, likes to say, "Food is always a safe conversation."

★ Most days Mary does the same thing. The routine blends one day into the next and it becomes hard to keep track of the weekday. Mary has lost interest in the things she used to enjoy. She feels alone and isolated. She is reluctant to share her feelings or ask for help. Fortunately, Mary is part of a caring community. Her local community centre recognizes that Mary, like many seniors, suffers from depression. On food distribution days, a neighbour visits Mary to ensure she has enough to eat. Neighbours take turns walking Mary to the community centre and helping her bring her hamper home. "My neighbours make sure I have lots of healthy food to eat. I don't know where I'd be without them."

There are so many stories like this, so many people who you will help with your gift! Please, help fill me up today!

Yours in feeding our neighbours,

Phil

P.S. I'll be sharing stories from around the community, which you can read if you join the conversation on Facebook. Find me at facebook.com/FoodBankWatReg! Thanks again!



THANK YOU!

**IF YOU PREFER, YOU CAN GIVE
ONLINE AT THEFOODBANK.CA/DONATE
OR BY CALLING 519-743-5576**

DONATE TODAY!



RETURN POSTAGE GUARANTEED
PORT DE RETOUR GARANTI



50 ALPINE COURT, KITCHENER, ON N2E 2M7

YOUR  WILL MAKE 3 MEALS!

