



FOOD BANKS OF Saskatchewan

AUGUST 2020

donor newsletter

COVID-19 has upended the lives of Saskatchewan people in innumerable ways. Urban and rural communities still face many unknowns at this point in the pandemic. The 32 food banks of Saskatchewan have made innovative changes to help serve our neighbours and plan for recovery. Responding to the needs of our communities in the face of COVID-19 has been difficult, but the food banks across the province have risen to the challenge, ensuring that those who need it most have access to food.

The pandemic has created a far more significant impact to the country's economy than we have seen before. The food banks in Saskatchewan have responded to serve the province's most vulnerable during many of these difficult times and they will continue to support and serve through this challenging time. The food banks of Saskatchewan have been there in the past and will continue to serve, with you alongside us.

Most-Wanted Items

The food banks are most in need of nutritious non-perishable food items, such as:

Whole grain foods like oatmeal, barley, high-fibre cereals or whole-grain pasta contain plenty of fibre and are an excellent source of minerals like magnesium and iron. Food banks with meal programs will use them in their kitchens to create fresh meals for their clients. Baby cereals and jarred baby foods make good donations since roughly one half of food bank recipients in Saskatchewan are children.

Lean proteins from foods like canned tuna and chicken; plant proteins like peanut butter, beans, and lentils; or more complete proteins contained in other



MOST WANTED FOOD ITEMS

Your donations nourish our community

Baby Food & Formula



Canned Vegetables



Hearty Soups & Stews



Whole Grain Pasta



Whole Grain Cereal



Canned Protein



Peanut Butter



100% Fruit Juice



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canned meats help in the maintenance of body tissue and contribute to a feeling of satiety. Nut butters are a favourite because they're a versatile ingredient in snacks and meals.

Canned fruit & vegetables are high in vitamins and dietary fibre. Likewise, if they're free of added salt and sugars, studies suggest that frozen and canned vegetables are often as good as fresh produce.

Milk alternatives like shelf stable milk, powdered milk, almond milk, and rice milk from the grocery store shelf contain vitamin D, vitamin A, and, most importantly, calcium.

In Saskatoon collaboration drives results

The Saskatoon Food Bank and Learning Centre (SFBLC) is providing non-perishable food essentials for Saskatoon Public Schools Foundation's Cheer Crates. Crates include perishable and non-perishable food essentials as well as hygiene items, games, books and other activity items. In May, June and August Cheer Crates are delivered to families from 34 Saskatoon Public Schools.

This is a perfect example of two community agencies working together to support students and families throughout Saskatoon. The SFBLC team has assembled 1,000 emergency hampers for agencies in support of initiatives like this, which is just one component of their emergency hamper program.

SFBLC has also recently collaborated with SCYAP and White Buffalo Youth Lodge to ensure a food secure community.



Photo credit: Saskatoon Public Schools Foundation

Did you know?

August is a busy month for families who are preparing to send kids back to school with school supplies, clothes and extracurricular activity fees due. Food banks often see an uptick in usage due to back-to-school financial pressures.

Regina Food Bank has so far this year distributed 72,926 lbs of non food and 393,143 lbs of food to 113 agency partners. Saskatoon has distributed 71,085 lbs of non-food and 816,310 lbs of food this year.

Many food banks happily accept donations of garden produce to distribute to clients. Call your local food bank for further details.

Making and selling face masks for charity

Not content with the pandemic scuttling their summer plans, business students start enterprise

PAUL WALDIE

PITCHING IN

The organizers: Jana Ham, Robyn Ham, Ryan Selinger, Jordan Tholl

The project: Sask Masks

When the COVID-19 pandemic hit in March, twin sisters Jana and Robyn Ham saw their summer plan ruined, but they still wanted to put their business training to good use.



University of Regina business students, from left, Robyn Ham, Ryan Selinger, Jana Ham and Jordan Tholl produce face masks at Robyn and Jana's home in White City, Sask. MARK TAYLOR/THE GLOBE AND MAIL

The sisters teamed up with a pair of fellow business students at the University of Regina - Ryan Selinger and Jordan Tholl - and decided to start making and selling face masks to raise money for charity. It wasn't easy. The Hams had little experience sewing and they soon discovered that making up to 150

masks at a time wasn't feasible. They solved the problem by reaching out to friends, neighbours and laid-off seamstresses, offering them \$3 for every mask they could make.

They soon had a roster of 30 sewers and quickly put together a makeshift production line stretching across Saskatchewan. All of their "Sask Masks" are made from 100-per-cent quilter's cotton and they are sanitized before being shipped.

The four friends, who are all 22 and in their final year of studies, have made more than 3,200 masks and raised \$35,000 for several charities including Regina's YWCA, the Regina Foodbank, Carmichael Outreach, the University of Regina Student Emergency Fund, Variety-the Children's Charity and Munch Catering, an organization that

employs adults with cognitive disabilities.

"We're putting a lot of what we are learning in class into practice," Jana Ham said from her home in Regina. She added that while demand fell off after an initial burst of activity at the start of the outbreak, orders have been picking up now that businesses have reopened. "Our mission is to slow the spread [of the virus] and support the community. As long as masks are needed, and we generate some revenue to donate, we'll stay relevant," she said.

Ms. Ham added that they have found the experience both overwhelming and exciting. "It has definitely given me a purpose and kept me busy this summer," she said.

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Resident Doctors of Saskatchewan and Student Medical Society of Saskatchewan raise nearly \$20,000 for Food Banks of Saskatchewan

Throughout this pandemic, medical students have volunteered to help our healthcare system through COVID-19 contact tracing and PPE collection, while also supporting local communities by pairing with older adults to mitigate social isolation, offering respite to the families of healthcare staff, and raising funds for Northern communities such as La Loche. At the same time, resident doctors have been working on frontline healthcare teams providing care to people affected by COVID-19 and others who need to access the healthcare system. Beyond providing care to people in hospitals and clinics, we recognize that secure access to food is vital to the health of our community.

Their tireless efforts were also channeled into raising funds for the Food Banks of Saskatchewan with a wildly successful fundraising campaign that raised \$18,813!

“Beyond providing care to people in hospitals and clinics, we recognize that secure access to food is vital to the health of our community,” Dr. Benjamin Arenson, Resident Doctors of Saskatchewan.

Thank you so much for your generosity!



Thank you for putting generosity into action

- **Pizza Hut** is donating \$1 from every breadstick order to Food Banks of Saskatchewan.
- Thanks to **Access Communications** and their employees for hosting an internal fundraising campaign that **raised over \$11,000** in support of the Food Banks of Saskatchewan! (see photos below)

“Our food banks need help now more than ever and as Access employees, we believe in doing our part,” said Tom Boyko, President of the Access Communications Employees’ Association.

- **SaskTel Pioneers donated over \$28,000!** Pioneers is a network of volunteers who effect immediate, tangible change in local communities. There are 12 clubs across the province with 4,350 members. They fundraise throughout the year to support charities and projects in their communities.

For a full list of supporters, please visit <https://skfoodbanks.ca/donors/>



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Sweetgrass First Nation donated 40 bags of flour to the Battlefords District Food and Resource Centre.



Camille, Kris and Sasha raised \$1500 through collecting cans and bottles for Lac La Ronge Food Bank Inc.



Thank you Owen, Rhett, and Kate, for providing delicious breakfast options for our community.



FOOD BANKS OF Saskatchewan

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