



FOOD FOR THOUGHT

YOUR DAILY BREAD FOOD BANK REPORT

SEPTEMBER 2017

The challenges of a single parent living in one of Canada's most expensive cities

It's a warm day in Toronto, and Niki is watching as her daughter enjoys the playground in a busy downtown park.

You don't have to spend more than a few minutes with Niki to catch her energy and her sense of humour.

But Niki is also facing the grinding challenges of being a single parent on ODSP living in one of the most expensive cities in Canada. "I've had moments where I've had \$2 left once I paid my rent and got my TTC pass," she says. "And that's \$2 to cover everything."

Niki relies on the food bank at a Daily Bread member agency to provide groceries for herself and her three-year-old daughter, Justine. "The food bank gets us the necessities, like pasta, pasta sauce, snacks and even treats for Justine," she says. "Milk is so expensive so it's good when we can get it from the food bank. I freeze any extra to try and make it go further."

While Niki describes how carefully she budgets their food and money, Justine is loving the freedom of the playground, confidently climbing up the slide, and striking up friendly conversations with other kids.



Although Niki struggles to make ends meet, she's grateful for the support she receives from her local food bank.

She comes back to her stroller to nibble on a snack-pack; Niki is quick to re-wrap the crackers and lunch meat that Justine leaves behind when she runs back to play.

"She's growing fast and eats like a horse," says Niki. "She's going to be tall."

She pauses for a moment.

"People need to know how important the food bank is. There are people who work who need to use a food bank, people with disabilities, elderly people...you name it."

Niki and Justine are getting the help they need today thanks to the generous support of donors just like you. Niki is grateful every day that they have somewhere to turn. "Justine and I couldn't survive if we didn't have the help," she says. "I am so thankful."



Coming soon!

On September 18, we will release the annual Who's Hungry report, high-profile research that provides an in-depth study of hunger and poverty, with solutions to help reduce hunger. Download your copy at dailybread.ca.



Native Women's Resource Centre of Toronto is one of more than 130 member agencies supported by your generous donations

Daily Bread donors provide vital support to First Nations, Métis and Inuit women

Daily Bread is proud to partner with Native Women's Resource Centre of Toronto (NWRCT), which serves First Nations, Métis and Inuit women and their children through education, housing, life skills and parenting programs, as well as an on-site food bank.

Daily Bread provides that food for the Centre's busy food bank, which sees over 2,000 client visits every year. That's about 40 client visits a week – a large number for a food bank that

operates from a repurposed Victorian home in the city's downtown east end.

But providing access to food is an important part of the centre's work. "Many of our clients are marginalized and face systemic discrimination every day," says Sarah Midanik, NWRCT's Executive Director. "It is important for our clients to be able to access food in a safe, welcoming

space, and Daily Bread enables us to create that space."

Daily Bread supports 175 member agencies and meal programs across the city. Every day, people struggling to make ends meet come to food banks for help. Thanks to your support, people can get the nutritious food they need to stay healthy.

"It is important for our clients to be able to access food in a safe, welcoming space, and Daily Bread enables us to create that space."



Why one monthly donor has chosen us for nearly 20 years

When asked why he supports Daily Bread Food Bank, Victor Naidoo doesn't even have to think about his answer. "There's no other charity that addresses hunger and the basic need for food better than Daily Bread," he says. "If we can give people the food they need, we give them hope and the chance to move forward in their lives. I know I am fortunate, and I want to share this good fortune with others who aren't as lucky."

Victor's been giving back as a committed donor to Daily Bread for almost 20 years. Fourteen of those years have been as a monthly donor.

By choosing to spread his annual donation over the year he makes an even bigger impact – providing a reliable and stable source of funding so we can make the most of every dollar he gives. "Giving monthly helps keep Daily Bread top of mind. I know I'll never forget to support one of my favourite charities," laughs Victor.

Daily Bread achieves remarkable things in our city. But we couldn't begin to do our work without our friends and supporters, like Victor.



Where the rubber meets the road

A COMMUNITY CHAMPION – AND A SIMPLE IDEA – GETS FOOD TO PEOPLE ACROSS THE CITY

Motivated by the fact that so many of his peers had partially full trucks on the road, trucking industry veteran Pete Dalmazzi started Trucks for Change Network so carriers could offer that space to charities – including Daily Bread – at a discount or for free.

Over the years, Trucks for Change has helped Daily Bread collect thousands of pounds of food donations when our trucks were at capacity. During our busy winter months, this has been a crucial support to helping deliver food across the city!

Pete is also an enthusiastic supporter of our special event, the Food Sort Challenge,

bringing 15 trucker teams to the competition since 2015, and raising more than \$45,000 for Daily Bread. (And if their cheering and dance moves are any indicator, they have a great time!)

"Daily Bread is doing vital work in this city," says Pete. "If our network of carriers can be an honorary member of Daily Bread's fleet then that makes me proud." The Trucks for Change Network is Pete's way of giving back – and we couldn't be happier to have him on board.

Thank you, Pete and the Trucks for Change Network for your commitment to helping our neighbours in need!

GAIL'S 2 CENTS

A dozen years at Daily Bread

Well, it's been an incredible 12 years for me at Daily Bread but these are my final Two Cents: I am retiring at the end of the year.

The Beatles sang about what to do when you hit retirement age and though the song doesn't describe me (I don't want to knit a sweater by the fireside – ever) I'm already making plans for my retirement and looking forward to some uninterrupted sleep.

Goodbyes are always bittersweet but this I know: with or without me, Daily Bread is an impressive organization that is ready to take on any challenge... and that's because of you!

With your support, Daily Bread has become a research leader and a trusted source on food security in Toronto. And because of your gifts, Daily Bread helps provide food and support to tens of thousands of Torontonians every year.

Though I am sad to say goodbye, I am so proud of the incredible mission that I have been part of. Daily Bread will continue to be here, working to get food to our hungry neighbours across the city. And I hope that you will continue to support this important work.



Gail Nyberg
Executive Director



20 YEARS OF IMPACT

This year, Bank of America Merrill Lynch and Daily Bread are marking 20 years of working together to help Torontonians in need.

Bank of America Merrill Lynch

"Life circumstances can change without warning, and what Daily Bread does is vital to help people move from tough times into a better future," says Gaylen Duncan, Country Operating Officer for Bank of America Merrill Lynch.

Thanks to Bank of America for their dedication, passion and generous support – and for two decades of better futures!

YES, Gail.
I want to help feed people struggling with hunger and poverty.



Enclosed is my gift of: _____

I commit to a monthly gift of \$ _____
Monthly gifts will be deducted on the 1st or 10th of each month. All gifts over \$10 receive a tax receipt.

My cheque payable to Daily Bread Food Bank is enclosed

NAME _____

ADDRESS _____

Please charge my: VISA MC AMEX

CARD NUMBER _____ EXP _____

PHONE _____

EMAIL _____

To make your gift by phone, please call 416 203 0050. Or give online at www.dailybread.ca