

FALL 2024

You give neighbours like Sarah* somewhere to turn

At food banks and community organizations across Hamilton, you're giving people much more than food...

"Without this place, people would go hungry. I would go hungry," Sarah states quietly.

Sarah is at De Mazenod Door, one of the 16 hunger relief organizations that you support through your generosity.

It's a Friday afternoon, and she's surrounded by music and laughter as neighbours catch up at the weekly neighbourhood barbecue. The smell of food on the grill fills the air.

"THIS IS A PLACE OF PEACE."

"Even living with another person, it's still not affordable," Sarah says.

"My rent went up, and food prices are just insane. Last month, after paying my bills, I had \$70 left. I spent a week and a half living off dry cereal."

"Without this place, I couldn't make it work," she adds. She motions to the line wrapping around the block. "And there's so many people right now who need it."



De Mazenod Door welcomes about 400 people a day for breakfast and a hot nutritious lunch. And for neighbours like Sarah, it's about much more than a meal.

"This is a place of peace and sanctuary," she smiles. "It's a big relief, knowing there will be a meal."

"I'D BE LOST IF I DIDN'T COME HERE."

Your generous support means much more than a meal for

neighbours like Sarah.

"People don't think they have anybody, but then they come here," she says, with a smile.

"You meet people who become friends, even family. It's a true bond of community. I wouldn't be who I am without them—I'd be lost if I didn't come here."

Thank you for being there for hard-working community organizations like De Mazenod Door—and for the people who rely on them, like Sarah!

A MESSAGE FROM RADHIKA

Together, we're building a hunger-free community



Dear Friend,

With food insecurity at an alarming high in Hamilton, our network of hard-working food banks and hunger relief

agencies could not operate without people like you by their side.

People who give freely and selflessly, refusing to let any child, senior, or neighbour face hunger in Hamilton.

Whether it's someone like Sarah*, who has only a few dollars left after paying the rent, or a vulnerable young person, like those served at Living Rock—your generous support brings them relief, security, and hope.

With the colder months approaching, our neighbours will need that support more than ever.

I know that together, we'll be there—so no senior has to

choose between turning on the heat or buying something to eat, and no parent has to skip meals to afford a snowsuit for their little one.

Together, we can ensure that there will be food on every table this holiday season, so no one has to spend this special season worrying about hunger.

As always, on behalf of everyone you're helping in our community, we extend our heartfelt thanks.

Gratefully,

A handwritten signature in blue ink that reads "Radhika".

Radhika Subramanyan
Chief Executive Officer

HOW YOU'RE HELPING NEIGHBOURS THIS FALL



11,119

times a month, kids get healthy food from our hunger relief network.



23

hunger relief programs supported, helping neighbours across Hamilton.



29,218

hot meals a month served to neighbours facing hunger.

You're helping youth facing hunger

Welcome to Living Rock Youth Services, one of the 16 hunger relief agencies across our community that you support through your generosity.

"It's really about connecting with the young people we serve," says Stephen Harstine, Food Bank Coordinator at Living Rock Youth Resources, as he looks around the neatly-stacked shelves of Stacey's Place Food Bank.

"Food is often that first step, to show a young person they can trust us. And when that happens, we can help them in so many other ways."

"Each one of them has a different story, and different needs," Stephen says. What they all have in common is the need for somewhere to turn for support. And Stephen and his team serve each one with respect and dignity.

"They aren't just handed a bag of food," Stephen says. "Each youth gets a basket, and they can walk through the shelves and choose what they need, like at a grocery store."

YOU'RE GIVING YOUTH A PLACE THEY BELONG

Living Rock also provides daily hot breakfasts and dinners to youth in need.

Young people arrive early in the morning to sit down



for a nourishing, buffet-style breakfast before heading off to school. "It's so important that they get a good meal into them so they can focus in class," Stephen shares.

In the evening, from 5:00-8:00pm, they can come back to enjoy a hot dinner. "Every day's different - Taco Tuesday is really popular," Stephen smiles.

The team at Living Rock works hard to make it a safe, welcoming place, where young people can gather and build connections. "It's not just, 'here's your meal, bye,'" Stephen says. "They can hang out, listen to music, use the computer..."

"There's a lot of community-building here."

"THE NEED HAS MORE THAN TRIPLED."

Stephen reflects on how things have changed since he started at Stacey's Place almost two years ago.

"We'd be seeing maybe 30 youth a day," he says. "Now, that need has more than tripled."

The Living Rock team is very grateful for the support of Hamilton Food Share, and generous people like you. "Hamilton Food Share is a great partner," Stephen says. "They help us keep up with the rising need in our community, and also meet the need for specific cultural foods. We couldn't do it without them. Thank you!"



Why do you support Hamilton Food Share? We'd love to hear from you!
Tag us on social media to share why you care!

"If I can help even one family, I'm here to help."

Melanie* has been making a difference in our community for a long time. For over 13 years now, we've counted her as one of our generous supporters.

It was last year that she decided she wanted to do even more for her neighbours facing hunger.

"I saw what the pandemic and rising costs of living were doing to people. A family member needed my help with groceries, and I thought, if I'm seeing this

need in my own family, imagine what it's like for others in the community."

For Melanie, becoming a monthly supporter was the best way to provide steady, reliable support to families in need. She appreciates how simple and fuss-free monthly giving is. "Instead of writing a cheque each month, I just let you do all the work," she laughs. "And I can budget every month knowing exactly what my expenses are."

"Even as a senior on a fixed income, I can do my part. Everyone can make a difference with a small gift every month," she shares. "If I can help even one family, I'm here to help."

A very special thanks to Melanie and all of our dedicated monthly supporters. Your steady support is at the heart of everything we do here at Hamilton Food Share!

SHARE THE FOOD, SHARE THE LOVE



Follow us for all the latest news about the difference you're making in our community, as well as upcoming developments. Don't forget to tag us when you give, volunteer, or join us at community events!



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