

FALL 2025

## You're helping Hamilton families thrive

Welcome to Eva Rothwell Centre, where over 425 households a month find nutritious food and the support they need to thrive—thanks to your generosity.

**“Everyone deserves to have what they need to thrive,”** says Sam Campanella, Executive Director of the Eva Rothwell Centre. Every day, the Eva Rothwell team does everything in their power to help families not just survive, but break free from poverty and reach their full potential.

Serving a diverse community in one of the lowest-income neighbourhoods in Hamilton—from newcomers to working families to neighbours who are unhoused—their work is a labour of love, and incredibly important for the future of countless families. And your generous support helps make it happen every day.

### The first step forward is food

**“For many households, food is the first step forward,”** Sam shares. When someone no longer has to worry about hunger, they can start focusing on the future. And the Eva Rothwell team is with them every step of the way.

Once someone's immediate needs are met, the Centre



can help them move forward by connecting them with everything from on-site healthcare to job training.

“We're like a one-stop shop,” Sam adds. “A mom can come in for our trades training program, then grab food or clothes for her family, all while her kids are getting tutored.” It's about giving every member of the family the tools they need to succeed.

Sam is especially passionate about helping kids build a bright

future. Many start their days at Eva Rothwell's “Best Start” Breakfast Program, fueling up their bodies and keeping their minds focused for the school day. At the After School Program, they can make friends, get help with their homework, and grab a snack.

**“This is like a second home to a lot of the kids in the neighbourhood,”** shares Chelsey Simmonds, the Centre's Operations Manager. “Ensuring they have enough healthy food



## A MESSAGE FROM RADHIKA

Dear Friend,

With Thanksgiving coming, I want you to know that when I sit down at the table with my loved ones, I will give thanks for you.

During such tough and uncertain times, it means the world to know we can rely on our community, and good and giving people like you. Thank you for stepping up, rolling up your sleeves, and doing your part to ensure no one in Hamilton goes hungry.

I'd like to extend a very special thanks for helping Hamilton's families get through an especially difficult summer. When school meal programs closed for the year, you were there. With your help, kids across the city got to spend



a carefree summer swinging, swimming, and laughing, and their parents could focus on making happy memories with their little ones, instead of worrying about hunger.

As I look to the weeks to come, I'd like to ask you to keep being there for your neighbours.

I know that together, we can ensure that everyone in Hamilton can gather around a full table this Thanksgiving. And I know that together, we can get our neighbours through the coming winter, which brings its own challenges for so many households.

Please know that across our community, your kindness and generosity are touching countless lives.

Wishing you and yours a wonderful Thanksgiving,

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

Radhika Subramanyan  
Chief Executive Officer

### ... continued from page 1

to eat is so important for their growth and development. We call it brain food," she smiles.

#### **"This is a safe space."**

"We're on a first name basis with most of our clients," Sam shares. "One client calls Chelsey her goddaughter, because she feels so close to her."

"It's so important to build that relationship and that trust.

Especially for those who might feel unseen."

Sam's mind turns to Larry, a longtime client who is unhoused. "He comes here for food, but he has mental health struggles—sometimes, he'll arrive yelling and screaming. But we've shown him he can trust us. We'll invite him inside, get him some food and water, and he'll calm down," Sam shares. "For him, this is a safe space."

### **Thank you for changing lives**

The Eva Rothwell team is proud to partner with Hamilton Food Share, and caring neighbours like you. "We're so grateful for the community's support," Sam says. **"The need in the neighbourhood is so great. We couldn't keep up without you."**



## PROGRAM SPOTLIGHT

### Fresh food from farm to table (and much more)

Welcome to Niwasa Kendaaswin Teg and the McQuesten Urban Farm. With your help, they connect Indigenous families to fresh, farm-grown food, and so much more.

“Neither my husband nor I learned to cook while growing up in the foster care system,” shares Brenda\*. “These programs have helped give us the skills to prepare healthy meals for our family. And having our kids participate and learn to cook with us has really been a full circle moment.”

Brenda and her family are one of thousands of households in Hamilton being connected to nutritious food and guidance on meal planning and cooking at Niwasa Kendaaswin Teg.

Since 1998, this Indigenous-led organization has worked tirelessly to help Indigenous families in Hamilton thrive, from educational programs to culture and language revitalization.

Food security is also at the heart of their mission—from weekly Family Dinners, to family cooking programs, to the Niwasa Food Bank, which provides support to over 3,220 households.

**Through your generous support of Hamilton Food Share, you help make all of this possible.**

#### A farm with a difference

Niwasa is passionate about ensuring families have access to fresh produce that they might otherwise not have. That’s where McQuesten Urban Farm comes in. Hamilton’s first urban farm, it produces over 22,000 lbs of organic produce a year.

Families gather at the Farm to



grow, harvest, and share fresh, nutritious produce.

And McQuesten Farm is about much more than fresh food. It’s a place for families to connect with their culture, learn about the land, and gain pride and self-sufficiency.

**Your generous support helps make all of it possible. Thank you.**

\*name has been changed

## EVERY DAY, YOU TOUCH NEIGHBOURS’ LIVES

Here’s how you help provide food and peace of mind in Hamilton, each and every day.



**959**

People a day can rely on Hamilton’s hunger relief network thanks to you.



**942**

Hot meals a day are served across the community with your help.



**23**

Local hunger relief programs are supported every day thanks to you.



## Black & McDonald: 20,000 reasons to be thankful



Building a hunger-free Hamilton takes more than food—it takes leaders in the community coming together to invest in the strength and resilience of families and neighbourhoods. That's why we're so grateful for

our partnership with Black & McDonald. Their recent gift of \$20,000 is already making an incredible difference, helping provide over 33,000 pounds of nutritious food to households across our city.

"At Black & McDonald, we believe in the power of community and supporting those in need," Brian Mino, Regional Controller, shares. "Hamilton Food Share plays a vital role in ensuring that no one goes hungry—and we're proud to support their efforts."

Their message to others in the community? Get involved.

"The impact of giving back is profound. Supporting organizations like Hamilton Food Share not only meets urgent needs—it strengthens the community for everyone."

**Thank you, Black & McDonald, for making such a meaningful difference in Hamilton. We couldn't do it without generous partners like you.**



## SHARE THE FOOD, SHARE THE LOVE

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

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 our community events!



/HamiltonFoodShare



/hamiltonfoodshare



/HFShare



/company/hamilton-food-share