

## You're touching lives at Carol's Cupboard

Welcome to Carol's Cupboard, the food bank serving clients of Hamilton Jewish Family Services. Your caring support helps fill its shelves with nourishing foods that meet the community's unique religious and cultural needs. It also helps connect neighbours with caring neighbours.

*"Things have changed a lot since I first started here," says Rachel Bernholtz, Manager of Carol's Cupboard, the food bank at Hamilton Jewish Family Services.*

*"Before Covid, we were serving 40 people a month. Now, we're seeing on average 250 people a month. And every month, 6 to 10 new people are turning to us."*

*"We're also seeing a lot more working people. Families doing everything they can to take care of themselves and their loved ones, who are still struggling to make ends meet."*

Thankfully, Carol's Cupboard is there for these families, with Hamilton Food Share—and caring neighbours like you—beside them.

### You're getting Kosher food to Jewish families in need

*"We are 100% inclusive. We're here for anyone who needs us, regardless of religion or background," Rachel says.*

That said, the majority of the people who rely on Carol's



Cupboard are Jewish.

*"It can be very challenging for families to find food support that is Kosher," Rachel says.*

For Rachel and her team, that's why it's all the more important to be there, so that Jewish families have somewhere to go for the food and support they need.

It can also be challenging for Carol's Cupboard to source

enough Kosher food to meet the community's growing needs. Thankfully, your support helps keep the shelves stocked for those in need.

*"Hamilton Food Share has been so accommodating in supporting us, and in wanting to learn more about Kosher foods," Rachel shares. "Because we aren't able to take many of the foods that other food banks can take, they give us more of the foods we*



## A MESSAGE FROM RADHIKA



Dear Friend,

As we reflect on the year, I wanted to take a moment to express my deep gratitude for your support. In a time when

so many of our neighbours are struggling to put food on the table, your generosity makes a real difference.

Over the holidays, you helped families come together, sharing meals and creating memories instead of worrying about how they would feed themselves or their loved ones. This kind of support means more than you know.

And now, as we face another difficult winter, your continued commitment helps families make impossible choices, like whether to heat their homes or buy food, just a little easier.

Looking ahead, we know the challenges will continue to grow, with more and more neighbours relying on Hamilton's hunger relief network. We truly couldn't do this work without you.

Knowing that we can count on your support gives us hope, and for that, I am deeply thankful.

With sincere appreciation,

Radhika Subramanyan  
Chief Executive Officer

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can use, and provide us with financial support to purchase Kosher foods."

#### **You're helping families celebrate around the table**

Your caring support also helps Jewish households across Hamilton observe and celebrate important holidays around the table.

"It helps us provide that extra food and support for Rosh Hashanah, and the cultural foods that are important for Passover," Rachel shares.

#### **You're connecting neighbours to their community**

Your generosity goes beyond food. It connects neighbours with neighbours. "We deliver food to those who can't make it to the food bank," Rachel says. That delivery is often a welcome visit for clients who live alone.

At their Seniors Living Well Centre, 10 to 15 seniors a day also come for a nourishing meal, and to be among friends.

"Food insecurity can be very isolating. We want to help people remove those barriers," Rachel shares.



***"You're making a real difference in real people's lives"***

Rachel and her team are so grateful that you're there beside them. "We could never offer what we offer our clients without you. Thank you so much, and please know, you're making a real difference in real people's lives."

### How you help families weather a hard winter

The winter months can be especially difficult for households in Hamilton living with food insecurity. But thanks to your caring support, they have somewhere to turn for the food and support they need.

This winter, the lower the temperature drops, the higher the stress and uncertainty for many households across Hamilton.

Neighbours who were already struggling to make ends meet face a new flurry of impossible choices.

Families are agonizing over buying their kids snowsuits and boots, when they know there won't be enough left for groceries if they do. Seniors are bearing the discomfort of an unheated home so they'll have food on the table.

And with rental costs sky-high, families are facing the frightening possibility of losing their home and having nowhere

to go during the darkest, coldest months of the year.

Thank goodness for warm-hearted people like you. Your generosity means that vulnerable neighbours have somewhere to turn for support when they are facing these difficult choices.

**"It could keep a family from losing their home in the dead of winter"**

"People are facing a lot of additional pressures at this time of the year," says Radhika Subramanyan, CEO of Hamilton Food Share. "Add that on top of the challenges families are already dealing with, and it can become a real crisis."

Your support at this time of the year rushes nourishing food to hunger relief agencies across Hamilton. These agencies provide a much-needed lifeline to families in need. And your impact goes far beyond food. It helps keep kids bundled up in warm winter gear. It helps keep seniors comfortable and healthy. It could keep a family from losing their home in the dead of winter."

Thank you for being there for your neighbours by supporting Hamilton's hunger relief network. You're keeping families secure, warm, housed, and comfortable through these cold winter months!

### YOU'RE HELPING MEET THE RISING NEED

Here's how you've helped keep healthy food on neighbours' tables, as need has soared over the **LAST FIVE YEARS**:



**12,796 ► 29,218**

Hot meals provided per month.



**4,914 ► 6,079**

Kids receiving healthy food every month.



**22,923 ► 29,732**

Visits to Hamilton's hunger relief agencies every month.



## An Exciting Three-Year Partnership: Thank you Hamilton Golf and Country Club Foundation!



For over 50 years, the Hamilton Golf and Country Club (HGCC), its Foundation and members, have been making an incredible difference in our community through support of local charities. We are unbelievably

proud and grateful that the Foundation has selected Hamilton Food Share for an exceptionally generous, three-year commitment of \$40,000 a year. The multi-year commitment is the first of its kind for the Foundation, providing steady, predictable support that will help us plan and meet the rising need in the community for years to come.

The Foundation's gifts are raised by HGCC Members, largely through the successful Borthwick Memorial Tournament and Par for a Cause. Together, these two events raised a record \$440,000 last year.

Members of the Club nominate

the charitable recipients and we are extremely grateful to Sheean Patel for submitting Hamilton Food Share.

**"I am honoured to nominate Hamilton Food Share," Sheean shares. "Their dedication to providing nutritious food to those in need is not only commendable, but essential for the well-being of the community."**

Thank you to the Members of the HGCC and the Foundation! You are making an incredible difference, providing food for thousands of people and strengthening our whole community.



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

## 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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