

**From:** Seva Food Bank  
**Subject:** the Pulp: newsletter



[Click to view this email in a browser](#)



## Editor

Niva Sandhu

## Contributors

Baghael Kaur  
Raviraj Singh  
Nitin Gajjar



## Events

April 26th-Volunteer  
Training and  
Orientation

May 10th-Seva Spark  
Gala

## Top 5 Foodraisers

1. Our Lady of the Airways Church
2. Food Mart, Milton
3. Malton Gurdwara
4. Regan Gurdwara

## Welcome Message

April not only brings warmer weather, bunnies, birds and sprouting flowers but also hope that summer is near. Generally, April is a busy month for farmers who begin to prepare to tend their land and get it ready for planting. In Punjab, farmers celebrate the beginning of harvest season for winter crops in the month of April. This festival is known as Vaisakhi and is celebrated by all Sikhs around the world. Many farmers see Vaisakhi as a time to thank God for the harvest, pray for prosperity in the next season and perform acts of charity. This festival sets the stage for our own Peace Garden (in partnership with Karma Grow) which will start planting in May. Thanks to our dedicated and hardworking volunteers the Peace Garden will provide our client families with unlimited fresh fruits and vegetables throughout the year. Last year, the garden produced 2 tonnes of fresh fruits and vegetables for our client families. The produce from the garden will also help support our Healthy Recipes and Cooking programs at the food bank. These programs help clients learn how to cook healthy and inexpensive foods for good health.



April is also Sikh Heritage month an opportunity to recognize and celebrate the important contributions Sikhs have made to Canadian history. But the important thing to remember is we can only make great history and do great things for our country together!

## Thought of the Month

**"Laughter is brightest where food is best" (Irish Proverb)**

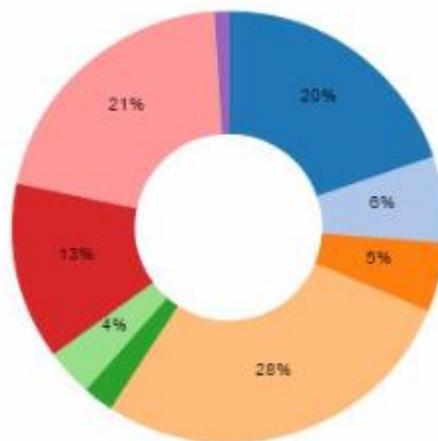
5. 21st Division Peel  
Police

## Heart Health Workshop



## Food For Thought

- College Diploms (81)
- Grade 0-8 (20)
- Grade 9-11 (18)
- Grade 12 (86)
- Post Secondary (some) (7)
- Trade Certificate/Professional Accreditation (11)
- Undisclosed (41)
- University Degree (64)
- Unknown (3)





---

## Cooking Program



## 'To Ghee or Not to Ghee'



Since the 1940's-1950's in North America, saturated fat has gotten a bad wrap, particularly for its role in heart disease. This was despite the fact that total butter consumption fell during the early 20th century, parallel to an increase in heart disease. Many of the early studies on saturated fat failed to make a distinction between hydrogenated fats and natural saturated fats, because at the time the dangers of hydrogenated fats were not known. We now know about the great damage that hydrogenated fat does to virtual every cell in the body – including the oxidative damage that it causes to the arteries, leading to increased inflammation and stiffness, both contributing factors to heart disease. [Read more...](#)

---

## Beta-Carotene for Supervision



Beta-carotene is an antioxidant that is red-orange in pigment and can be found in colourful fruits and vegetables such as Carrots, Broccoli,

## Food Demo at the Food Bank



## Tour of Malton Facilities



Grapefruit, Tomatoes and Pumpkin. The human body converts beta-carotene into vitamin A (retinol) which is essential for healthy skin, our immune system, eye health. [Read more...](#)

---

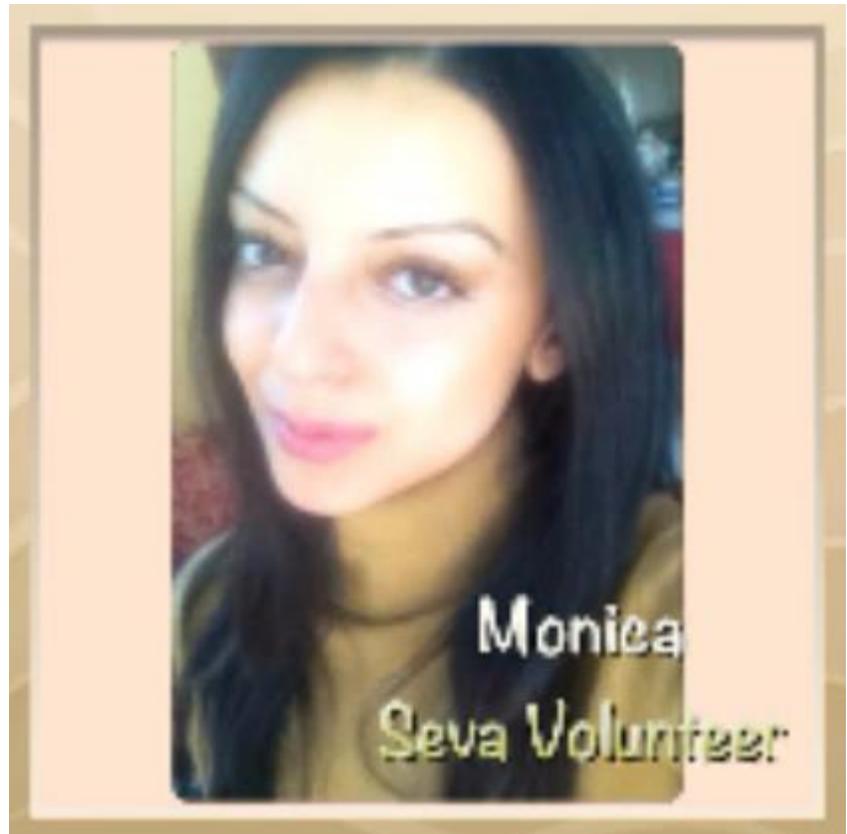
## Health Benefits of Carrots



Throughout history many cultures have realized the medicinal and health benefits of carrots. Carrots are an excellent source of beta-carotene—the compound that gives carrots their rich orange colour. [Read more...](#)

---

## Volunteer of the Month



Monica Johal has been part of the Seva family for approximately one year and has diversified her responsibilities through e

---

## Recipe of the Month



[Click here for recipe...](#)



---

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

---

Seva Food Bank  
#10, 3414 Wolfedale Road  
Mississauga, Ontario L5C 1V8  
CA



[Read](#) the VerticalResponse marketing policy.