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November 2016 * Issue 14

SEVA FOOD BANK NEWSLETTER

www.sevafoodbank.com



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Meet our this months Board Member - **Angie Rehal- Director and Vice Chair** for Seva Food Bank. Angie is also the Director & Vice Chair of Seva food bank and has been with Seva for the multiple years starting out at the Wolddale location participating in client shifts. [Read More](#)



Over 800 Donors, \$115,000 in pledges, and 22,000 pounds of food was collected for Mississauga's Seva Food Bank on November 14th & 19th, 2016, as part of the 6th Annual Radiothon and Food Drive. The effort was led by the producers of CJMR 1320 AM marking the 548th anniversary of Guru Nanak's birth. [Read More](#)



It took over 300 Volunteers to make the 6th Annual Radiothon and Food Drive as successful as it was. [Click here](#) to see more pics of the event.



October Stats

953 Clients Served in Malton
1147 Clients Server in Wolfedale

Green Smoothie Bowl



[Click here](#) for full Recipe & Benefits.

[Click here](#) to join our Emergency Mailing List - You will receive an Email when Seva food bank is running low on key items.



Become a part of the amazing volunteer team we have - [Click here](#)

Thank You Donors



NEW FRIDGE UPDATE

It's been over six months since we had our industrial fridge/freezer installed, all thanks to you! Aug 2016 was our busiest month ever! Directly as a result of having more fridge and freezer space, we were able to serve 734 families, 2255 clients and 78 Syrian refugee families. We want to share some pictures of the fridge in action and again, thank you for your continuous support.

[Click here](#) for more pics and details



Seva Days

\$500. That's how much it costs to keep Seva's doors open for a full day. Food may be the foundation of our organization, but it's difficult to do the work that we do without the space and facilities that we use. That's why we encourage you to get involved with 'Seva Days', a meaningful way to show your support for our organization.

Learn more about Seva Days. [Click here](#)





We're delighted to be partners with the [Mississauga Food Bank](#) as part of their city-wide network of food agencies.

Hours & Location

Wolfedale

#10, 3413 Wolfedale Rd.
Mississauga, ON L5C 1V8
(905) 361-7382

Wednesdays 4-8 PM
Thursdays 4-8 PM
Fridays 12-4 PM

Malton

2832 Slough St.
Mississauga, ON L4T 1G3
(905) 361-7382

Mondays 4-8 PM
Tuesdays 12-4 PM
Thursdays 4-8 PM
Fridays 11-2 PM



905-361-SEVA(7382)

info@sevafoodbank.com



**TYPE 1 & 2
DIABETES
IN KIDS & YOUTH**

Did You Know that Diabetes is one of the most common chronic diseases among children and youth? Learn more about symptoms of Type 1 and Type 2 diabetes and how to better detect these in kids and youth. [Read More](#)

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