



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



Our Team

Editor

Niva Sandhu

Contributors

Daven Seebarran
Raviraj Singh
Marianthi Karras

Events

December 9th & 11th

Focus Group
Wolfedale and Malton

Mondays 2-4pm

Knitting Group
Wolfedale Site

December 20th, 2014

Breakfast with Santa
Mississauga Convention Centre

the PULP:

seva food bank newsletter

The temperature was in the negatives and the chilling wind stung our bodies but food bank volunteers kept trudging onwards. Sunday November 9th was seva food bank's biggest food drive of the year; the food and funds raised on this day helps feed families for the greater part of the year. With that knowledge in hand, our volunteers stood outside stores and Gurdwara's for 12 hours to help raise food and funds. It is during times like these when youth, adults and seniors get together and foster a sense of "community" we can be proud of. Their hard work and dedication helped the food bank raise over 30,000 pounds of food.

We would also like to thank the general public for participating in our radio-thon, on that same weekend, and help us raise over \$100,000 in pledges. What makes us very different from mainstream food banks is that we focus on providing our clients with culturally appropriate, fresh healthy food, rather than the regular pasta's and canned items. Seva food bank strives to provide food for people of all ethnic backgrounds and our Gurburab food drive helped us sustain this principle.

As colder days will be approaching us we also look forward to the holiday season, a great time for families to get together and share some quality time together over a warm meal. For those of you who also want to stay warm this winter, come learn how to knit scarves and hats every Mondays at our Wolfedale location from 2-4pm. We are also having our first clothing drive on Sunday December 7th, so many ways to stay warm this month!

Seva Food Bank Malton
(serving Malton)
2832 Slough St.
Mississauga, ON

Monday 4:00-8:00pm
Tuesday 10:00-2:00pm
Thursday 2:00-6:00pm

SFB Wolfedale
(serving L5B and L5C)
3413 Wolfedale rd.
Mississauga, ON

Wednesday 4:00-8:00pm
Thursday 4:00-8:00pm
Friday 12:00-4:00pm



Thought of the Month

"Eating is not merely a material pleasure. Eating well gives a spectacular joy to life and contributes immensely to goodwill and happy companionship. It is of great importance to the morale."
-Elsa Schiaparelli

A look at our numbers

Month of November **1695** individuals **served** at both sites

51% of individuals who use our services have a **post-secondary education**

38% of our clients have been in the country for under 12 months



**Volunteer
Cooking**



Vegetable of the Month

VEGETABLE OF THE MONTH:
SUBMISSION BY: RAVIRAJ SINGH



HEALTHY BENEFITS OF ONIONS

- | | |
|---|--|
| Prevent allergies | Prevent heart disease |
| May lower risk of cancers | Can ease the swelling and joint stiffness of arthritis |
| Relieves sore throat & coughing symptom | Can provide relief for urinary tract infections |
| Can provide relief for upset stomach | Boosts immune system |
| Can prevent tooth decay & oral infections | Can help regulate blood sugar |

Nutrients*
Dietary Fiber 7%
Carbohydrate 3%
Protein 2%
Calories 2%

Vitamins*
Vitamin C 12%
Vitamin B6 6%
Folate 5%
Thiamin 3%

Minerals*
Manganese 6%
Potassium 4%
Phosphorus 3%
Magnesium 2%

* Daily Value per 100g. For e.g. 100g of onion provides 12% of daily requirement of Vitamin C

ONION COUGH SYRUP

1 Cup Freshly Chopped Onions
 ½ Cup Raw Honey
 1 tsp Cloves
 1-2 tbsp Ginger root or 1 tsp ginger powder

Cover onions with honey & add other ingredients. Simmer on low heat for 20 minutes. Strain syrup. Store in glass jar in refrigerator. Use as often as needed. **CAUTION: Do not feed honey to children under the age of 12 months.**



Creating a society in which the inherent divinity and sovereignty of every individual is recognized and cultivated so that everyone is able to fulfill their true potential.

an initiative of Sikha Seva Society Canada

Vitamin of the Month



Recipe of The Month

French Onion Soup

Ingredients (3-4 servings)

- 6 brown onions, roughly chopped
- 1/4 cup of olive or vegetable oil
- 6 cups of water with 6 beef bouillon cubes or vegetable broth /water
- 1 cup of red wine or sherry (optional)
- 1 tbsp. of flour
- 1 bay leaf (optional)
- A few thick slices of bread, cut into 1" croutons
- 6 oz. of cheese -- white cheddar or your favorite
- Pepper to taste - no salt, as you get plenty from bouillon cubes and cheese

Directions

1. Heat oil in a pot.
2. Add onions and bay leaf to the oil and and cook until soft.
3. Add stock or broth, or water. Cook covered for 20 minutes.
4. In a bowl, dissolve flour with some water. Add this to the pot.
5. Add optional wine and simmer for 10 minutes.
6. Brush some oil on the bread and toast in the oven.

Serve soup in a deep bowl. Add cheese and croutons.



If you can't read it, should you eat it?

By Niva Sandhu

Have you ever wondered why the taste of fast food French fries is so good and why you just can't make them the same at home? Or how strawberry flavoured syrup for an ice cream sundae from Burger King is so red and flavourful? The fast food industry must have top of the line chefs creating such delicious recipes, you may wonder. Well I'm here to burst your bubble and tell you, fast food is far from real food.

[To read more please click here](#)

Cleo's Story

"Having three kids in diapers is tough" states, Cleo, a single mother of six- ranging from 18 months to 13 years old. "Seva helps to provide my basic needs for the month. I rely on Seva to survive" she adds.

Cleo and her family have been using Seva Food Bank for approximately three years. "The staff are so friendly, helpful and kind, they make me and my family feel so welcomed".

Cleo says that Seva had made a positive impact in her life. "Rent is expensive in Mississauga, and I'm not sure what to do monthly, but I know with Seva Food Bank, all of my family's food needs will be met.", Cleo states. She adds, "It's expensive to be healthy and I have six kids with six different tastes, and Seva helps. Seva provides with with fresh produce and my kids love it!".



To help families like Cleo's, donate today!



Volunteer of the Month



The effect you have on others is the most valuable currency there is and this month, a very special volunteer has exemplified this rewarding gesture. Amandeep Lotay has continuously demonstrated generosity, sincerity and empathy towards all of our wonderful clients at SEVA. Whether it's the warehouse, special events or bringing in something tasty for our clients, Amandeep has done it all! He has continuously gone above and beyond his expectations as a volunteer. For his hard work, diligence and amazing spirit, we couldn't be more grateful for having Amandeep be a part of the SEVA family.

"It is truly humbling for my efforts to be recognized on this level. SEVA Food Bank has provided me with a platform to give back to a community that is near and dear to my heart. I would like to thank everyone that pours their heart and soul into the SEVA cause. I would also like to thank SEVA food bank for allowing me to volunteer along side some of the most generous people I have ever met. The collective efforts of these volunteers is what makes SEVA Food Bank a very special establishment. Thank you once again!" - Amandeep Lotay

Congratulations Amandeep!

MALTON
Monday
4:00 PM - 8:00 PM
Tuesday
10:00 AM - 2:00 PM
Thursday
2:00 PM - 6:00 PM



SERVING HOURS

WOLFEDALE
Wednesday
4:00 PM - 8:00 PM
Thursday
4:00 PM - 8:00 PM
Friday
12:00 PM - 4:00 PM
Sunday shifts will continue to
December 31, 2014

POWER OF HELPING

Seva Food Bank strives to provide the community with a safe supply of food. However, with the rising costs of rental fees and utilities, Seva needs your help to keep our doors open. In 2015, it will cost us \$499.98 a day on basic overhead, including only rent and utilities, at our Malton and Wolfedale sites. A gift of \$41.67 a month will allow us to open our doors for a total of 80 hour a week. This will mean that more families can have access to safe and nutritious food.



SEVA DAYS: PROVIDING HOPE

Seva Days is an opportunity for you, your family, friends are organization to support Seva Food Bank. Your gift of \$41.67 will help to provide:

- Food to over 2000 individuals each month
- Food to over 800 children each month
- Hot breakfasts to 90 children each morning
- Forty hot meals to seniors in our communities each month
- An opportunity to help families escape poverty
- An opportunity to build a strong community

To show you how appreciative we are for your gift, we will:

- Name the day after you
- Acknowledge on our new website, launching December 2014.
- Acknowledgement on our facebook page, with a reach of over 3500 people.
- A report of services for the day you sponsored.

Make your gift of \$41.67 a month to help hundreds of families each day. Donations can be made online by clicking the donate button.



www.sevafoodbank.com

905-361-7382