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an initiative of Sikhs Serving Canada

Our Team

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Niva Sandhu

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Events

Mondays 2-4pm

Knitting Group
Wolfedale site

Mondays 4-8pm

Homework club
Malton site

January 26, 2015
Clothing drive
Malton

the Pulp: seva food bank newsletter

As I reflect back on seva food bank's year in 2014, a handful of memories stand out. Last year, at this time, seva food bank opened its doors to the Malton community. At the same time the seva team partnered up with a team of architects at Perkins + Will to work on the redesign of the Malton site into a seva food centre. This new design will allow seva to address the root causes of food poverty with programs that connect low-income communities, advocacy and the knowledge and tools to make a change in their lives.



Seva has also transitioned into a new way of serving food to its client families, at both sites, by using the grocery store model approach. With this approach clients are given choice in the food they take home.

In May, the seva farm was launched which helped supply over 300 pounds of fresh produce on a weekly basis to client families. The pilot project was a success and will continue in spring 2015.

In November, seva had one of its biggest fundraiser; the Guru Nanak radiothon and food drive which raised over \$100,000 in pledges and 30,000 lbs of food. These pledges

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

December's Top 5 Foodraisers

1. Seva Samaj Association of Canada
 2. Sunny View Middle School
 3. Dunrankin Public School
 4. Lancaster Public School
 5. Citi Bank
-

seva
days

Keep our door
open for one
day.

and food, will help feed over 1600 client families on a monthly basis.

I would say seva has had a very busy, productive and successful year. And we promise to work just as hard to make 2015 even better for seva!



Food and Health- an opinion piece

by Amar Alhuwalia

It's a new year and an opportunity to think about how we can make our lives healthier. There are many different facets that contribute to good health, including food. "Poor diet is associated with health problems that include colorectal cancer, low-weight births, and heart disease. Up to 80% of heart attacks and strokes could be prevented through lifestyle changes and healthy eating practices. (Metcalf Foundation) " Seva food bank realizes that unfortunately not everyone has access to a nourishing diet, which is why we are working towards creating a more food secure community. At the regional level, Seva is participating in creating a peel food security policy. At a community level, Seva is collaborating with Karma Grow to create a community garden, connecting with farmers markets to acquire fresh fruits and vegetables, and working with volunteers to provide healthy recipes for clients and community members. [Read more...](#)

Volunteer Cooking



Christmas cookie decoration at seva



Homework Club

Thought of the Month

"To eat is a necessity, but to eat intelligently is an *art*"

Francois De Le Rochefoucauld





Clothing Drive



Run to End Hunger

Join us on May 2nd, 2015 at the Scotiabank Charity Challenge at the Mississauga Marathon.

If you would like to join Team Seva, please contact [Angie](#).



"seva food bank provides me and my family with many opportunities. For three years, they have supported my family with safe and nutritious food- without Seva, I do not know how we would survive." -Anna Maria

In 2015, it will cost \$500.00 a day to operate our Malton and Wolfedale sites. Your gift of \$41.67 a month or \$500.00 will keep the doors open for a day in 2015. This will mean that more families can have access to safe and nutritious food.

Understanding the health benefits of food can impact a person's life. Seva Food Bank provides nutrition workshops, cooking classes, health forums and learning opportunities to client families so that they can make healthier choices.

In spring 2014, Seva Food Bank partnered with KarmaGrow. Throughout the summer months, Seva Food Bank was able to supply families with unlimited fresh, produce including tomatoes, eggplants, corn, zucchini, and peppers.



Over 1650 individuals served each month- of these 40% are children

64,106 pounds of culturally appropriate food distributed each month

Founded on the Sikh tenet of Seva or selfless service, Seva Food Bank provides safe, nutritious, culturally appropriate and personally acceptable food to families living in Mississauga's L5B and L5C postal codes and the community of Malton.

90 children served each morning at School Breakfast Program



"Seva goes the extra mile. They have helped my family through some very difficult times." - Kelly



We make a living by what we get, but we make a life by what we give. -Winston Churchill

Your gift of \$500.00 or 41.67 a month will help to provide:

- Food to over 1650 individuals each month
- Food to over 650 children each month
- Hot breakfasts to 90 children each morning
- An opportunity to help families escape poverty
- An opportunity to build a strong community

Your gift will be recognized by:

- Your Name Day: we will name the day after you
- You will be acknowledged on our new website
- You will be acknowledged on Facebook and Twitter
- You will be sent a report of your day's activities so that you know who you have helped

Sign me up for a Seva Day. I want to keep the Food Bank open for 1 day in 2015.

Seva Food Bank
2832 Slough Street
Mississauga, ON
L4T 1G3

905-361-7382



Recipe of the Month: Sabina's Hearty Vegetable Soup

Keep warm this winter with this healthy, delicious and easy to make soup in less than 30 minutes.

[Read more....](#)



Vitamin of the Month: Vitamin A

Vitamin A helps maintain health eyes, skin, teeth, and bones. It's also essential for renewal of cells, and plays an important role in keeping the immune system strong. Our body does not need much vitamin A, and too much (in supplement form) can harm your health, so it's best to

get our Vitamin A the natural way: from fruits and vegetables. [Read more...](#)

Volunteer of the Month: Waneeka H.

Waneeka started volunteering a few months ago but her presence in both of our Seva Food Banks is invaluable.

Her optimism and positive energy contributes to making each shift a wonderful experience for our clients and volunteers.

Out in the cold leading a team during food drives, holding bake sales, collecting clothes, caring flour on the bus to help a client with her son's birthday or taking beautiful pictures for us , are a few things that we are grateful for. Thank you Waneeka! We appreciate each minute you share with us.

"Seva food bank has been a great learning experience, not only have I been able to positively impact the community, but I have developed skills and built friendships that I will hold dear to my heart. I have a great time interacting with clients and we have the most supportive group of staff. It's been a pleasure to volunteer with Seva food bank."- Waneeka H.



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