



The Pulp: July Newsletter

Editor
Niva Sandhu

Contributors
Armin Sethi
Brittany Halfyard
Khushvir Tut
Sabina Husain



Pre-natal Workshop



Shop with a Registered Dietician



Communication Workshop



Welcome Message

We had a rough start to summer, chilly weather and lots of rain, however, the heat and sun is finally here. Although the warehouse in the food bank can get quite hot, our volunteers continue working without complaints. The heat does not let their dedication to their work and to our clients stop them.



This month's newsletter celebrates Canada Day by showcasing Canadian Sikhs who fought for their country in World War I. The sacrifices Sikhs made for the Canadian soil was no less than other Canadian soldiers. To read more about Sikh Soldiers who fought for our soil in our newsletter.

Seva Food Bank has been busy this past month with lots of new and exciting things. We have began a "Shop with a Dietician" program at the food bank, where our clients walk with a professional who pairs their food to their dietary needs.

We have also secured a wonderful partnership with SWAT Protection Services a security company that will be hosting a job expo and training once a month beginning August. Clients will learn to write professional resumes, receive free security training/licenses and receive help with job placements in various fields.

Last but not least, this month we will be holding a Client Appreciation Event on Saturday July 18th at the Mississauga Valley Community Centre starting at 6:00pm. It will be a sit down dinner with great food and music. To support our event or register if you are a client please contact our program coordinator at programs@sevafoodbank.com

Food Less Traveled

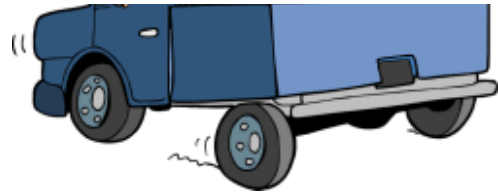




Seva Food Bank AGM



Balcony Gardening 101



Most of our food comes from far distances to get to our plate. This means the nutritional value is lower than if grown locally. Why eat food less traveled? Find out by [reading here](#)

Balcony Gardening 101

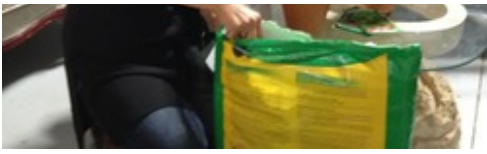


Balcony gardening can be a cost efficient way to increase your homegrown food supply, while also creating a fresh and colorful living environment.

Find out how you can spruce up your health and balcony by [clicking here](#)

Sikh Canadians in World War I





Canada Day is a celebration of independence, togetherness, and inclusivity. If not for our strong army, we would not be the nation we are today. But very few know of the contributions of Sikh soldiers to the Canadian army, specifically the ten brave Sikh men who fought alongside other Canadians in World War I.

[Read more...](#)

Recipe of the Month



Looking for a fresh, healthy low budget recipe? [Click here to read](#)

How Cucumbers protect your health!



Cucumbers are the fourth most cultivated vegetable in the world and known to be one of the best foods for your body's overall health. They are also great for skin care. Find out health benefits of Cucumbers.

[Read More](#)

Foods for glowing skin

FOODS FOR GLOWING SKIN



Find out which super foods give you bright glowing skin

[Read more...](#)



SWAT Protection Services will be working with Seva Food Bank beginning in the month of August to help clients with resume writing, security training classes and help clients find jobs in other fields. SWAT will be working out of both the Wolfedale and Malton location on a monthly basis.

For more information please email our program coordinator Niva Sandhu at programs@sevafoodbank.com





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

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