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## the Pulp: seva food bank newsletter



an initiative of Sikhs Serving Canada

### Our Team

#### Editor

Niva Sandhu

#### Contributors

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### Events

#### Homework Club

Mondays 4-8pm (Malton)

#### International Women's Day

Monday March 23rd  
4-8pm

#### Healthy Living Series Workshop

Monday March 30th (Malton)  
4-8pm

### New Hours

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

Mondays 4:00-8:00 pm  
Tuesdays 10:00-2:00 pm  
Thursdays 2:00-6:00 pm  
Fridays 11:00-2:00 pm

### Welcome Message

It's close to spring season however, the cold snap remains keeping us hibernating for longer than usual. Research shows that winter months have us packing on some extra pounds. Your hibernating instincts have you moving less and eating more when the temperature drops. There is also a 10% increase in circulatory winter deaths which include cardiovascular death and strokes.

Therefore, it is important not to forget to eat well and exercise during these winter months. On March 30<sup>th</sup> Seva Food Bank will be co-hosting their first installation of the Health Living Series workshop on Heart Health in partnership with Four Corners Health Centre from 4-8pm. Come out and learn how to keep your heart pumping with healthy beats.

On Monday March 23<sup>rd</sup> Seva Food Bank will be celebrating International Women's Day with its clients. It will be a day to celebrate women's achievements throughout history and across nations. Women have played a pivotal role in family, community and workplaces and continue to do so.

Come out and join us for these events at Seva Food Bank. Talk to you next month!



Seva Food Bank  
(Wolfedale)  
(L5B, L5C)

Wednesdays 4:00-8:00 pm  
Thursdays 4:00-8:00 pm  
Fridays 12:00-4:00 pm  
Sundays by appointment

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### Valentines Day Fundraiser



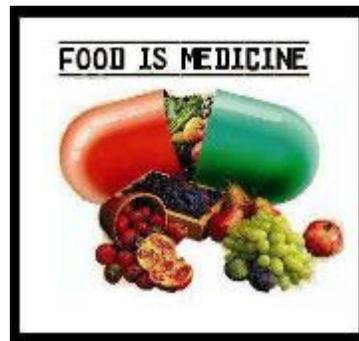
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### Recipe Bags



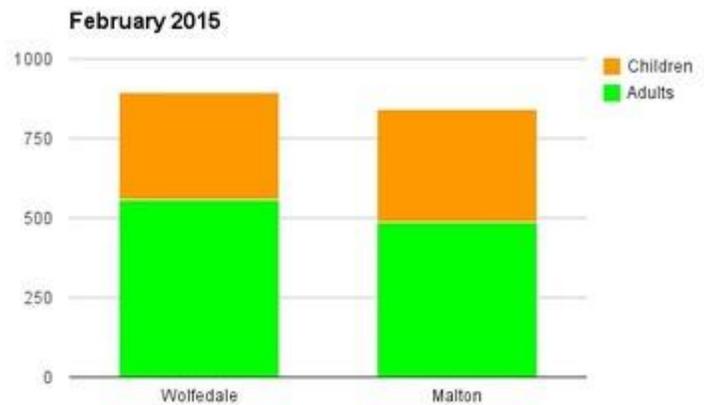
## Thought of the Month

"Let Food Be Thy Medicine And Medicine Be Thy Food." Hippocrates, 460 B.C.



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### Food For Thought



## Thank you Erin Mills Lions Club!



## How to Incorporate Omega 3's into a Vegetarian Diet



Omega-3's are essential polyunsaturated fats, which means that your body is unable to make it on its own and must get it from the food you eat. There is strong evidence that omega-3's play a crucial role in boosting brain health, treating depression, preventing heart disease, and lowering blood pressure. It is also known for reducing inflammation and is an anti-coagulant. [Read More...](#)

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## Reasons to Love Potatoes



Health gurus of low carb diets often give potatoes a bad rap however; potatoes are packed with powerful nutrients and antioxidants. Potatoes are a rich source of vitamin B and C, Folate, Potassium, Magnesium and Iron. Did you know that potatoes were eaten in the 19th century by English and Spanish Sailors to fight off scurvy (a vitamin C deficiency)? A medium potato with the skin provides almost half the recommended daily vitamin C intake.

[Read More...](#)

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## 5 Health Benefits of Omega 3 Fatty Acids



Omega-3 Fatty Acids is a nutrient that is often overlooked as an essential vitamin for our health. We need omega-3 fatty acids for numerous normal bodily functions, such as controlling blood clotting and building cell membranes in the brain, and since our bodies cannot make Omega-3 fats, we must get them through food.

1. Omega-3 fatty acids lower LDL cholesterol (the “bad” cholesterol) and reduce inflammation, and they are protective against heart disease. [Read More...](#)

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## Potato Leek Soup



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

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## Volunteer Of The Month

Sometimes, great things come in packaged deals! For the first time, our volunteer of the month goes out to two very special people who have selflessly offered their helping hands on more than one occasion. Anna Maria & Paul have dedicated numerous hours towards detailing Seva's online components and offering their assistance at several major events.

[Read More...](#)



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SATURDAY MARCH 14, 2015  
11:30AM-6:30PM  
SANDALWOOD HEIGHTS SECONDARY  
2671 SANDALWOOD PKWY E, BRAMPTON, ON L6R 0K7  
RESERVE YOUR SPOT AT: [sikhia.eventbrite.ca](http://sikhia.eventbrite.ca)  
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