



Newsletter December 2010

NUTRITION • EMPOWERMENT • DIGNITY • COMMUNITY

2010: A VISUAL REVIEW



Over 1000 lbs of fresh produce makes its way through our grocery cooperative every week.



Musicians in our music circle in a recording session - hear them at agapetable.ca.



Our popular, affordable, and nutritious breakfast plate.



Our visual artists display their work on-site and at agapetable.ca



A proud grocery co-op member



Volunteers get ready for our giant pumpkin fund-raiser



There's a volunteer in there somewhere - cooking soup!



Inuit carver and community member Alex, working on a new sculpture.



Alex holds a finished soapstone bear. See him in action at agapetable.ca



Our popular breakfast budgeting card.



We served over 80,000 emergency meals in 2010.



The artisans in our craft circle are preparing for Christmas sales.

LOOKING FORWARD

Our Pepsi Refresh Project is coming soon! Please vote online for our big idea every-day! For more information go to agapetable.ca



January 11, 2010
\$1 Breakfast Plate Launches,
sells 53 plates on the first day



February 10, 2010
Boutique25 is launched for cloth-
ing and household resources



2010, one b



June 1, 2010
Agape assumes operation of the
West Broadway Food Bank

NUTRITION

Eric, 45 year old community member

I'VE NOTICED A BIG CHANGE IN YOU OVER THE LAST FEW YEARS. CAN YOU TELL ME ABOUT THAT?

About two years ago, I was over 300 pounds and about to be treated for type 2 diabetes. Eventually, I got sick and tired of being "sick and tired". My doctor said, "You need to do something about this now". I learned a lot about healthy eating: now I choose quality carbs and lean protein with good fats. Also, I eat slowly and often... Basically don't overeat, don't go hungry. It sure worked for me.

CAN YOU TELL US ABOUT THE ISSUE OF NUTRITION AND HOW IT RELATES TO BEING ON A LOW INCOME?

Many of the folks at Agape are suffering from a lifetime of eating poorly. When it's cheaper to eat junk food - when pop is cheaper than milk - you've got a recipe for illness. I know people that go hungry for a period of time then eat at McDonald's - that is a very unhealthy cycle.

EMPOWERMENT

I'm on a fixed income due to disability so my monthly grocery budget is about \$200.00. I know plenty of folks that aren't able to afford even that. As it is, I scrimp and save by not spending on entertainment and eating out. It's very, very difficult to eat well on a low income.

YOU ARE A MEMBER IN OUR GROCERY COOPERATIVE. HAS THAT BEEN OF ASSISTANCE TO YOU?

The fresh food available in the grocery cooperative can make a big difference. It's real food that is priced accessibly for those on low income. Education is important as well. I was pleased to see that Agape has a dietician available for folks.

ANY FINAL THOUGHTS?

Remember to savour and chew your food! You'll enjoy it more and be better off for it.



rick at a time

**November 17, 2010
Grocery Cooperative registers
its 50th family**

**October 1, 2010
Emergency meals served this
year reaches 65,000**



**June 15, 2010
Our Grocery Cooperative
opens its doors**

**July 19, 2010
We serve our 10,000th
\$1 breakfast plate**



DIGNITY

Sam, 31 year old community member

YOU HAVE BEEN A VOLUNTEER AT AGAPE TABLE FOR HOW LONG?

I've been volunteering over the past year.

HOW DID YOU FIND AGAPE TABLE?

I came to Canada about 8 years ago to attend University as an international student. I studied for several years, but in 2006 my health broke down. I was diagnosed with a mental illness. My academic career faltered, my life fell apart. I'm not a Canadian citizen so I can't work, nor can I receive social assistance. My family in Laos does not really understand my predicament at all. So I have been trying to survive on no income and with no place to live for the last few years. Since 2006 I've had long stretches of being homeless. I stay with friends or wherever I can find a spot.

HOW DO YOU MANAGE TO VOLUNTEER AT AGAPE TABLE?

Certainly, I rely on Agape's services on a daily basis.

COMMUNITY

Yet, I'm not so bad off that I can't do a few dishes every once in a while. I've met many others that are going through this as well - that helps.

HAS AGAPE TABLE'S VOLUNTEER PROGRAM BEEN OF BENEFIT TO YOU?

Agape is fortunate to have such great team of volunteers. Now, I have nothing against people who live in the suburbs, but if all your volunteers are from outside your served community, it's not ideal. Many soup kitchens operate like that and it creates a sort of "soup kitchen mentality"; they serve, you take. You end up feeling defeated and deficient. That's not community in anything other than a functional sense.

WHAT DOES REAL COMMUNITY LOOK LIKE?

Real community has some form of reciprocation. Many at Agape find the time to jump up and volunteer. We all need help, sometimes help with no strings attached. But daily acceptance of charity eventually makes you quite defeated. Agape is a place where you can reciprocate - it feels different, it is different.

COMMUNITY NUTRITION

at Agape Table

Affordable Breakfast

Our egg breakfast is a low-cost complete meal prepared from fresh, purchased ingredients and prepared restaurant-style. The plate includes two servings of protein and two servings of fruit and vegetables. The food is cooked using low-fat and low-sodium processes and is sourced locally when available. Currently offered at a subsidized price of \$1, this breakfast plate is our most popular service.

We offer several budgeting tools including a prepaid card to help enable access to this program. Once you are through a food crisis, the egg breakfast is an excellent way to stretch the purchasing power of the low-income dollar.

Emergency Meal

When you find yourself with no food to eat and nowhere to go, our emergency meal is there for you. Each and every weekday morning (even statutory holidays), we serve a hot meal made from ingredients supplied by Winnipeg Harvest and other donated food items. We work hard to make it as nutritious as possible. The meal is served without qualification or judgement.

Grocery Cooperative

Our grocery buying cooperative is open to low-income members in Winnipeg's inner city. Members can leverage our purchasing power to buy fresh fruit and vegetables, meat, dairy, and more. We have subsidies available and budgeting tools to assist with monthly planning.

Food Bank

Our Food Bank operates weekly. Food is provided by Winnipeg Harvest and is designed to assist families experiencing a food crisis by providing enough food for 1-3 days of meals.

Dietary Support

Agape Table can facilitate consultation with our registered dietitian for individuals and families with specific nutrition and health concerns.

Agape Table for Kids

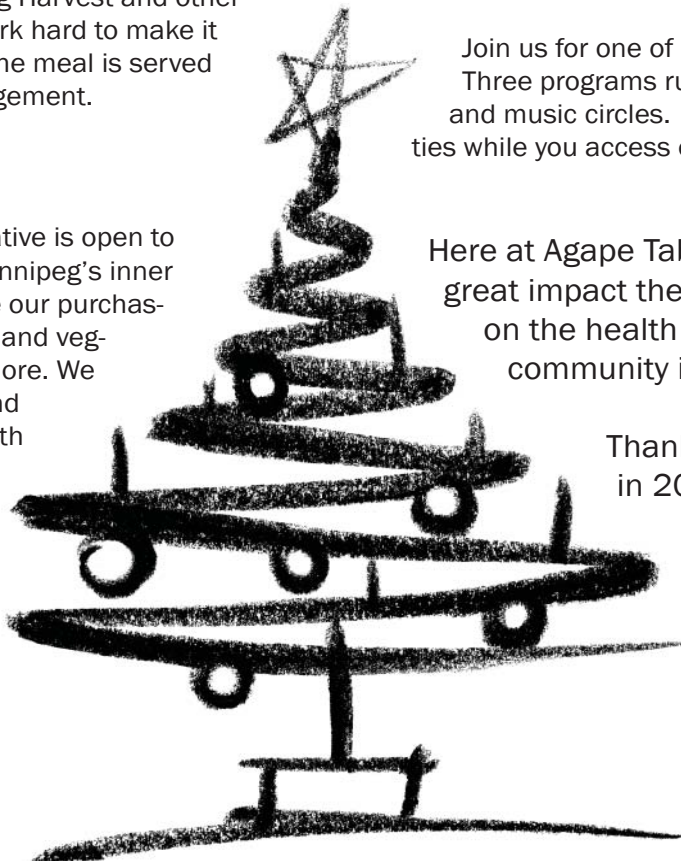
Agape Table for Kids is a program for preschoolers and their families. We gather together, play games, learn about nutrition, and share a healthy snack. Each family receives enough food to provide complete weekly nutrition for each preschooler enrolled in the program.

Creative Circles

Join us for one of our creative programs. Three programs run every week: art, craft, and music circles. Explore your creative abilities while you access our food services.

Here at Agape Table, we anticipate the great impact these programs will have on the health and well-being of our community in 2011.

Thank you for your support in 2010!



THANK YOU FOR YOUR SUPPORT AND HARD WORK IN 2010

The Mauro Foundation
McKim Cringan George
The Kinsmen Club of Winnipeg
st benedicts table
Karen Carswell and Maxine Hannam
Everyone involved in Hustle for Hunger 2010,
All Charities Campaign
Pepsico Canada ULC
Albert Eltassi
The Winnipeg Foundation
Wawanesa Mutual Insurance Company
Gerry Demetriooff
Les Charites des Soeurs du Sauveur
Kinsmen Club of Winnipeg
Manitoba Egg Farmers
Ronald Malech
Edwin Hildebrand
Rudy Giesbrecht
Henry Friesen
Glenlawn Collegiate
Louis Riel School Division
Therise R. Davidson
Confidence Management Ltd.
Klinic Inc.
Ursuline Sisters of Tildonk Inc.
K9 Storm Inc.
St. Andrew's River Heights United Church
Cornelia van Ineveld
The kitchen crew at Canadian Mennonite University
Dakota House Knitting Club
Everyone who "retweeted" our tweetathon
tweets in November
Noah Krol at Peg City Yoga
Sarah at HoopInfinte

Be sure to follow Agape Table on
facebook and Twitter in 2011.

agapetable.ca

CALENDAR OF EVENTS

December 11, 2010 12 hour Yoga Marathon

We are pleased to announce that Peg City Yoga will host our first ever Yoga Marathon. Various teachers from around the city will be dropping in to teach classes. Participants will contribute individually, raise pledges, and donate items. Consider joining us for this innovative fund-raiser! More information at agapetable.ca

December 17, 2010 Winter Celebration Meal

Sponsored by Investors Group, our kick-off to winter 2010 will happen on the morning of Friday, December 17. A hearty and healthy meal has been planned by the generous staff at Investors Group.

December 24, 2010 Annual Christmas Celebration

Our major celebration for the year, the Christmas meal at Agape Table always draws quite a crowd from our community. This year we will welcome special musical guest Aaron Burnett. The Kinsmen Club of Winnipeg funds and hosts this highly anticipated event each year. Everyone here at Agape Table can hardly wait!

You are invited to be a part of the community at Agape Table in 2011.

Did you know that Agape Table runs on volunteer power? Every day you can see our dedicated service team chopping vegetables, cooking stock, mopping floors, and stocking shelves. Many of our daily volunteers come from our served community. These community members value the services offered at Agape Table and are proud to play a central role in the delivery of those services.

Many groups and individuals from outside of our served community also contribute to Agape Table. Drivers, carpenters, artists, musicians, and many more contribute their time, skills, and energy to keep Agape Table running.

Do you have a couple hours a week to serve at Agape Table? To find out more, please contact our volunteer coordinator Elizabeth at elizabeth@agapetable.ca or 783-6369.

2010, a Year of Milestones

Shawn, a young man new to the neighborhood, sent me the following email:

*Hi, my name is Shawn. I have been homeless the past few months, and finally found a small apartment that I can call home. It's not much, but it's a start :)
I have very little money, as I am on disability for my mental health. I was just wondering when the Agape table serves any food to the community? I am currently starting new medications and they are difficult to cope with without a form of meal. I enjoy cooking, and would always be willing to help and lend a hand with any preparations.*

was excited to get to work. Shawn had plenty of cooking experience and he was soon also engaged in our kitchen, helping us with prep.

He indeed had a small apartment, yet he had two very important items: a fridge and a stove, two things symbolic of what sets Agape Table apart from traditional emergency food programs. Agape Table's benefit to the community extends beyond the confines of our Colony Street location and into the fridges and onto the stoves of our community members. To show Shawn this, I invited him to see our grocery cooperative in action. I explained how we purchase fresh fruit, vegetables, dairy, and local meat and offer it to our community at below wholesale cost. This allows us to make nutritious food accessible, even for those on a low, fixed income. The following week he had opened a budgeting account and was among our shoppers for the day.

Shawn is one of many who are engaged with the nutrition resources at Agape Table. Yet if you ask Shawn what Agape Table is all about, he may not mention any of these programs. He will tell you that Agape is the place where he is welcomed, where the people know his name, where he connects with friends and neighbours. Shawn knows what we all recognize, especially at this time of year: there is more to a meal than just the food.

As I hit reply and began to respond to Shawn's inquiry, I felt a strong impulse to open with "You sure have come to the right place!"

Shawn dropped in for a breakfast plate the next morning, and he was amazed by both the portion and the quality. He inquired about purchasing a breakfast card (11 meals for 10 dollars).

A week later, like many of our community members, he had taken an active role in supporting Agape Table. Our volunteer coordinator had facilitated his participation in an EIA program called Rewarding Volunteers, and he

With your support, we have set and reached many milestones this year. It has been an honour to be part of the team that laid the foundation for sustainable, community nutrition services for Winnipeg's inner-city in 2010. We hope that you will continue to support our community in 2011.

The community at Agape Table wishes the best of the holiday season to you and yours.

With gratitude,
Mark Courtney, Executive Manager, Agape Table Inc.

LAST NAME _____
FIRST NAME _____
ADDRESS _____
CITY, PROVINCE _____
POSTAL CODE _____
TELEPHONE/EMAIL _____

WITH A:
 Contribution of \$ _____ . ____
 Cheque Telpay
 Visa MasterCard
CARD NUMBER _____
EXPIRY _____
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THANK YOU FOR SUPPORTING AGAPE TABLE

Please send your donation to:
Agape Table Inc
PO Box 26111, Winnipeg, MB R3G 3R3

Registered Canadian Charity
10668 7833 RR001

I WOULD LIKE TO SUPPORT:
 Most Needed Agape Table for Kids
 Emergency Food Endowment Fund
 Grocery Co-op Subsidized Breakfast

I would like to contribute monthly in the amount of \$ _____ . ____
Withdraw on: ____ / ____ / ____
(MM/DD/YY)

I would like to remain anonymous
 I would like the Chair of the Board to contact me about a gift of securities or a bequest