



**NUTRITION**  
**EMPOWERMENT**  
**DIGNITY**  
**COMMUNITY**

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## **The Bagged Lunch: Agape Table's Continued Expansion**

Over the last few weeks Agape Table has begun the planning and development of its latest subsidized food program: bagged lunches. Operating like our subsidized breakfast where donors pay half and guests contribute the other half, this, our newest program, has got me thinking about expansion and what it means for Agape Table, the people who use our services and our donors.

The most obvious impact of a new program is the expansion of how we do what we do. With new programming comes new planning, more complex logistics, more work for staff and a greater need for volunteers. The extra work provides, despite its difficulties, a deepening perspective of our four pillars (Nutrition, Empowerment, Dignity and Community) and a greater awareness of the implications that our move toward a food justice model has produced.

One of the most exciting aims of the lunch program is to expand the demographic of people that Agape Table can reach on any given day. When the program is up and running, people who already make use of the subsidized breakfast and low-cost grocery will have a new set of food options. Most importantly though, people who don't have access to our services because they are already at school or work will have better nutritional options throughout the day at a more affordable price.

From my perspective, as General Manager, the most positive expansion that could come out of the Bagged Lunch Program would see Agape Table's presence expand into the community at large. The program will, I hope, allow Agape Table, at the level of its users, to reach out to other people in need and integrate itself where there are social needs associated with food.

So how does Agape Table's program expansion affect you, our donors? A donation toward the start-up and execution of the Bagged Lunch Program is more than it would first appear. Like the reach of our programming hopefully expanding into the larger community, your donation is similarly an expansion. Your donation is an investment that not only provides choice, nutrition and dignity in people's food choices, but also helps to increase food security throughout the community for all of its members.

John Kennett  
General Manager

# A Few Minutes With Lloyd

## How did you hear about Agape Table?

I had known of Agape Table for a while but it wasn't until I started doing research on their programs and financials that I realized how small the organization was, yet how much good they did with so little.

## What did you enjoy about your experience volunteering at Agape Table?

In my job, organization and strict adherence to rules is the prime directive. Volunteering at Agape is like organized chaos but in a good way. People know their jobs and work hard to achieve goals. The coordination amongst all the volunteers to get through the day is a sight to see and totally foreign to me. Yet, when watched over several days, it becomes clear that the structure and procedures are there. Still flexibility is a big part of why Agape Table is so successful on a day to day basis. They even had me serving one morning!

## What was it about Agape Table that made you decide to support us both financially and with your time?

The first thing was the financial statement. I shy away from supporting organizations where the finances are not clear. Agape Table is very clear on their finances and that makes me feel good about giving. Once I researched further, I noticed just how small the organization is, yet they achieve so much. When I stopped in to drop off a donation of food and supplies, I met a gentleman named Keith. We talked for several minutes and once he determined that I was dropping off supplies, he called for Elizabeth. One of the items I had brought in was half a dozen large containers of coffee creamer. The reaction I got was phenomenal. You'd have thought it was gold! I was hooked, this is the kind of group I

want to be a part of no matter how small my part might be. I am only able to physically help out on a limited basis due to my job and

personal situation

(I farm in the summer) but it is one of the most satisfying things I do and I look forward to doing more next winter. Personally the fact that Agape Table serves their clients without qualification or judgment is incredibly important to me.

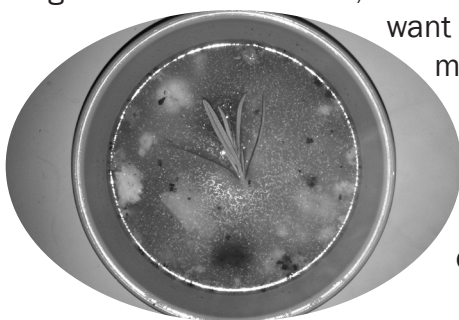


## Do you like the idea of Agape Table expanding its services? Specifically, do you like the idea of a subsidized bagged lunch?

Expanding services can be difficult and taking on too much too quickly can be problematic. Having said that, there is no harm in trying something new. Good programs get better and adaptation is key. I am sure no one knew for sure how well the subsidized breakfast was going to work when it first started. A subsidized lunch seems to be a logical progression. I look forward to seeing how it works.

## If you could speak to the people reading this newsletter, what one thing would you tell them about Agape Table?

I tell people to make sure they know exactly where their investment of money or time is going. Take a good look at Agape Table, come in for coffee if you like, drop off a small food/supply donation, scope them out, show up at the annual general meeting. I did, and I haven't looked back. These are good people, doing good work asking for nothing in return in a very difficult situation. Is it the best answer to the problem? Probably not, but until someone comes up with an answer, Agape steps up to the plate or should I say bowl.



# Nutrition Matters: Understanding the Food Guide

Healthy eating is important to proper growth and development. It is also one key factor in reducing the risk of developing nutrition-related problems such as: heart disease, cancer, obesity, high blood pressure, and osteoporosis, to name a few. Recent research also shows a link between nutrition and health problems such as autism, attention deficit hyperactivity disorder (ADHD), and general mental health.



Nutrition is one tool used in reducing health risks. Risk reduction usually involves several different strategies such as physical activity, mental health, economics, and availability of appropriate resources. Canada's Food Guide to Healthy Eating is one such resource you can use to help reduce your risk for developing nutrition-related health problems.

The Food Guide is a basic tool that you can use to:

- Plan healthy meals for yourself or for groups
- Evaluate your eating habits in a general way as well as your family's

## *What is healthy eating?*

The Food guide describes healthy eating as the sum total of all food choices made over time. It is the overall pattern of foods eaten and not any one food, meal or even a day's meals that determines if an eating pattern is healthy. By choosing a wide variety of foods or meals from each of the four food groups more often, you can balance out choices made from "other" foods such as chips, pop, and cookies. This will help to create an overall pattern of healthy eating.

## *The Four Food Groups:*

The four food groups of the food guide are: vegetables and fruit; grain products; milk and alternatives; and meat and alternatives. Each of the four food groups provides its own set of key nutrients. There are also nutrient differences among foods within each group. Why are there nutrient differences among foods within each group?

Nutrient differences occur because of:

- Natural differences
- Food processing and enrichment
- Preparation methods

Choosing from each of the different food groups is important for variety.

## *Making the case for Making Healthy Eating Choices:*

Many Manitobans find it challenging to make healthy eating choices. They often say following the food guide suggestions is difficult and not practical. The high cost of nutritious foods is the most frequently given reason for not following the food guide. There are many tips, strategies and tactics one can use to eat healthy. By also knowing how and when to buy what specific foods and how to prepare and store foods, you can save money and time, and invest in your health.

A registered Dietitian is a trained expert in the areas of food and nutrition as well as the ways in which nutrition impacts on your health. A dietitian can help you create nutritious, tasty meals while on a low-income budget. Agape Table has provided the services of a registered dietitian to its clients at no cost. Please book your appointment with the dietitian next time you are at Agape Table.

Phyllis Reid-Jarvis, RD, CDE  
Agape Table Dietitian Services

# Variety in the Kitchen

One of the community members called me over recently to lean in and say, almost under his breath, “You make subversive soup.” Then he winked at me. It felt like a moment you would see in a movie. “They just think it’s tasty, but it’s really very nutritious.”

While I would never have thought it subversive, he had paid the kitchen a great compliment. We spend a lot of time as a team (including our new dietitian, Phyllis Reid-Jarvis) thinking about the lifestyles and nutritional requirements of our guests and trying to match them as best we can. Our guests, however, just know that they’re hungry.

## Faith Academy Volunteer Spirits!

On Friday May 6th, a group of energetic students from Faith Academy boarded a bus heading to Agape Table to help those in need.

By teaming up with Agape Table community members the students of Faith Academy prepped & served food, cleaned house, and helped unload trucks of purchased and donated food.

Thank you Faith Academy for all your help.



The subsidized breakfasts are a lot of fun to plan. We have access to the full inventory of the Low-Cost Grocery and we make the time to put together balanced meals that offer as much variety as we can pack on a plate. If you are at all interested in food (or fiercely passionate about, as the case may be), these are times to play with recipes, test new herbs and flavours, sometimes even try out new techniques. Most of the volunteers that end up in the kitchen enjoy cooking and enjoy eating. We encourage suggestions and kick around ideas for upcoming weeks. Guests never hesitate to suggest food that they would like to see at Agape Table and we consider every one of those suggestions.

The soup, however, is a different matter. Because it’s made up completely of donated items, the soup is not so much about planning. It’s more about improvisation and, some days, pure luck. In the winter, we’re fortunate to have some reliable weekly donations of fresh vegetables and the challenge is to make the same combinations interesting. In the summer, as more vegetables come into season, the challenge is to introduce a variety of foods in tasty combinations. Some days we may be more on the nutritious side than the tasty, but most of the time, the guests don’t know what hit them.

Jody McNarland  
Resident Cook

## Donation Suggestions

Here is a list of the commonly needed items at Agape Table during Summer months:

- » Real Fruit Juice
- » Peanut butter
- » Quality soft margarine
- » Tea
- » Coffee whitener
- » Rain gear
- » Toothbrushes
- » Underwear
- » Razors
- » Shoes (Sizes Women’s 6 to Men’s 13)

# Message From the Acting Executive Manager

Manitoba is transitioning from winter to summer. The Agape Table staff and community are looking forward to the summer months ahead.

With the changing of the seasons and the faces of new community members, we are seeing both an improvement in current programming standards and new programs on the horizon.

In the coming months, Agape Table plans to unveil a new subsidized Bagged Lunch Program that will focus on providing nourishment for those temporary workers who work long hours and crave the mid-day nourishment that they deserve but cannot afford. The program will also be able to provide nourishment to school-aged children whose parents are having a tough time finding the resources to provide a well-balanced diet.

Elizabeth McAdam, our Agape Table Program Coordinator, has now taken on a dual role as Coordinator for the Agape Table for Kids (ATFK) program. She has recently been on training to gather ideas and gain proficiency in running the kids program.

Over the summer months I can see that Agape Table will have a lot of work ahead. We are working with All Saints' Anglican Church to improve the kitchen and meal service space by the Fall. These renovations were made possible by joint efforts to obtain grant funding.

To prepare for the new bagged lunch program Agape Table has applied for applicable local and national grants and is soliciting donations not only for the program, but also for the purchase of an additional fridge. This fridge will serve as additional cold storage for both the breakfast program and Bagged Lunch Program.

As we strive to add new programs, improve our facility and educate both our clients and the public, we know we need your support. We are grateful to acknowledge that without the support and encouragement of our readers, donors, and community members none of this would have been possible.

As we move into the summer months, our wish for you is to have a pleasant and memorable time with your families and friends. Please know that we appreciate all you have done for us this year and in years past. We look forward to your continued support.

Kevin Vandal  
A/Executive Manager

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WITH A:

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## 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)

## 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 RR0001

- 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

Jun2011

## 90-Hour Giving Challenge

In 90 hours there were 42 donors who helped raise \$6371.10 in support of Agape Table!

Donations are greatly appreciated!

It is also important to give credit to the Winnipeg Foundation who went to great lengths to ensure the 90-Hour Challenge went smoothly.

Thank you Winnipeg Foundation!

## We welcome you to be a part of the community at Agape Table

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.

Behind the scenes are the volunteers who contribute on our Board and various committees. Many work on our online content, assist with printed communications, offer legal services or training programs, assist with I.T. services, offer nutritional counselling, and much, much more.

### Why not you?

To find out more, please contact us at [general@agapetable.ca](mailto:general@agapetable.ca) or 783-6369. We will be happy to review your goals, skills, and availability and find a rewarding spot for you in one of our teams.

## Youth in Philanthropy

In association with The Winnipeg Foundation, YiP students researched and observed Agape Table and collectively decided to provide us with a grant of \$2,300! Thank you very much for your support!

## HUSTLE FOR HUNGER!

**When:** September 10th      **Time:** The run begins at 9:30

**Where:** Assiniboine Park, meet at the Lyric Theatre

**Registration Cost:** *Individual* \$20 until Sept 1st ~ \$25 after Sept. 1st; *groups of 4* \$65 before Sept 1st ~ \$75 after Sept 1st.

The first 250 registrants will receive a free t-shirt. Register on-line on the Running Room website ([runningroom.com](http://runningroom.com)).

## THANK YOU

Ladybug Foundation

Balmoral High School

Children of the Earth High School

Oak Park High School

Jim & Roberta MacDonald

Ursuline Sisters of Tildonk Inc.

Edwin Hildebrand

Albert Eltassi

HSC Employees Charitable Fund

Women & Children's Hope Foundation

St. John Brebeuf Parish

St. Benedict's Table

Tall Grass Prairie

Elizabeth Braaksma

The Winnipeg Foundation

Our gratitude goes out to the hard-working volunteers and the generous support from our donors in action. Thank you!

You are truly making a difference at Agape.