



INSIDE

VOLUNTEER INTERVIEW:
A Few Minutes With Karen

NUTRITION MATTERS:
The ABCs of Label Reading
by Phyllis Reid-Jarvis

IN THE KITCHEN:
Vegetarian Harvest
by Jody McNarland

Message from the Executive
Manager - Kevin Vandal

Hustle For Hunger

This event, which took place on September 10th, 2011 drew a crowd of 240 registered participants who all shared a common goal of raising funds and awareness in support of Agape Table. Each year this event continues to grow and gather support and much needed funds for Agape Table's cause. We would like to thank Karen Carswell and her team for putting on this 5th Annual Hustle for Hunger. They have a great passion focused on helping those in need.

Please visit our Facebook and Twitter page for up-to-date information on Agape Table



Back-to-school Nutrition

Fuel for your kids mind



As the leaves begin to fall and kids head back to school, an important factor in their success is the proper nutrition they receive on a daily basis. Ensuring children are getting the nutrients they need is setting them up for normal growth as well as normal cognitive development in the future.

Considering their high growth rate, it is important that a child's meals and snacks are nutrient-dense because they have high needs but small appetites. Breakfast is also important for school-aged children as it ensures that they will be attentive in class and able to perform to their full potential.

Contributions from Agape Table donors help to support programs which are geared toward helping families provide adequate nutrition for their preschool and school-aged children. Such programs include Agape Table for Kids which teaches preschoolers and their families about nutrition in an interactive way and provides complete weekly nutrition for each child.

"...it is important that a child's meals and snacks are nutrient dense..."

Another program Agape provides is the Low Cost Grocery which assists families with buying healthy groceries as well as helping families with monthly planning. The Low Cost Breakfast is also a great program for families because it helps ensure children aren't going to school on an empty stomach.

Melissa Gabbs is a Human Nutritional Sciences Student at the University of Manitoba. Melissa's professional interests are dietetics and community nutrition and she is working toward learning more about these interests through volunteering for Agape Table.

A Few Minutes With Karen

How did you hear about Agape Table?

I read about Agape Table in my church bulletin.



Do you remember your first day as a Volunteer?

My first day at Agape Table was a cold November day in 2009. When I arrived, I looked for Elizabeth for direction. Upon entering the building, the first thing I noticed was the large number of guests who had

stopped by for a warm bowl of soup. When I asked for Elizabeth, someone said “look for the lady in the red cap.” Elizabeth introduced me to Al and he had me clean out the soup containers and wipe down all the chairs.

What was it about Agape that made you decide to stay?

I truly felt that although I was only there once a week, the time I was able to give was making the load a little lighter for the staff and other volunteers. In particular, I enjoyed being a part of the community (staff, guests, and volunteers) of Agape Table.

“I’m so happy I chose to volunteer here.”



AgapeTable: Went Fringing this weekend! Ian, one of our kitchen volunteers is appearing in Hey Abbott! Friday noon is their final scheduled performance and we definitely recommend it.

Also saw Tanis and Ruth from our Friday volunteer crew enjoying a show together and many guests and volunteers in the park enjoying the free music.

Volunteer at Agape Table, we’re everywhere!

July 21, 2011 on FaceBook

You now volunteer for two different programs at Agape Table, why did you decide to come back for even more?

I found myself with extra time on my hands after both of my children graduated from school. Agape Table had been starting new programs over the last couple of years and I simply asked where I can be of most help if I were to come in twice a week I now help out once a week with the breakfast program and once a week at the food bank.

How has your experience been?

I have had only positive experiences with both the guests and other volunteers. I suppose that because I volunteer regularly, I have become a familiar face around Agape Table. It brings me great joy to my heart, when the guests greet me by my first name when I come in the morning. I even get the occasional hug!!

“...the time I was able to give was making the load a little lighter for the staff and other volunteers.”

I look forward to seeing the other volunteers that I work with. Many of them have become good friends that I look forward to catching up with once a week.

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

There are a ton of good things happening at Agape Table. I am so happy I chose to volunteer here. If you have a few hours to spare on a weekly basis, volunteering at Agape Table is a great way to spend this time. Come and join the community of Agape Table!!



AgapeTable: Thank you to the mystery volunteer who left several pairs of socks on Elizabeth’s desk this week!

July 15, 2011 on Twitter

Nutrition Matters:

The ABCs of Label Reading - Phyllis Reid-Jarvis

Label reading can be a bit challenging, but if you use the ABCs of label reading it can go a lot easier. Here's how the ABCs of Label Reading works:

While grocery shopping:

- Ask yourself does this food fit my health needs?
- Ask yourself if you and your family will eat the food item?
- Ask yourself if the food is high in sugar or salt (look for 5% or less for both sugar and salt in the food item)?
- Ask yourself if the food is high in fibre (look for 10% or more for fibre
- Ask yourself if the food is high in fat (look for 5% or less for fat)

• Before you shop, plan what you would like to buy

• Be sure to make up a grocery shopping list

• Budget for what you can afford to buy

• Check the food labels

• Check the ingredient list

• The first item listed on the ingredient list is present the most and the last item is present the least

For more nutrition information you can ask the Agape Table registered Dietitian questions by booking an appointment or calling 204-942-8179



foodmattersmb: Agape Table has been nominated as an Urban Community Food Champion for our Golden Carrot Awards by Laura Husak!

July 12, 2011 on Twitter



Ricki Mahama: *WOW* On August 9th, I bought 2 dozen eggs for only \$1.65/dozen, 40-cent green bell peppers, and 40-cent broccoli! Then I got a 10% discount! Your grocery store is groovy, far out, outta sight!... I do appreciate it!

August 10, 2011 on FaceBoo



thejodylinn: Music out on the patio @ Agape Table this morning. We have some really talented guests!

June 17, 2011 on Twitter



_theclyde: Huge thumbs up to Tall Grass Prairie for supporting the Agape Table emergency services program.

May 31, 2011 on Twitter



Despite it being her strongest, this regular volunteer didn't let a broken hand get her down. She showed up at her regular time & dished out soup with the other hand! Prettiest sling we've seen.

Agape Table For Kids

Although they were unable to go berry picking because of the weather, the ATFK kids still found a way to move around in the sunshine!



Tell us what you think!

Enclosed with this newsletter is a survey that we'd like you to use to tell us about our newsletter and other communications. Please use the enclosed self-addressed return envelope to mail-back your completed survey.

If you would like to save us the postage costs, please do the survey online by clicking the "Communications Survey" link on:

www.agapetable.ca



AgapeTable: A big #thankyou to Winnipeg Harvest for the metric mountain and a half of romaine lettuce. The guests loved the salad!

WinnipegHarvest: Glad everyone enjoyed it! Thanks for the tweet.

August 11, 2011 on Twitter

Vegetarian Harvest



While most would say that September is the beginning of the end for the year, in the kitchen it really feels more like the start of the year with our busiest time approaching. Over the past months, we've started to see the bounty of our local gardens trickling in. Fresh


zucchini, fresh tomato, and even corn on the cob! There were a lot of days this summer that found a circle of guests sitting on buckets and crates just outside the front door shucking corn, coffee cups at their sides.

In the middle of all of this wonderful bounty, we were able to quietly try something that more and more guests have been requesting: a vegetarian option. There are many reasons why people make the conscious choice to avoid eating meat. Others do not eat meat out of necessity or circumstance rather than choice. In the interest of making nutritious foods available to as many people as possible, we couldn't resist trying it out.

Fortunately, with such a great pool of volunteers to ask, we were able to come up with a few alternatives

Top 10 Donation Items for Winter

- -Quality soft margarine
- -Tea
- -Coffee whitener
- -Long underwear
- -Underwear
- -Socks
- -Mittens
- -Razors
- -Boots (Sizes Women's 6 to Men's 13)

 **AgapeTable:** Our dishwashers & prep folks are our heroes. Thank you for sticking it out through the heat and humidity of the Kitchen.

July 21, 2011 on Twitter

to the breakfasts that feature meat baked right into the eggs. Some suggested cheese baked in for protein, a few hard boiled eggs; we had no shortage of suggestions.

The soup was easy thanks to the bags, crates, and boxes of mixed produce from home gardens. In fact, the vegetarian option may be just the answer to make even better use of the smaller quantities of vegetables that are donated through the winter. Donations that are appreciated but whose flavour gets lost in batches the size of the kettle.

So, even though we started out with just one enthusiastic guest eating the new soup that simmers on the back of the stove, the numbers have been growing.

We're happy to empower our guests with the opportunity to make these decisions for themselves. Besides, it doesn't really matter which one they choose, I've cleverly hidden lentils in both of them!



Jody McNarland,
Resident Cook



AgapeTable: :”Diner Day! Would you like scrambled or fried egg? Sausage or bacon with your roasted potatoes? That'll be \$1... Yes, really!”

August 15, 2011 on Twitter

CALLING ALL PUMPKINS!!

October 26-30th!

Agape Table will be holding a pumpkin fundraiser. We will be accepting a \$5 donation for pumpkins to raise awareness for Agape Table.

To make this fundraiser a success we need your help! Please feel free to drop off pumpkins in support of Agape Table.



Sounds Delicious



What does community at Agape Table sound like? It's truly a symphony. One hears, all at once, the clamor of pots and pans, the clinks plates from the dish pit, and the curiously soothing murmur of one hundred conversations.

However, once every week the soundscape is markedly different. Thursday is Music Circle open-mic morning on the small stage at Agape Table. Musicians emerge from the audience to courageously put their artistry on display. Sometimes demand for the stage is so heavy, a two-song limit is imposed.

This summer, more than ten community artists attended a makeshift studio in a quiet basement room at Agape. Over the course of several days, more than thirty songs were captured and turned into CDs for each artist. It was a chance for each artist to hold their work in their hands.

Making and playing music is about taking risks, working hard, and using one's heart. Sharing music together can connect us together in a very unique way. The music circle at Agape Table is community-made-audible.

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 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.

THANK YOU

Local Colour Art Group

Misericordia Health Centre, Nursing Practic Council
Manitoba Hydro, Business Communications Dept.

Fillmore Riley

Winnipeg Foundation

Albert Eltassi

Women and Children's Hope Foundation

Crosstown Civiv Credit Union

Our gratitude goes out to the hard working volunteers. You are truly making a difference at Agape.

We would not be able to help as many people as we do without the generous support from our donors in action. Thank you!

Message from Kevin (Acting Executive Manager for Agape Table)

Back-to-school time is here yet again and the wonderful summer weather we experienced is becoming a distant memory. This summer saw both hot nights and even hotter subsidized breakfasts. While the memory of those great summer days may fade, the need for subsidized breakfasts are sure to increase.

This last few months at Agape Table have been highlighted with some important and positive changes. This includes some excellent new staff, the promise of a new program on the horizon, as well as pending Board Member changes.

...I would like to make note about the Readership Survey that we have included along with this newsletter...

During the summer we have worked to better the relationships we have been building within our existing community of supporters such as West Broadway

Development Corp., The Oak Table, and the Chinese Alliance Church. Each of these organizations have offered verbal support for future endeavors of ours. We have also worked to improve how we effectively utilize our resources through HR changes, program restructuring, and event planning for the busy fall and winter months.

I would like to make note about the Readership Survey that we have included along with this newsletter. We want to improve the quality and type of information you receive so you are more connected to the great programs here at Agape Table. If you feel changes need to be made to this newsletter, we want to hear from you. Please fill out the survey and return it to us!

In closing I would like to acknowledge our hard working volunteer Board Members.. In the background, they put in countless hours to help ensure we are constantly moving forward. All of your hard work is much appreciated!

New Faces at Agape Table

Agape Table would like to welcome two new members to its organization. Our new General Manager is Martina Richter, who is always full of energy and willing to roll up her sleeves to help out. Meaghan McNarland, who was a regular volunteer that we found to be a great asset to running and improving the Low-Cost Grocery, is our new Low-Cost Grocery Program Coordinator. We are excited to add both of you to the Agape Table Staff. Welcome Ladies!



LAST NAME

FIRST NAME

ADDRESS

CITY, PROVINCE

POSTAL CODE

TELEPHONE/EMAIL

WITH A:

- Contribution of \$ _____ . ____
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- Visa MasterCard

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- 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

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