

Table Talk

Summer 2023

Love is a Person Heather Cassie, Founder and Executive Director

Upon seeing the words “Love is a Person” on a sticker, I knew what I should write about for this edition of Table Talk. The person the sticker is talking about is Jesus Christ. He is the ultimate example of what it means to love and we can learn from him by reading the Bible and seeing his love portrayed through other people. When I founded The Table ministry, I knew that the most important thing we could do together was “to share Christ’s love in a practical way with people in need.” That became our mission and has been the foundation of what we do at The Table.

Love is a broad word and encompasses many things like putting others before ourselves, being patient and kind, honouring others, and protecting them. 1 Corinthians 13:3 says, “If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.” This means that what we do should also be accompanied by our heart posture. It’s hard to love others sometimes but as we learn how to do this, our capacity for love grows.

Our motto at The Table is, “you are loved.” Many years ago, a volunteer painted this on a banner that was hung on the Town Hall railing during a parade. That banner was then hung on our old Food Bank wall and has since been converted into a curtain in our Exchange Store. The same motto was painted on our outside Food Bank entrance and serves as a reminder to all of us. God loves you, we love you. Our hope is that our actions, words, and hearts demonstrate this to our guests, donors, volunteers, and our community.

Love that Grows

Everyone knows veggies and fruit are important to our diet. They contain vitamins, minerals, and fibre essential for good health. The Table cares for the health of the community and we are blessed to be able to provide fresh produce to our guests. We appreciate and are grateful for those who donate produce.

At The Table Food Bank we take donated produce of all kinds, food grown in our raised garden beds, as well as produce from our Food Rescue program and give it to our Food Bank guests and cook with it in our Soup Kitchen. We have raised garden beds located in The Table parking lot to grow fresh produce, but we only have so much space, and vegetables take time to grow. We encourage you to Plant a Row, Grow a Row. Plant and grow a row in your garden to be donated to The Table Soup Kitchen and Food Bank.

Slightly bruised produce is still good and can be used and enjoyed by others who need it. An initial instinct to do with bruised or slightly rotten produce is to compost it, but there are simple ways you can salvage this produce so it does not go to waste. Our Food Rescue Processors salvage the good parts of produce and utilize this food for cooking and baking. Thanks to our volunteers, we are able to use and put out produce that many people need and enjoy.



Patti Moses, our Food Bank Garden Coordinator

1 Thessalonians 3:12

“May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you.” <3

Online Auction

We appreciate all those who donate to our Exchange Store located above our Food Bank. We are constantly receiving necessary items that fulfill people's everyday needs such as clothes, footwear, bedding, kitchen appliances, and household items. When we receive new items we save them for our Love Connection ministry for birthday bags, and special occasion gifts for kids and adults.

Every once in a while we receive an item or two that we don't deem to be a necessity item, such as collectables, baseball cards, certain art pieces, antiques, and high-end fashion pieces. When this happens, we like to put these items aside to eventually put them on an online auction.

We will be setting up an ongoing online auction this summer with the hopes of continually adding items that we have put aside, and any other items we receive.

If you have any items that would go well in our auction, we are taking donations! We are also specifically looking for items such as gift certificates to local restaurants, events, services such as massages, golf passes, etc.



These items pictured, are just a few of the items that we will be putting in our auction.



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Table Talk is a quarterly newsletter sharing news and inspiration from The Table Soup Kitchen Foundation. We mail issues to our supporters and donors, along with a personalized thank you note. We appreciate the support, encouragement, and prayers of our community as well. Our volunteers, staff, guests, and Board send our thanks!

God is good!

Ways to Donate

Our primary needs are food and financial donations!

CHEQUES can be written to “The Table Soup Kitchen Foundation,” and mailed to P.O. Box 5411, Huntsville, ON, P1H 2K7.

ONLINE donations can also be made at www.thetablefoundation.ca.

IN PERSON at our Foundation office, 9 Hanes St., Huntsville. A member of our leadership team will be happy to receive your generous gift. Business hours are Monday to Friday 9am to 5pm, and Saturday 10am to 1pm.

Our current needs list is available on our Facebook, or email info@thetablefoundation.ca