

## Be Strong and Courageous and Do the Work

Heather Cassie, Founder and CEO

We are truly grateful for the love and support that our community has shown to The Table this winter! Together, needs are being met in collaborative, creative ways.

Guests are able to take home delicious Soup Kitchen meals prepared in our Community Kitchen, shop for a variety of healthy food options at the Food Bank, and are provided with warm coats and other winter wear through the Exchange Store.

Our Men's Hostel has been at our eight bed capacity throughout the season, housing men who are homeless and in need of a safe, warm place to stay.

Donations through our Food Rescue program have contributed largely to the quality of food shared with guests. We have also had a very enjoyable time as the conduit of so much love poured on guests through our Love Connection programs, largely at Christmas.

**Thank you to our volunteers.** You make The Table what it is and we can't thank you enough! Many of you have put in significant volunteer hours over the Christmas season, especially, working hard to keep The Table the welcoming place that it is for all who come to us for help.

**Thank you to our donors.** We have felt and experienced the encouragement and backing necessary to meet a growing number of guests' needs. Because of your continued generosity, we feel confident that we will be able to continue to operate our services and meet growing demands.

*Be strong and courageous, and do the work. Do not be afraid or discouraged, for the Lord God, my God, is with you. He will not fail you or forsake you until all the work ... is finished.*

*1 Chronicles 28:20*

The Table Board of Directors and myself offer our thanks, once again, for supporting The Table Soup Kitchen Foundation as your chosen charity and we hope that we will continue to have your confidence in the months and years ahead. Your help is vital.

**coldest\*night**  
O F T H E Y E A R . O R G

The Coldest Night of the Year is a 2 or 5 km walk designed to raise money for charities serving people experiencing homelessness, hurt and hunger.

Since 2013, The Table Soup Kitchen Foundation has considered this event to be one of its largest fundraising initiatives.

We are confident in our decision to go virtual this year having witnessed momentum in Huntsville since mid-December. Our goal is to raise \$45,000 and with your help we are certain to get there.

## Coldest Night Cont.— Going Virtual This Year!



People are registering and donors are stepping up. They want to do more than just isolate at home. They want to create a new reality in 2021 by pushing safely back on the sombre nature of COVID and doing something wonderful amidst it all.

### What Will Virtual Look Like?

Participants will start a team, join a team or walk by themselves by registering and fundraising online at <https://cnoy.org/location/huntsville>. On event day (February 20), or anytime throughout the month of February, participants can walk individually, or in COVID-friendly small groups, on their own time on the route posted, or a route of their choice.

There is no registration fee for this year's walk. Everyone is encouraged to participate and raise funds using the online FundHub to email friends and family a link to their personal fundraising page. There, they can donate securely online by credit card or PayPal. Alternately, a pledge form can be downloaded and printed.

Participants raising a modest minimum (\$150 for adults 18 and over, \$75 for youth 17 and under) will receive a Coldest Night of the Year Toque. Toques can be picked up curbside at our Foundation office (9 Hanes St.) on Thursday, February 18, between 10 am and 1 pm.

## Amidst it All — We Are Here

If you know someone who is hungry, hurting or homeless, we encourage you to let him or her know about our services and that they are loved. God's desire is to meet their needs and we are here to help.

### SOUP KITCHEN— Serving up food and love

Our Soup Kitchen serves home cooked meals on Mondays and Thursdays for guests to take home to their families. In April 2020, we were averaging 80 meals a week. Today, we are serving approximately 180 meals weekly - more than double the amount prior to COVID-19.



### FOOD BANK— Free of judgment

Our Food Bank is open to guests for weekly shopping on either Tuesday, Friday or Saturday. Guests choose items from our fridge, freezer, bread shelves, non-perishable shelves and produce baskets. We have seen an increase in new guests and will continue to welcome anyone in need.



## We Are Here Continued ...

### **EXCHANGE STORE — It's all about sharing**

All of our guests should be warm and dry this winter, thanks to many donors bringing coats, mitts, hats, sweaters and boots in to share with anyone in need. Our community is encouraged to shop for clothing, footwear, towels, bedding, sportswear, household items, baby items, outerwear, toys, games and craft supplies. Together we are re-using, recycling, repurposing and giving useful things another life.

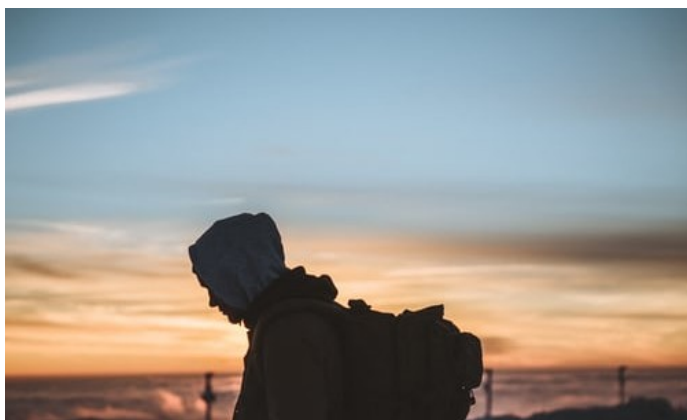


### **LOVE CONNECTION — Gifts of love**

Programs such as Gifts for Kids and Kids' Christmas Shopping were well supported by many donors and appreciated by families who hoped to have some help to make Christmas special for their children. Gifts were also provided to many single adults through our Gifts for Adults program, offering tasty treats, warm hats and mitts, gift cards and toiletry products.

### **COMMUNITY KITCHEN — Learn, cook and eat**

Our beautiful commercial kitchen is available to us for a variety of needs and uses. Currently, we are cooking and packaging all of our Soup Kitchen meals twice weekly, and breaking down and sorting food rescue produce and items on a regular basis.



### **MEN'S HOSTEL — A safe place and a warm bed**

Guests pay a fee of \$14.29 nightly to stay at the Men's Hostel, which covers a warm bed, access to the dining room, cooking facilities, bathroom and showers, some laundry and a cozy living room. As well as regular support and encouragement from the community we have created, guests also have access to our Food Bank, Soup Kitchen, Exchange Store and Love Connection services.



## We Are Here Continued ...

### FOOD BANK GARDEN — Growing and harvesting

We love fresh produce! Though our Food Bank Garden in Utterson, and our garden planters in our parking lot are snow covered, we are dreaming of springtime and new growth! Please consider starting some seeds indoors and planning to grow a row for us this year. We have big ideas for our Food Bank Garden in the years ahead and are inviting gardeners to be involved.



### FOOD RESCUE— Gleaning edible local foods

Food rescue partners provide us with a variety of produce and non-perishables. These are made available to guests through our Food Bank and are also used in our Soup Kitchen. Very little goes to waste. If we have too many ripe bananas for instance, we make banana bread. Food that is no longer suitable for human consumption is picked up by local farmers and used as feed.

## Ways to Donate

We always welcome food and financial donations. Due to COVID-19 restrictions please check with us for when we can accept clothing or household items.

**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](http://www.thetablefoundation.ca).

**IN PERSON** at our Foundation office, 9 Hanes St., Huntsville is also an option. A member of our leadership team will be happy to meet you outside. Business hours are Tuesday and Friday between Noon and 3 pm; Saturday 10 am to 1 pm.

## Annual General Meeting

Hold the Date

Zoom into  
The Table Soup Kitchen Foundation’s  
Annual General Meeting  
Thursday, March 25, 2021  
7:00 – 8:00 pm

Details will be posted on our website early March  
[www.thetablefoundaton.ca](http://www.thetablefoundaton.ca)



Table Talk is a quarterly newsletter sharing news and inspiration from The Table Soup Kitchen Foundation. If you would like to continue receiving our newsletter please email [info@thetablefoundation.ca](mailto:info@thetablefoundation.ca) with your email address and we will email you the Spring issue in April 2021. Hard copies available upon request.