

## **Avenue Road Food Bank – Our local Food Bank**

As a volunteer at the [Avenue Road Food Bank](#) (ARFB) I'm learning that food insecurity is experienced by many close to where we live. The ARFB guests include people with jobs but can't afford groceries. Some are recent refugees, seniors, families, post-secondary students. They include regular guests while others need temporary support while working to improve their financial situation.

Located at the edge for the Casa Loma neighbourhood, the Avenue Road Food Bank (ARFB) is a member of the [Daily Bread Food Bank](#).

***Our goal is to work together to promote human flourishing by providing dignified, equitable access to food and community.***

With a strong team of dedicated volunteers, partners, and generous donors, the ARFB provides food support to more than 400 households each week from our location at Avenue Road and Dupont Street with support from organizations such as the Daily Bread Food Bank, [Second Harvest](#) and [COBS](#).

### **Community Support – Volunteer where you live**

It's wonderful to see Casa Loma residents volunteering where they live. Strengthening our community and supporting those in need. Several are regular volunteers at the ARFB. Julie Chan volunteers to set up the food "store", meeting guests, and fundraising. Diane Wood joined this year for the weekly preparations and store set-up.



The ARFB is a place where high school students from the Casa Loma Community come to earn their volunteer hours and new skills to support their high school diploma. St. Michael's College School high school students and CLRA residents Zayd and Samir came to the ARFB to greet and hand out food to guests. With their graduation from high school and completion of their volunteer hours they are off to Queen's University this fall. Chris (Grade 10 at Upper Canada College) and Church of the Messiah parishioner Sam (Grade 11 at Rosedale Heights School of the Arts) are volunteering this summer, setting up food stations and making the space welcome for guests. With busy events at the ARFB, these extra hands are very much appreciated.



The ARFB has appreciated the support of local schools who have arranged food drives for the benefit of our guests. Many thanks go to our cheerleaders at Cottingham Junior Public, Brown Junior Public, Huron Street Junior Public, Waldorf and Royal St George's schools.

### **Come join us: Community BBQ on September 9th**

Please join us on September 9, at 1pm – 3pm, for our Community BBQ. Come tour the food bank, meet volunteers, learn about the work we do and share some food and refreshments. Attendees may bring a non-perishable food donation....and there will be other opportunities to donate! Location: Church of the Messiah, 240 Avenue Road, on the corner of Dupont Street

### **Please donate to the Avenue Road Food Bank**

Our fundraising goal is \$225,000 cash for the calendar year 2023.  
As of June 30<sup>th</sup>, **we need to raise \$100,000 more to reach this objective.**

The Avenue Road Food Bank welcomes cash donations as we are dependent on raising cash to supplement the food we receive from food sponsors so that all our guests receive food basics. For example, each week our sponsors may provide 150 pieces of protein, while our cash donations purchase about 300 pieces of protein so each guest may have one. We also purchase supplemental items, including milk, eggs, bread, and various personal hygiene supplies.

#### **How You Can Help: Please consider the Avenue Road Food Bank for your donations**

Cash donations go to ARFB via the Church of the Messiah to leverage its charitable status for tax receipts.

- Click on this link to donate via [Canada Helps](#)
- Under Fund - Select "2. Avenue Road Food Bank", to direct 100% of your donation to the Avenue Road Food Bank

Cheque donations should be made payable to the Church of the Messiah clearly stating Avenue Road Food Bank in the notes line.

Operating since 2018, the ARFB is a humanitarian mission of the Church of the Messiah and as such has charitable status (provides tax receipts).

Thank you and we hope to see you on September 9th at our Community BBQ.  
Contact: [foodbank@churchofthemessiah.ca](mailto:foodbank@churchofthemessiah.ca)