



HARVEST NEWS

FALL
2007

Extending a hand up, not a hand out

Message from the Executive Director



Fall is a special time for Harvest as it is the time when we give thanks to all those wonderful supporters who

have assisted us throughout the year. And, it marks the beginning of our major drive to rebuild our supply of food and finances that dwindled during the summer months. While many enjoy holidays and sunshine,

our clients continue to struggle with basic necessities.

October marks the beginning of the Harvest Food Drive and our biggest fundraising event of the year. A Hand Up Gala Game Show is a first for Harvest Project with a goal of raising \$60,000 through ticket sales, silent auction and donor support. This is the time when we need your help most.

Over the past quarter, with our corporate sponsors' generous support we have launched a Food Recovery Program that allows us to add fresh food to our clients' grocery orders.

We are also thankful for the renovation changes to our premises that helped organize our office areas and provide space for a retail thrift store "Clothes for Change".

And, thankful for the opportunity to partner with Trinity Western University to study our business practices so we can streamline our services to ensure accountability and direction for our organization.

Ultimately, we are thankful that we could supply our clients with \$378,000 worth of groceries since January 2007.

Regards,

David Polkinghorne
Executive Director

Harvest Project Presents

A Hand Up
GALA
Game Show

Formal Dinner, Game Show & Silent Auction

Address by John Furlong, CEO of Vancouver 2010
Introduction by Rick Turner, Chairman of ICBC

Friday, October 26, 2007
Hollyburn Country Club, West Vancouver
Tickets: \$200

Proceeds to support those at risk of homelessness

For ticket and table sales call 604-983-9488 ext. 305

**north shore
news**
connecting our community



CKNW Orphans Fund Grant Used for Fresh Food

Thanks to a \$10,000 grant from the CKNW Orphans Fund, Harvest Project has been able to provide more fresh food and food for special diets to low income families on the North Shore during the past year.

Annually, Harvest Project gives about \$750,000 in free food to low income clients and their children. However, most of this food is dry or canned because it comes from community donations picked up at grocery stores and through food drives. This means that the Harvest Project has to depend on luck and infrequent donations of fruit, vegetables and dairy products from grocery stores to supplement the non-perishable food items.

This grant has made a big change in how we offer grocery products and has inspired us to create other ways of improving the dietary needs of our clients.

Donating is Easy

Donations can be made to the Harvest Project:

- By cheque
- Visa or Mastercard
- Pre-authorized bank payments
- In person or by mail
- Online through Canada Helps
- Through the United Way
(designated to the Harvest Project)
- Through stock transfers

We also welcome gifts of RRSPs, life insurance policies, stocks/bonds/mutual funds, trust and annuities through our Planned Giving Program.

IMPORTANT NOTE: We provide tax receipts for every donation over \$20. If you wish to receive your tax receipt once annually instead of with every donation, please write a note on the donor card or with your next donation.

Harvest Food Recovery Program



Volunteer Nisha Irani shows off the fresh produce available to clients in the grocery area.

Vancouver Coastal Health, North Shore, has provided the funding and direction to Harvest Project to create and operate a Food Recovery Program. With the use of our newly acquired refrigerated cargo van we can collect useable produce and other perishable foods that stores would otherwise discard and distribute it to our clients.

Nicole Fitzsimon, Food Access Coordinator for Harvest has worked closely with Vancouver Coastal Health North Shore to develop a food safety program and protocols for handling, transporting and storing perishable foods. In addition, BC has a Food Donor Encouragement Act that protects those who donate food from liability.

The Harvest Project Food Recovery Program has two parts. The first objective is to provide Harvest Project clients with fresh food as part of the service they receive. The second is to transfer food to programs in the community where residents are learning hands-on skills with fresh food preparation, such as community kitchen programs.

Vancouver Coastal Health, North Shore, also provided funding to the Edible Garden Project as it aims to encourage all gardeners to grow an extra row of produce and donate it for distribution through Harvest Project.

Since June, the Edible Garden Project growers on the North Shore have been supplying Harvest Project with fresh fruit and vegetables and this has allowed us to add fresh food to client grocery orders. During the summer the program supplied well over 700 lbs of fresh produce to Harvest.

Community Events

Offer Support



Harvest staff and volunteers man the BBQ booth.

Many community businesses and organizations request the volunteer support of Harvest Project and in return donate a portion of the proceeds to us. During the last quarter our staff and volunteers offered their time and assistance to:

- City of North Vancouver, Party on the Pier BBQ
- Lower Lonsdale Fall Festival BBQ
- Parkgate Village M & M Charity BBQ
- Spatacular Beauty Fashion Show
- West Vancouver Baptist Vacation Bible Camp Food Drive

RONA assists Harvest Project

with Renovations

With a generous donation of supplies from RONA, Harvest Project premises were transformed during the spring and now include a retail-clothing store called Clothes for Change.

Harvest Project Executive Director, David Polkinghorne explains, "with RONA's supplies and the volunteer help of general contractor Joe Heilman, of JHC Craftsmen Ltd. we moved walls and added new ones, created a new section for client care meetings, expanded the grocery shopping area and moved the resource center near front reception."

"The new store is part of our premises but has a separate entranceway on the corner of Bewicke Ave. and 2nd Ave. Now clients have retail like premises to shop for their free outfits and we have a store set up to serve the public that offers another source of revenue for Harvest."

Clothes for Change retails quality second-hand garments for adults at prices competitive with other thrift outlets. It is open Tuesday to Friday from 10:00am to 4:00pm and Saturday from 10:00am to 2:00pm. Come check out the great buys. Sales to the public are currently cash only.

Port Companies Donate

Cargo Van to Harvest Project



Presenting the new refrigerated cargo van are: left to right Norman Stark, TSI Terminal Systems Inc.; Darcy Clarkson, DP World Vancouver; Tim Chapman, Western Stevedoring; Gordon Houston, Vancouver Port Authority

DP World Vancouver, the Port of Vancouver, TSI Terminal Systems Inc. and Western Stevedoring were successful in raising enough funds at their annual fundraising Gala to purchase a refrigerated cargo van for the Harvest Project.

The van is an integral part of the Harvest Project food recovery

program that is designed to increase access to nutritious food for those who need it most on the North Shore. By using the refrigerated van to recover perishable food from grocery stores and food retailers, Harvest Project will reduce the waste of fresh vegetables, fruit, dairy products and meats. These perishable products will then be used to improve the nutritional quality of the food available to individuals and families who are using our services.

Since January 2007, Harvest Project has given away an average of \$42,000 worth of groceries per month to clients. The addition of fresh food will increase each grocery appointment by approximately \$50 an increase of \$6,350 per month.

Game Show Gala Major Fundraiser



A Hand Up Gala Game Show is going to be an event that you won't forget. During the evening guests will have the opportunity to peruse an array of unique gifts in the silent auction. A formal dinner follows with an address by John Furlong, CEO of the Vancouver Organizing Committee, 2010 Olympic and Paralympic Winter Games. For the finale, a trivia game show.

Guests are invited to arrive at 6:30pm for the silent auction and cocktail reception, followed by a call to dinner at 7:15pm. Our trivia host will explain the game show rules at the start of the first dinner course and a number of teaser questions will be given to guests as the dinner proceeds. An Olympic trivia question will be the lead in to Furlong's introduction just before 9:00pm. The trivia game show will officially kick off at 10:00pm.

A gala of this size is a first for Harvest Project. Reaching our goal of \$60,000 will allow us to increase our programs and services so we can support more individuals and families in need on the North Shore. The proceeds from just one ticket sale will feed, cloth and counsel a Harvest Project client for one month.



Thank You for your Continuing Support

Major Donors of 2007

We are grateful to all who have so generously supported the Harvest Project in 2007.

Volunteer Opportunities

Our need for volunteers is constant because volunteers deliver almost all of our services. We need people who can give their time in:

- client care
- grocery packing
- sorting food in the warehouse
- driving
- cooking
- sorting clothes
- data entry
- reception
- fundraising

We are also looking for professionals such as

physiotherapists, nutritionists, dentists, and financial planners etc. who can donate services to our clients who could otherwise not afford them.

We are open Tuesday to Friday from 10 am to 4 pm and Saturday from 10 am to 2 pm. Volunteer shifts are four hours in length, once per week. If you are interested in joining the Harvest team, please call 604.983.9488 ext. 316.

Take a Tour!

We want you to get to know us better.

Tours are offered Monday to Friday by appointment. Call Harvest Project at 604.983.9488 ext. 317 to book a time to visit.



Partner \$10,000 +

Anvarda Dental Services
 Bridge Community Church
 Capilano Suspension Bridge
 City of North Vancouver
 CKNW Orphans' Fund
 District of North Vancouver
 DP World Vancouver
 Green Shield Canada Foundation
 Harvest Project Board Members
 H.Y. Louie Foundation
 North Shore News
 Port of Vancouver
 TSI Terminal Systems Inc.
 Vancity Savings & Credit Union
 Vancouver Coastal Health, North Shore
 Vancouver Foundation
 Western Stevedoring

Executive \$5,000+

Hagar Foundation
 Lions Club of Mount Seymour
 Lynn Valley Full Gospel Church
 MacLean Painting
 Don & Lois Martin
 North Shore Alliance Church
 North Vancouver Kiwanis Club
 Prudential Sussex Realty
 Richard van Rikxoort
 Steelhead Business Products
 St. Andrew's & St. Stephen's Presbyterian Church
 St. Timothy's Anglican Church

Leader \$2,000 +

Aspen Clean
 BC Masonic Foundation
 Collings Johnston Ltd.
 District of West Vancouver
 Kiwanis Club of Capilano
 Kiwanis Club of West Vancouver
 Mike & Kelly Little
 Methanex Corporation
 Million Dollar Round Table Foundation
 North Lonsdale United Church
 North Shore Community Foundation
 North Shore Film Festival of Life
 Lance & Wendy Phillips
 Pro Coach International
 Sunshine Cabs
 Taylormotive
 West Vancouver Presbyterian Church
 West Vancouver United Church
 Whole Foods Market

Friend \$1,000 +

BA Blacktop Ltd. Employees
 Mary Barraclough
 Brenda & Graham Barrick
 Pradeep Bowry
 Capilano Golf & Country Club
 Dr. John R. Chalmers
 Chapman Land Surveying Ltd.
 Jim & Nancy Church
 Capilano Community Church
 CKNW Orphan's Fund
 Gary Cuthbert
 John & Lucy Collings
 Tony da Roza
 John & Cherie Day
 Deep Cove Stage Society
 Dr. Brad Forster Inc.
 Eecol Electric Ltd.
 Fawcett Insurance
 First Church of Christ, Scientist
 Fraternal Order of Eagles NW Aerie 2638
 Gloria Dei Lutheran Church
 Hatfield Consultants Ltd.
 Ken & Doreen Hawley
 Highlands United Church
 Hilltop Business Consulting
 Holy Trinity Catholic Church
 K.J. Wall & Associates Ltd.
 L.V. Lomas Ltd.
 Lynn Valley Soccer Association
 Kim C. Moller Personal Law
 Lions Club of Howe Sound
 Lions Club of Lynn Valley
 Lions Club of North Vancouver
 Macdonald Dettweiler & Associates
 Daphne Martin
 Motion Picture Studio Production Technicians, IATSE Local 891
 Nintendo of Canada
 North Shore Christian Centre
 Open Door Drop-In for Single Mothers Central
 Pacific Coast Rehabilitation Centre
 Polaris Management
 Porsche Club of America - CWR
 RONA
 SMP Dramatic Society
 Schuck Creative Group
 Singpiration Creativity Choir
 Soroptomists Int'l of West & North Vancouver
 St. Christopher's Anglican Church
 Team Fitness
 In Memory of Angela Thacker
 Thomas Haas Pastries & Desserts
 Tuesday Breakfast Club
 West Vancouver United Church

Contact Information

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If you would prefer not to be on our mailing list, please let us know by mail, e-mail (administration@harvestproject.org) or phone 604.983.9488 ext 305.

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www.harvestproject.org