



What's in a Name?

In recognition of Regina Rosen's exceptional involvement with the Foundation for decades, the Board decided to allocate \$25,000 of the *Under the Big Top* proceeds to create a new fund: the **Regina Rosen Food First Fund (RR FFF)**.



Food Comes First

In May 2012 the Community Foundation produced *Under the Big Top*, an extravagant fundraiser in the form of a magical circus. In clown wigs and with red noses, we raised more than \$300,000 for the Foundation's endowment fund.

Because food does indeed come first, and the need to provide food security in Kingston and surrounding area unfortunately is growing, our endowed fund model needed to be altered to be more responsive:

The role of the RR FFF is to amplify the efforts of all those in Kingston who are providing food security. Funds raised are divided equally: half is endowed to ensure future income, and half is designated for flow-through. The latter will be used to distribute \$1,000 monthly to a different community food-providing organization in support of a self-identified project or immediate requirement.

A volunteer committee meets semi-annually to determine the 12 recipients. Although we minimally distribute one \$1,000 grant per month, for special needs we draw upon the income earned by the endowed fund. A wonderful example: with the arrival in Kingston of three Syrian refugee families (each sponsored by a different church/community group) we made three additional \$1,000 grants to stock their kitchens with foods they would be familiar with. This "Welcome to Canada" gesture was relatively small, but it had great impact. And that is what RR FFF is all about.

In Kingston and area, well-established groups such as *Partners in Mission Food Bank*, *Loving Spoonful* and *Martha's Table* distribute and serve tons of food to those who require it. But it is the consistently available "little extra" that we aim to provide.

For example, *Outreach* at St. George's has offered free nutritious hot lunches to all who come – no questions asked – since 1983. Even after this 35-year run, *Outreach*, like most similar programs, can never fully meet clients' needs: in January 2013, our grant paid for packages of personal needs items for *Outreach* clients.

I have used this example many times over the last few years – but it always bears repeating:

Philanthropy is usually thought of as a synonym for donating money. But it is much greater than that. The *Dictionary of Canadian English* includes these two additional definitions: 1) Philanthropy is a love of mankind shown by practical kindness and helpfulness, and 2) Philanthropy is the effort or inclination to increase human well-being. The simple act of growing a row of vegetables for distribution to those who face food insecurity is an act of philanthropy!



After six years as Chair, I am passing on this beautiful task. Before I do I want to ensure there will be enough resources in place to keep the *Food First Fund* viable in perpetuity. Several fundraisers have already happened.

The Foundation, with the generous support of noted chef Clark Day, sponsored a dinner at Bayview Farm Restaurant: *Eat, Drink and be Giving*. George Thomson and Judi Beaman hosted a concert on Howe Island. These innovative opportunities have established momentum for the campaign and are much appreciated.



Leading The Way ...

Foundation Board members and friends toast Gini Rosen, first Chair of the *Food First Fund* at the Bayview Farm Restaurant fundraising dinner April 10, 2018. Note that the irony is not lost, but this is a way for the attendees to take the lead raising funds to address food insecurity in our community. Food Security is one of the Foundation's three Smart & Caring priorities.

There are many ways for you to keep the momentum going – forever. Use the pledge form below to donate any amount of money to the fund – make it a monthly sustaining contribution if you can. You can join the *Food First Club* with a \$1,000 contribution. You can leave a bequest in your will for a legacy gift. If you prefer to make your contribution electronically, go to cfka.org/give. For additional details and information please contact Gayle Barr, Vice-President and incoming Chair, *Regina Rosen Food First Fund*, or Tina Bailey, Executive Director at the Foundation at 613.546.9696.

Gini Rosen



REGINA ROSEN FOOD FIRST FUND PLEDGE

YES! I would like to support the *Food First Fund*.

Name: _____ Address: _____ Postal Code: _____
Phone: _____ E-mail: _____ Yes, I would like to receive e-mail updates from the Foundation

My Gift in Support of Food Security

- I would like to become a member of the *Food First Club* with a pledge of \$1,000 per year for 3 years.
- I would like to make an annual pledge of \$ _____ for _____ years.
- I would like to make a one time gift of \$ _____.
- I would like to make a monthly gift of \$ _____ starting _____ (month).

Method of Donation

- Cheque (Made payable to Community Foundation for Kingston & Area)
- Credit Card Visa MasterCard Card Number: _____ Expiry: _____
- Gift of Appreciated Securities (maximum tax advantage) Signature: _____

Recognition

- I would like my/our names to appear as _____
- I would prefer to make my gift anonymously

A charitable receipt will be issued for your donation under Charitable Registration Number 89143 2395 RR0001. Thank you for your support!
For further information on the *Food First Fund* please visit our website at www.cfka.org, call the Foundation at 613.546.9696 or email info@cfka.org.



Food is First! But not Enough!

Food First Fund grants have been used in innovative ways to reduce food insecurity: cooking skills for all ages, food vouchers, meal programs in schools and churches, growing and distributing fresh vegetables, healthy-eating counselling for all ages, emergency food boxes and cupboards, refrigeration, kitchen upgrades, meal delivery, garden projects, and

Throughout our granting area, 45 organizations, beginning with a November 2012 grant to Partners in Mission Food Bank, have received *Food First Fund* grants. See what your support of the *Food First Fund* can do.



Grant Recipients

- Addiction and Mental Health Services – KFLA
- Blessings in a Backpack
- Boys and Girls Club
- Community Harvest Kingston
- Dawn House
- Elizabeth Fry Society
- Food Sharing Project
- Helen Tufts Nursery
- HIV/Aids Regional Services
- Home Base Housing

- Independent Living Centre
- Interchurch Refugee Partnership
- K3C Community Counselling Centre
- Kingston Community Health Centres
- Kingston Food Providers
- Kingston Interval House
- Kingston Unitarian Fellowship (Aboriginal Action Program for Children)
- Kingston Youth Strategy Collective (Y2K)
- Limestone District School Board
- Loving Spoonful
- Outreach St. George's
- Martha's Table
- New Leaf Link
- Nightlight Canada
- North Frontenac Community Services Corporation
- North Frontenac Food Bank
- Partners in Mission Food Bank
- Polson Park Free Methodist Church
- AMS Food Bank (Queen's University)
- Good Times Diner (Queen's University)
- Aboriginal Student Centre (Queen's University)
- Ryandale Shelter for the Homeless
- St. Andrew's Presbyterian Church
- Salvation Army
- Seniors Association
- Sharbot Lake Legion
- Southern Frontenac Community Services Corporation
- St. Francis of Assisi School
- St. Vincent de Paul Society
- Sydenham Street United Church
- The Mess Open Arts Studio
- West Kingston Refugee Partnership
- Wolfe Island Community Garden
- YMCA
- Youth Diversion

Food First Fund Highlights

South Frontenac Community Services Corporation ...

Used its *Food First Fund* grant to set up a crockpot cooking class for its Food Bank clients. Each participant received a crockpot, ingredients for a few simple meals, and recipes that were used to prepare a dish under an instructor's guidance. One of the participants in that first class recently shared with staff that she is still using her crockpot five years later.

Crockpot Cabbage Roll Casserole

(source unknown)

- 1 1/2 lbs of ground beef
- 1 medium onion, chopped
- 1/2 cabbage, shredded
- 1 cup raw, long cooking rice
- 2 cups water, boiling
- 1 large can tomatoes, diced
- 1 small can tomato paste
- salt and pepper

Optional

- 1/2 jar sauerkraut, undrained

Directions

Brown the ground beef and onion together. Drain the fat. Put cabbage and rice in crockpot. Add boiling water. Mix in ground beef and onion, salt and pepper, and sauerkraut if desired.

Cook on low for 3 hours. Add tomatoes and paste. Mix well. Continue cooking until the cabbage is soft (about 3 hours).

Katarokwi Native Friendship Centre

As Christmas 2013 approached, the Katarokwi Native Friendship Centre received a *Food First Fund* grant and partnered with the Kingston Unitarian Fellowship, *Loving Spoonful* and Foodland in Amherstview to fill Christmas food baskets for 20 Indigenous families.

As volunteers were packing baskets at the Memorial Centre on December 17, the Princess Street fire broke out. Despite power outages and traffic disruptions in the area, by day's end all 20 food baskets had been delivered.

"We are so grateful for the support of the Regina Rosen *Food First Fund* in helping us raise the profile of fresh food delivery. We're changing the dialogue from 'Beggars Can't Be Choosers' to 'Everyone Needs Good Food.'"

— Mara Shaw, Executive Director, *Loving Spoonful*

Martha's Table

Thanks to a *Food First Fund* grant, *Martha's Table* was able to upgrade its kitchen-prep area, replacing old, cracked tile and melamine counters with a stainless-steel unit that includes a large prep surface and under-counter storage cupboards. As well, they were able to purchase commercial grade food paddles and whisks. The kitchen continues to be busy throughout the day: staff and volunteers served 49,000 meals during 2017, using that same kitchen-prep equipment.



The West Kingston Refugee Partnership ...

Received a *Food First Fund* grant to stock the food pantry for a young Syrian family of four. After careful research on Syrian cuisine, volunteer shoppers chose spices, halal products, oils, lentils, yoghurt, fresh fruits, and vegetables. They even pre-prepared several authentic Syrian dishes. That thoughtfully-stocked pantry was a welcome sight on the family's arrival in May 2016.



Pathways to Education ...

Is using its *Food First Fund* grant to host two family dinners during the school year to connect with parents, provide information, and offer a nutritious meal. The first dinner was held in March 2018 for students, parents, and siblings. *Pathways* staff and representatives from several high schools were available to meet with parents. Students preregistered for next year's *Pathways* program and signed up for visits to Queen's Faculties of Law and Medicine. Building on the success of this breaking-bread event, a year-end family barbecue will close out the school year.

Linda Lysne