

OPEN HOUSE: Although no one showed up for an open house at the Acton FoodShare food bank last Thursday, it gave volunteers a chance to defrost freezers and do some cleaning. On hand were volunteers, from left: Norman Humphreys, Dawn Estensen and Carol Clark. Front: Arlene Humphreys and Janet McCluskey. — Frances Learment photo



FoodShare is clean and stocked

Acton FoodShare officials were “not disappointed” when no one showed up for an open house last Thursday afternoon – they used the opportunity to defrost the freezers and do some cleaning.

“It was not very surprising no one came – it was in the middle of the day, to mark Hunger Awareness Week,” said FoodShare Board Chair Arlene Humphreys, adding the volunteers did not want to

have the open house in the evening.

FoodShare distributed just over 41,000-pounds of food last year – some of it collected just weeks ago in the annual Scout/Guide/Cadet food drive. On a recent Tuesday, they provided food to 34 households – individuals and families, who don’t have enough to eat who in many cases had to swallow their pride and admit they needed help.

“There is no need for

anyone in Acton to go hungry, what with us, the programs at St. Alban’s (Church), the Salvation Army and Links2Care,” Humphreys said on Saturday, adding they helped 110 more households in the last fiscal year over the previous year.

“We had 34 more singles, two less single families and 58 more families with children,” she said, adding they served 19 fewer families with children, along with 191 extra adults over the past year.

Clients are invited to come to the FoodShare depot every two weeks, although if someone runs out of food, they will not be turned away if they come more often. Although they must fill out an application to verify their address – it asks for a rent receipt or statement of income – no one is turned away empty-handed on their first visit if they don’t have that information with them. The form also asks for food allergies or health issues, which can be met with sugar and/or gluten-free options.

Clients can pick from among the many items on offer – every three months they hand out new tooth brushes and tooth paste, thanks to Halton Region – and there is frozen meat, fresh vegetables and one of a kind bonus items – including recently, a lot of jarred olives.

“We have two people picking and handing out food – it is all weighed, packaged. It is as friendly as we can make it – we try to remember client’s names and preferences, and we try to give them as much as they need, but we are there to supplement people’s food, not to be the main source of food,” Humphreys said.

Interest from younger people about the issue of hunger prompted a teacher at St. Joseph Catholic School to arrange for Grade seven students to work at FoodShare, when no one is there, to learn how the food bank works, and what they can do to help.

“And they run food drives at the schools, and the kids go through the stuff before it actually comes to us,” Humphreys said, adding food drives at other Acton schools and churches and private donations of food and cash help fill the shelves.

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OPEN 9AM - 6PM



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REST OF THE WEEK 4.99 EA. After Limit 4.99



LIMIT 3
2.99 each
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REXALL BRAND Soak Up
Paper Towels 6-roll or **CASHMERE** or **CASHMERE Ultra**
Bathroom Tissue Double 8-roll
REST OF THE WEEK 2.49 EA.



LIMIT 3
50%

REXALL BRAND Sun Care
REST OF THE WEEK 25% OFF.
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LIMIT 3
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REXALL BRAND Natural Spring Water
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REST OF THE WEEK 1.79.
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LIMIT 3
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exclude Iso-Actives and Repair & Protect) or **COLGATE 360**
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BODY MIST 89mL
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IRISH SPRING or **SOFTSOAP**
Body Wash 443mL - 532mL
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Selected types
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LIMIT 3
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KOTEX Lightdays 50's - 60's or Paper Towels 6-roll or **U** by **KOTEX** Pads 14's - 24's or Tampons 18's
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372 Queen St. E. Acton 519-853-2220

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(1838-2013)
Sunday May 26, 2013 @ 11:00 a.m.



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| <p>Premium Sliced Bread 4 Varieties to choose from: 9 Grains, Whole Wheat, White, Multigrain .99¢ per Loaf</p> | <p>8" Strawberry Mango Pie 2 for \$6.99 (reg. \$4.99 each) Bake and Serve, While supplies Last 10" Pies Also Available Now !!</p> |
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