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THURSDAY
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FOOD FOR LIFE HALTON
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KATHY YANCHUS
kyanchus@metroland.com

Seniors are among the most vulnerable to the COVID-19 threat. They are not only the most likely to become severely ill, but financially, some are desperately insecure. Forced into self-isolation and without mobility, possibly without family to support their needs, anxiety is heightened when they have no idea where their next meal is coming from.

Across Halton, there are roughly 87,000 people aged 65 years and older, or 15 per cent of Halton's population, according to Food for Life Halton.

That's why it's comforting to know neighbourhood food programs like Food for Life, which is now the region's largest food recovery program, continue opera-

tions during this time of fear and uncertainty.

Thirty per cent of its food program clients are seniors, said Kimberly Calderbank, Food for Life director of marketing and communications.

Currently, the organization is working with Halton Community Housing Corporation (HCHC) to deliver food bags directly to the doorsteps of seniors living in those communities. Its 311 program for all residents of Halton in need focuses on supporting isolated seniors unable to access food, she said.

"Seniors can also connect with us directly," said Calderbank.

Using rescued food and partnering with Nuvo Network's Taste Kitchen and Halton Fortinos, Food for Life's Good Soup Project creates and freezes soups, with 6,000 jars filled to date.

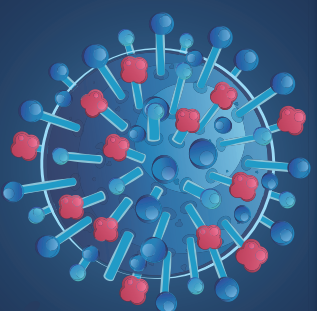
"Most senior programs have almost doubled in size," said Calderbank. "Last week, Food for Life

See TEAMWORK, page 2



Food for Life Halton photo
Food for Life Halton pre-packaged 770 bags of groceries on a single day last week, 600 of which will go to seniors across Halton region.

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