



A Year of
Good Food
thanks to YOU!

2015 - 2016
Gratitude Report



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Another year of Good Food

At Food Matters Manitoba, our mission is to work with communities across Manitoba to create opportunities for people to eat good food. **You help make it happen!**

Because of you, Manitobans like Rabi, Donwin and Florence are gaining the food skills they need whether we are supporting remote communities to grow fresh foods or providing nutrition education to new Canadians. Food brings people together to get active, feel pride and share skills. Like us, you know that good food means healthy people which means healthy communities.

Thank you for your commitment to creating opportunities for people to eat good food!



Angela Chotka

Angela Chotka
Board Chair, Food Matters Manitoba

Thank You!

Berry harvesting at the summer youth program

A man in a blue shirt is shown from the side, leaning over a white table. He is holding a small amount of yellow seeds in his palm and sowing them into a black seed tray that is divided into several compartments filled with dark soil. A brown paper bag is on the table next to him. In the background, several other people are watching him. The scene is outdoors, likely at a community garden.

With your support

RABI AND HIS FAMILY ARE GROWING HEALTHY AND FAMILIAR FOODS IN THEIR NEW HOME

In Bhutan, Rabi was a farmer. He spent long days tending to his vegetables. But conflict changed that. Five years ago his family moved to Canada from a Bhutanese refugee camp. Settling in a small home in central Winnipeg, he didn't have space to grow familiar foods.

Because of donors like you, Rabi received a plot at Rainbow Community Garden. He's thriving and so are his veggies. His favourite plants to grow are potatoes, tomatoes, radish and mustard greens.

The best part about gardening? Getting together with family and neighbours to have fun, exercise and make friends. For Rabi, and other new Canadians, your gift means a new community. "The most enjoyable part is gathering with people from different countries, making friendships and having fun," says Rabi.

Rabi volunteers to show other newcomers how to start their own seeds

A photograph showing a garden bed covered with blue plastic mulch. Several green plants are growing in the bed, including what appear to be leafy greens and small seedlings. A man in a light-colored shirt is standing in the background, looking towards the garden.



**“The gardening
helps us physically,
mentally, socially and
economically. We’re
so happy to grow
food here.”**

**- RABI, RAINBOW COMMUNITY
GARDENER**



Thank You!

**A year of good food
made possible by the
generosity of donors
like YOU.**

\$100+ donors

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* Good Food Champion

***You can become a Good
Food Champion too!***

By giving a monthly gift,
you can help more
Manitobans get the good
food they need to grow
strong, be healthy and feel
happy. **Join us!**
foodmattersmanitoba.ca

Registered Charity Number:
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Foundation / YMCA-YWCA

*Food Matters Manitoba would also like to thank all the generous individuals,
organizations and companies that have provided in-kind support.*

**“I was inspired
to become a monthly
donor by the notion of
programs that have **new
immigrants and North
End kids** exposed to
good food and taking
that home to their
families.”**



Laura Mikuska
Good Food Champion

A photograph of two young men in the foreground, with a group of people in the background. The man on the left is wearing a red sweatshirt and glasses, looking down. The man on the right is wearing a green t-shirt with a yellow logo that says "JOHN BISHOP CAMPUS" and is looking down at something in his hands. In the background, several other people are standing and talking. A white circular text box is overlaid on the left side of the image.

**“I learned to
set up a fishing
pole, be patient
and enjoy the
time you have.”**

- DONWIN,
14-YEARS-OLD

With your help

DONWIN CAUGHT HIS FIRST FISH AND IS TAKING PRIDE IN NEW FOOD SKILLS

Donwin moved to Canada from the Philippines when he was four years old. His family settled in Winnipeg's North End, where there isn't enough access to good food. **But because of you**, he's learning a lot of new, exciting food skills like fishing on the banks of the Red River.

This past year, Donwin joined youth from our programs across Manitoba at the Youth Gathering in Snow Lake. Youth learned about fishing, trapping, preparing healthy foods and made new friends along the way.

It was in Snow Lake that Donwin had a chance to apply his new fishing skills. And his patience paid off - he caught and filleted his very first fish that weekend! What made reeling in that first fish even more meaningful? Having his new friend, Boyd from La Ronge, fishing right beside him.

Donwin and Boyd enjoy a day practicing their fishing and filleting skills



Because of you

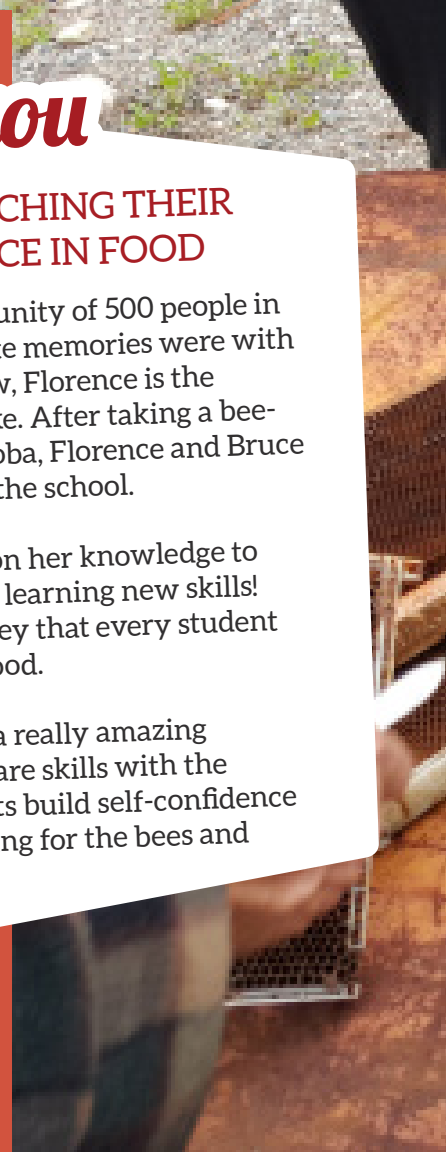
FLORENCE AND BRUCE ARE TEACHING THEIR STUDENTS TO FIND CONFIDENCE IN FOOD

Florence grew up in Wabowden, a small community of 500 people in northern Manitoba. Looking back, her favourite memories were with family friends, helping them make honey. Now, Florence is the principal of D.R. Hamilton School in Cross Lake. After taking a beekeeping workshop with Food Matters Manitoba, Florence and Bruce were inspired and started their own hive at the school.

Because of your generosity, she's passing on her knowledge to students and watching them take pride in learning new skills! In their first year they made enough honey that every student took a jar home in celebration of good food.

"I grew up beekeeping. It has been a really amazing experience to go back to it and share skills with the students," says Florence. Students build self-confidence and learn responsibility by caring for the bees and their hives.

Bruce checks the bees in an active hive





The best part
about teaching
students about bees?
**“Watching them
learn and build self-
confidence.”**

- FLORENCE,
D.R. HAMILTON
PRINCIPAL

Thank You!

"I love cooking class! I learn to make more than just Kraft Dinner and canned soup."

LEAH,
15-YEARS-OLD



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Learn more at
foodmattersmanitoba.ca