

# YOUR ARCHWAY

Stories of how your generosity is nourishing our community

Summer 2023

**How the seeds of your generosity are connecting local produce with local families in need**

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# THE SEEDS OF YOUR GENEROSITY ARE SPROUTING ON OUR URBAN FARM!

*How you're connecting local produce with local families in need.*

Did you know that when you make a gift to the Urban Farm, you're helping grow organic fruits and vegetables for families right here at home?

**Not only that—you're helping our community understand where their food comes from and what it takes to grow it.**

It's all part of our Urban Farm: a social enterprise and teaching garden for people of all ages.



During the pandemic, many of us experimented with gardening. Now, with inflation, others of us are realizing the value of growing our own produce.

The Urban Farm is here to help with all of it. Like hosting trainings on how and when to plant seeds, providing recipes for your harvest, and educational sessions on food security.

But what is also super exciting is that some of the produce grown by the Urban Farm will end up in food hampers!

**That means, when you make a gift to Archway, you're connecting local produce with a local family in need.** A beautiful, self-sustaining way of making sure our neighbours are taken care of. ❤️

If you'd like to learn more about how you can help connect people, food and nature through our Urban Farm, call Marina at 236-380-5435.



**When you make a gift to Archway, you're connecting local produce with a local family in need.**





## SUMMER STARFISH IS A GO!

### Caring neighbours like you raised over \$45,000 to keep Abbotsford children fed this summer!

*"We appreciate this program so much and thank the program coordinators, volunteers, and donors for their time, care, and generosity."*

Abbotsford's children are in good hands, thanks to kind-hearted people like you.

A few months ago, you may remember that we shared with you that the number of families in need of Starfish packs has been steadily increasing—from 270 last summer to 350 this summer!



Because of our generous community of supporters, we've been able to stay on top of that need, by making packs of nutritious food available to every child who shows up on distribution day.

The smiles on their faces are infectious! And the relief in their parent's eyes reminds us why this program is so important.

In fact, one of these parents told us that the packs have "helped my family through the tough times and always ensured our children have a variety of healthy food choices to enjoy, at times when we otherwise may not have been able to provide them ourselves."

She continued: "We appreciate this program so much and thank the coordinators, volunteers, and donors for their time, care, and generosity. You guys are the best people!"

**Thank you for consistently showing up for children and families in need right here at home!**

## VOLUNTEER SPOTLIGHT: The Smith Family

*"It's a great way to get involved in the community and love on our neighbours."*

As a homeschooling mom, Susie wanted to teach her kids Colin, 14 and Amy, 12 the importance in understanding some of the barriers and solutions our neighbours experience when accessing food.

"It excited me when I discovered that we could be a part of the Starfish program and make it a family project," she says.

**All year long, volunteers like Susie, Colin, and Amy help put together packs of nutritious food for children who may not have enough food at home.**

The family helps pick up food items, sort them into packs and distribute them.

"My absolute favourite part is when the parents come to pick up the packs. You can see so much gratitude on everyone's faces," says Susie with a smile.

**"One lady last year, after we'd loaded her car, reached into her purse and pulled out a 20 dollar bill to donate to the food bank. You could tell she didn't have a whole lot of money. It was very touching."**

Susie loves that this is something she can do together with her kids, but she also believes in the importance of the program itself: "It's so worthwhile because how can you accomplish anything else before basic needs are met?"

Thank you Susie, Colin and Amy for coming alongside your neighbours so well!



**If Susie's story has touched your heart and you'd like to volunteer with Starfish, or any of our other programs, please email us at [volunteerfb@archway.ca](mailto:volunteerfb@archway.ca).**

# Our seniors are struggling.

*Your generosity today can help make sure they feel cared for and supported. ❤️*

"If I didn't have their help, I don't know if I would be here right now."

That's a direct quote from Betty, a woman who lives right here in Abbotsford. For two years, she's been a part of our Social Prescribing Program which helps seniors receive care that helps them live healthier, happier, and more independent lives.

"They were able to assist me with reducing a number of bills, (over \$500 worth!) set me up with Food Bank deliveries, and connected me to a lovely social group," says Betty.

**"I am so grateful to have someone by my side while I am going through this stuff."**

It's because of caring people like you that we're able to be by Betty's side in her time of need.

But there are many others like her who need the same type of support. Our seniors are feeling more and more isolated in this fast-paced

**Your kindness can make sure that shelves will never be empty.**



digital age. And inflation has been incredibly worrisome for those with low, or no, pensions.

**In fact, in just the month of March alone, we saw an 87% increase in the number of seniors coming to our Food Bank.** And there continues to be a steady rise each month.

Our grandmas and grandpas, uncles and aunts, friends and neighbours are telling us they need help. And we're wondering if you'd like to help us respond?

**Your gift of \$50, \$100, or \$200 today can provide our seniors with the care they need—like nutrient-rich meals.**

But perhaps more importantly, your generosity will give these seniors a community of people to support and encourage them, and to help them feel less alone.

Take it from Peter:

"The people at Archway take care of me like I'm a family member! This program has been absolutely life-changing for me."

**To provide support and companionship to a senior in your community, visit [Archway.ca/Help-Seniors](https://Archway.ca/Help-Seniors) today, or fill out the enclosed reply coupon and mail it back with your generous gift. Thank you!**

☐ **YES, I want to make sure Abbotsford's seniors are supported this summer and beyond.**

**In just the month of March alone, we saw an 87% increase in the number of seniors coming to our Food Bank. And there continues to be a steady rise each month.**

Your gift today, of any amount you choose, can help us meet this need and provide our neighbours with the care they deserve.

Whatever you're able to give will help provide essential services to seniors in our community—like nutrient-rich meals.

To give online, visit  
**[Archway.ca/Help-Seniors](https://Archway.ca/Help-Seniors)**  
today. Thank you!

**Archway** | **Food Bank**  
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