



July
Quarterly Newsletter

WINDSOR FAMILY HOMES COMMUNITY VOICE



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Kids First Food Bank has re-opened with modified hours. Watch our Facebook for updates



Welcome to the July newsletter

We have now had a couple months to adjust to our new ways of working, serving and living. Slowly, things are getting back to some kind of “normalcy.”

With safety and caution in the forefront, there are once again familiar voices of long-time volunteers filling the halls. Heartfelt “thank you,” echo in our food bank and all our staff are putting hours in at the agency.

The welcome sound of moving forward can be heard throughout the building.

This ... is commitment.

This ... is hard work.

This ... is thanks to the belief our team and volunteers have that we are essential, and that we can make things happen.

Throughout these past few

months, our donors and supporters have also been very present, holding food drives and fundraisers to help us stock our shelves, cleaning our facility, delivering food to our tenants with children for the Breakfast Bag program and continuing to make the monetary donations that help us provide nutritious grocery items to our food bank patrons.

We want to thank the many local businesses, organizations and artists who remembered us through these times and held fundraisers for us



During the month of May, we came to the realization that all the annual fundraisers and

food drives we normally hold, would have to be cancelled. We would have to get creative in how we were going to move forward with our fundraising. We decided that we wanted to do something that would showcase the wonderful local businesses we have here in Windsor Essex County and how the community could continue to support them during the pandemic.

Each week for a month we put together a package of local services and products and held an online auction on our Facebook page. The public was given five days to bid on the package while we promoted those businesses all week.

Thank you, to all the businesses who participated.



Starbucks perform a deep clean on the food bank before re-opening



Community support

We have been fortunate to have the ongoing support of many community members, businesses and organizations in our region. Their belief in what we do and willingness to help when and where they can, is inspiring and appreciated.

Fantastic Father

May was a rough month for many. Families whose children were losing out on food programs at school were really feeling the loss.

[Fantastic Fathers](#), who's family-focused mission, in part, is "to be sociably conscious, help others in need and give back to the communities we live in when possible," found a way to help us serve our tenants with school-aged children and help fill that void.

Members of the organization showed up with a truck full of 300 Macro Foods meals, to be included in our Breakfast Bags and distributed to nearly 30 of our families through our important programs and supports.

Thank you to Fantastic Fathers and your sponsors for this generous donation.

Keller Williams Red Day

Every year, through their commitment to "give back" to the cities and towns Keller Williams Realtors live in, they come together to make a difference and better the lives of the communities they serve.

Each year on the second Thursday of May, Employees celebrate RED Day as part of their "legacy worth leaving."

Volunteers from [Keller Williams Lifestyles Windsor](#) have been fantastic in the past, helping us construct our new food bank. This year, volunteers came to help package and deliver our Breakfast Bags, including the generous donation from Fantastic Fathers.

To see more of their time at Kids First Food Bank, check out the video here: [Red day 2020 donation.mp4](#)

Thank you to the Wonderful Volunteers who helped feed so many that day.

Starbucks

Starbucks does more than just serve up delicious treats and drinks. They answer the call when help is needed.

Prior to our re-opening of Kids First Food Bank, Starbucks employees throughout Windows Essex packed up their heavy-duty cleaning supplies and headed to Kids First Food Bank.

Volunteers were busy deep cleaning, purging and organizing food items according to FIFO (First In First Out) to make sure our staff, volunteers and patrons were safe once the doors opened again.

Thank you to everyone for helping us get ready for our much-anticipated re-opening!



REDDAY
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Do you know where your donation goes?

We offer many programs and services to assist our tenants as well as everyone in Windsor Essex.

Your donations help us provide these services:

- Christmas baskets to our tenants
- Tenant Christmas party
- Christmas Sponsor-a-Family
- Kids First Food Bank open to all
- Kids Day Camps open to all
- Nourishing Young minds program open to all
- Kids First programs open to all

Did you know... You can choose where you would like your donation to go?

Other programs we provide to the community include:

- Coats for Kids
- RentSmart
- Income Tax Clinics

Would you like to donate?

We have made it even easier to donate, through our "Donate" tab. Want to check it out? Click on the QR code below or scan it with your phone to be brought right to the Donate page



Healthy Mind, healthy body, healthy home ... Equals healthy life

It is said that to achieve a healthy life you need three things ... A healthy mind, a healthy body and a healthy home.

Through our programs and supports, we provide ways to achieve all three.

Healthy Mind

We offer many programs that contribute to the mental health of our tenants as well as our Kids First program participants

- **Support Groups**
We are working on new support groups such as Women empowerment, youth groups and more. Watch for these groups to become available
- **Nourishing Young Minds**
A free after-school program, open to children ages 6 and up in the community. The program runs from 4 PM – 5 PM. The program involves group discussions and an hour fitness
- **Kids First Day Camps**
FREE day camps on P.A. Days, Strike Days, March Break and select days in the summer

Healthy Body

We believe in the importance of adding a physical fitness component to the nutritional goals of our programs. We also believe that everyone should have access to fun, family fitness programs for FREE.

Our programs work together to incorporate nutrition and fitness into the lives of our clients.

- **Kids First Food Bank**
The Kids First Food Bank serves more than 900 individuals weekly in the Windsor area. It has no geographic boundaries to the clients served and aims to offer nutritious items such as dairy, fresh produce, meats, proteins and grains. This is a free food bank for those in need who meet eligibility criteria.
- **Kids First Fitness**
We offer a variety of fitness classes for everyone in the family, promoting an active lifestyle for an overall healthy body.



Healthy Home

We offer more than 120 units throughout Windsor, assisting some of the most vulnerable in our community. We continue to add a variety of homes and properties to our portfolio, making it possible to fill the varying needs of many individuals and families in Windsor.

We have many options and important programs to assist our tenants to succeed in their tenancy

- **Safe and affordable housing**
 - Individual homes
 - Duplex
 - Triplex
 - Four-plex
 - Multi-unit row houses
 - Six-plex residential housing unit
- **Tenant Support**
We want our tenants to have successful tenancies. Our Tenant Support Coordinator helps tenants overcome barriers that may affect their success.
- **Wellness visits**
Wellness visits provide in-home support and advocacy to our tenants



Community Resources

Windsor Essex Food Helpline, that was set up in April, has now been operating out of [Ontario 211](#) since June 17.

Residents can call 211 to access this same information regarding food assistance, including food bank locations, drive-thru or walk-thru food hubs, grocery gift cards, food hampers and delivered prepared meals.

DYK ... 211 is a free, 24/7 confidential information and referral helpline. It as a quick, easy, and inexpensive service that allows you to electronically share community information, event promotion, job postings, program flyers and more with more than 1,000 contacts and 600 non-profit government and community organizations in Windsor and Essex County? Looking for information ... try 211.



Update: Emergency Food Helpline has transitioned to 211!

Since April, the Windsor-Essex COVID Care Coalition set up the Windsor-Essex Emergency Food Helpline (WEFH) to assist vulnerable people in our community who need food assistance during these difficult times.

Effective **Wednesday, June 17, 2020**, residents will now call **211** to access this same information regarding food assistance, including food bank locations, drive-thru or walk-thru food hubs, grocery gift cards, food hampers, or delivered prepared meals.

211 is a free and confidential information and referral helpline available 24/7, offered in both English and French. An interpretation service is also available for other languages. All you have to do is pick up your phone and dial **2-1-1!**

Contact **211** day or night to find support for:

- food banks and meal programs
- newcomer and immigrant services
- health and mental health services
- housing, shelters, and utility help
- seniors' services and home care
- government programs and services
- parenting and family programs
- disability supports and more

Food banks are still in need of food donations. Hours and locations of Essex County Food Banks can be found at www.weareunited.com/GetHelp. If you are unable to make a food donation, you can donate to the COVID-19 Emergency Response Fund at www.weareunited.com/Covid-19. Thank you!

NO PLASTIC BAGS

Starting June 1, 2020, Plastic bags of any kind are no longer permitted in Windsor-Essex recycling. If it has a bag in it, your box will NOT be picked up.

NoPlasticBags!

NO plastic bags of ANY colour are accepted in the recycling program.

Alternatives To Plastic Bags:
• Purchase another recycle box. Available at any local Home Hardware Store.
• Use a paper bag.
• Use a container of a similar size (i.e. laundry basket).



Plastic Bags Are NOT Accepted In Your Recycle Boxes - NONE!



UPCOMING FUNDRAISER.

Did someone say popcorn?



Are you missing all the summer fairs and their great foods? Watch our social media for an upcoming fundraiser to help you get your fill of summer fun fair foods, starting the end of July.

Click on the logo and follow us on Instagram

[@wfh_cp](#)



And Twitter

[@wfh_cp](#)



Click the link and visit our new website.

www.wfhcp.com/

News from the front office

519.258.4501 info@wfhcp.com

- The office is closed to the public, but we are still able to take your calls and emails
- Rent can still be paid and monetary donations can still be accepted. Please call 519.258.4501 for more information
- Temporary food bank hours are Mon and Fri 1:30 pm – 4 pm. These hours may change. Please watch our social media for updated hours.

For more updates, follow us Facebook.





Recipes from the food bank



INGREDIENTS

1 can chunk light tuna
9" deep dish
1 jar mushrooms
2 c. pepper Jack
cheese
3 eggs
1 1/2 c. whole milk

DIRECTIONS

Preheat oven to 375°F.
In a medium bowl, flake
chunk light tuna
(drained) with a fork.
Sprinkle bottom of a
thawed frozen deep-
dish pie-crust shell with
tuna, a jar sliced
mushrooms (drained)
and shredded pepper
Jack cheese.
Whisk eggs and whole
milk in bowl; pour
slowly over tuna
mixture. Bake 35 to 40
minutes, or until quiche
is golden and knife
inserted in center
comes out clean.
Cool on wire rack 10
minutes; serve with a
frozen veggie side dish.

Recipe of the month



HOW TO MAKE CHEESY GROUND BEEF PASTA:

You'll need the following ingredients for
this skillet meal:

- Ground beef
- Onion, bell pepper and garlic
- Tomato sauce
- Corn
- Petite-diced tomatoes
- A box of creamy macaroni and cheese

First, prepare the box of mac and cheese according to the package instructions. This recipe is made with Kraft Deluxe, but you can pick any similar brand that includes the pouch of creamy cheese (Velveeta Shells and Cheese is another good option). Powder cheese will not turn out the same.

While the mac and cheese is cooking, you'll have time to brown the ground beef, onion, bell pepper and garlic in a large skillet. Then drain the meat mixture and return it to the same pan.

Next, stir in the tomato sauce, corn and diced tomatoes. Simmer over low heat for about 5 minutes.

Finally, add the cooked macaroni and cheese, toss everything together, and serve!

Leftovers keep **in the refrigerator for about 3 days**. The cooked creamy beef pasta will also stay fresh **in the freezer for up to 1 month**.

Find these recipes and more at:

<https://www.theseasonedmom.com/stovetop-chuckwagon-mac/>

<https://www.countryliving.com/food-drinks/recipes/a13563/tuna-mushroom-quiche/>

Be sure to enter our monthly contest and try you hand at these fun brain teasers!



LOOKING TO DONATE FOOD?

THESE ARE ITEMS NEEDED:

- EGGS
- HOT & COLD CEREAL
- RICE
- BOXED POTATOES
- CANNED FRUIT
- CRACKERS
- CANNED VEGETABLES
- PEANUT BUTTER
- CHILDREN'S SNACKS
- CANNED MEAT
- CANNED FISH
- BREADS
- MARGARINE
- JUICES
- COOKIES
- BABY SUPPLIES
- HOUSEHOLD PRODUCTS
- FEMININE HYGIENE PRODUCTS



900 Howard Ave
Windsor Ontario

Food Bank

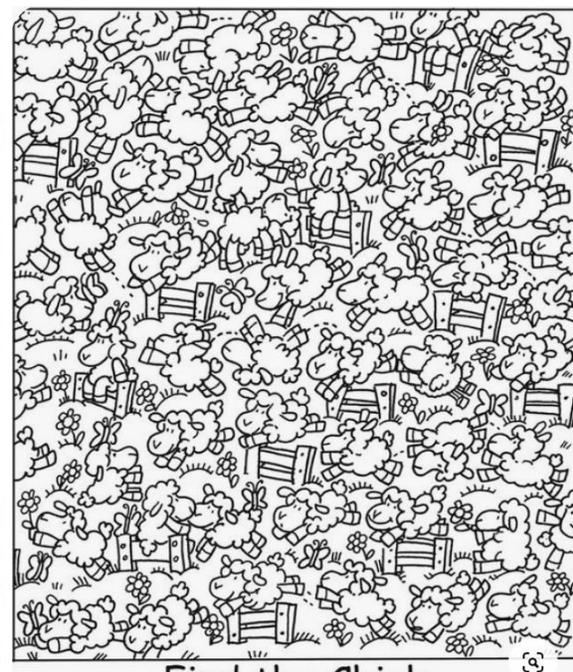
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CONTEST TIME!

Want to win a \$25 Grocery gift card?

Look at the list of ingredients above. These are food bank staples. Submit a recipe using these items (you may include items commonly found in a home such as milk, eggs, produce or meat.) The winning recipe as determined by staff at WFHCP will receive a \$25 grocery gift card and have their recipe published in the next newsletter. Runner ups will also have their recipes published in the next newsletter. You can submit your recipe to info@wfhcp.com up until Oct 23 with subject "Recipe."



Find the Chick