

Monthly Message: Shelburne Food Bank prepares for the season of giving

As Christmas approaches ? a season filled with togetherness, compassion and the joy of giving ? we are reminded of the strength and generosity that define our community.

Every year, the Shelburne Food Bank has the privilege of witnessing countless acts of kindness from neighbours helping neighbours. Yet this year, more families are turning to the food bank than ever before. Rising costs, unexpected hardships and ongoing uncertainties mean that many households are struggling to simply make ends meet.

For some, the festive season brings excitement and celebration. For others, it brings added worries: Will there be enough food for a Christmas meal? Will the children wake up to something special on Christmas? Will we get through the winter without having to choose between heating and eating?

These are very real questions being asked by people right here in our community.

As we prepare for one of our busiest seasons, we are reaching out to you with a heartfelt request. If you are in a position to give ? whether it's a few canned items, packages of pasta, festive treats, toiletries, or a financial donation ? your support will make a meaningful difference. Every single contribution helps us to continue to provide food, warmth and dignity to local individuals and families who need a hand this Christmas.

Your generosity ensures that parents can serve a warm meal, that children can go to bed without hunger, and that neighbours facing difficult times can feel seen, supported and cared for. It reminds people that they are not alone here.

We understand that this year has brought challenges for many, and not everyone can give; for those who cannot, your kindness, understanding and encouragement still mean something. If you are in a position to help, we promise that your gift ? no matter the size ? will go directly to those in need.

Consider making a donation in someone's name as their gift this year to the food bank. Area businesses, perhaps challenge yourselves or similar businesses to collect needed food donations for the food bank. A donation of 300 of any item we give means we don't have to buy it for a month. Or if it's been a really good year, \$15,000 would allow us to continue running our Seniors Markets at five locations in Shelburne and the surrounding area for seniors next year.

There are many ways to give - please feel free to contact us with your idea at shelburnefoodbank@gmail.com. Tax receipts are available.

Thank you for the unwavering compassion our community continues to show. We are humbled by your support and inspired by how you come together year after year to lift one another up.

Together, we can help ensure this Christmas season brings hope, comfort and dignity to every household. Together, we can be there for those who need us.

On behalf of all the volunteers of the Shelburne food bank, we wish you all a peaceful, warm and caring Christmas.