



Dear,

The Holiday Season is just around the corner and over 19,500 people will be turning to Moisson Outaouais and its member organizations to have enough to eat. This is exactly what a young couple, expecting their first child, is going through. Émilie is starting the last trimester of her pregnancy and will soon be going on preventive leave. Her partner, Alexis, usually works long hours, but was injured recently. He now finds himself unable to work and the couple is suddenly confronted with a severely limited budget. As future parents, they worry about the upcoming expenses given the high cost of baby products. **They will have to rely on their local food bank.** This vital support will allow them to feed themselves with dignity while seeing to the healthy development of their unborn child.

I'm sure that you noticed the skyrocketing food prices at your local grocery stores. **I can't imagine how difficult it must be for Émilie and Alexis to choose one food item over another** when all nutrients count during and after pregnancy. Their story is only one of the hundreds we hear from the recipients of our member organizations.

"I am always stressed out when going to the grocery store because my choices are limited. I really hope that my baby will get everything he needs to be strong and healthy."

- Émilie

When you give to Moisson Outaouais, **you feed the hope that every household will find again its food autonomy.** By helping us provide healthy and fulfilling meals, you also make the gift of a better and healthier life.

In this festive season, I thank you wholeheartedly for spreading the spirit of sharing in the hope of reaping its benefits all year long.

Sincerely,

Diane (Diane Dupont-Cyr, Chair, Board of Directors)

P.S. Multiply your donation amount by 8 to find out the real value of the food aid you will be providing to a local family.

Thank you for helping us feed families and children in need.

\$50
= 150 MEALS

\$100
= 300 MEALS

\$300
= 900 MEALS

\$500
= 1 500 MEALS

I choose to contribute with a :

One-time donation : ☐ \$50 ☐ \$100 ☐ \$300 ☐ \$500
Other : \$ _____

Monthly donation : ☐ \$10 ☐ \$20 ☐ \$30 ☐ \$50
Other : \$ _____

More details on the back page!

Donate on our website or by mail

PAYMENT METHOD: ☐ Visa ☐ MasterCard ☐ Cheque

CREDIT CARD NUMBER : _____
Month Year _____
EXPIRATION CVC _____

EMAIL FOR INCOME TAX RECEIPT : _____
(Optional, if you wish to receive it by mail.)



Moisson Outaouais and its affiliated organizations band together so that everyone can enjoy a fulfilling meal, without worry, at Christmas. Demand will remain high over the next several winter months, but we will keep on lending a helping hand with a warm heart.

STRENGTHENING THE SOCIAL FABRIC

To brighten the cold and grey daily life of homeless people, organizations such as soup kitchens provide them with a secure place to gather around a warm and tasty meal, as well as to share their life experience.



REINFORCING THE FAMILY NEST

At Family Centres, the Holiday Season focuses on comfort and peace of mind. Through their activities, they provide a gathering place to share a meal and allow low-income families to enjoy the Christmas magic with their children.

BREAKING THE ISOLATION

For low-income seniors, home-care centres with meals foster their autonomy. Being able to have a meal together, especially during the holiday season, keeps loneliness and isolation at bay. Besides providing a roof, these centres improve the physical and mental health of their occupants.



PROMOTING MENTAL AND PHYSICAL HEALTH

For people having mental health issues, winter months and the Holiday Season, are especially challenging. Food banks act as a landmark to find something to eat. Sometimes they are the door leading to other essential resources such as psychological support.



Join our monthly donors!



Monthly donation is a smart way to give. It brings you several advantages:

- An aid that confirms your ongoing commitment to the cause of hunger;
- A better annual planning of your contributions according to your actual budget;
- A one-time tax receipt sent at the end of the fiscal year.

For Moisson Outaouais, it is a stable source of income that allows us to:

- Better plan the actions to be taken to achieve our mission and support the entire territory of the Outaouais region;
- To ensure a rich and constant food aid in case of an exceptional emergency situation;
- Reduce our administrative costs.