

Eating.

a Vital Need.



Hello,

Did you know that most of the 19,500 monthly food-bank users in the Outaouais live alone? Mr. Bernard Leduc, a retiree for the last four years, is a good case in point. Managing his diet is challenging because of diabetes and high cholesterol. Daily tasks such as preparing meals become more demanding as the physical and cognitive effects of aging take their toll. Faced with growing expenses, recurring medication costs, ever increasing grocery bills and impending home-care services, **Mr. Leduc must rely on the local food bank.** This fundamental service enables him to enjoy a measure of financial stability and a better quality of life.

I suppose that, like me, you have had to cut down on non-essential expenses to compensate for inflation. As is the case for Mr. Leduc, the **revenues and social benefits are outweighed by rising basic expenditures for many individuals living alone, such as the elderly.** It is disheartening to imagine a person seated in front of an empty plate after having worked hard for so long.

Thanks to your contribution, Moisson Outaouais will be able to fill the food baskets distributed by its 71 affiliated organizations and partners to people in need. By helping your regional food bank, **you respond to a vital need, and you relieve some of the psychological, physical and financial stress of thousands of people.**

On behalf of all the individuals being helped, I thank you for your kindness and compassion towards your fellow human being. By fulfilling the vital need for food, our children will grow up healthy and our seniors will age with dignity.

Sincerely,

Armand Kayolo, Executive Director

P.S. Multiply by 10 the amount of your donation to find out the actual value of the food aid you will be providing to a person living alone in the Outaouais.

“All my life I’ve worked to earn my crust and let me tell you I had to swallow my pride when I asked for help. But I was treated with dignity at the food bank, and I now have enough food delivered at home.”

- Mr. Leduc

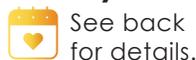
Thank you for helping us feed people living alone.



I wish to contribute with a:

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

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



You can also make your donation online or by email.

PAYMENT MODE : Visa Mastercard Cheque

CARD NUMBER : _____

Month Year

 EXPIRATION CVC

EMAIL, FOR INCOME

TAX RECEIPT (Optional) : _____



**Moisson
Outaouais**



**140,000 kg in food
supplies distributed**



**6,800 meals prepared
every month**

By redistributing the collected foodstuffs and cooked meals, our affiliated organizations and partners provide vulnerable people with security and a more peaceful life.
An outstanding assistance!

RESPOND TO A VITAL NEED

Eating three meals a day is essential to a good health. **For underprivileged children, family services centres** are a learning environment where they are provided with healthy meals and snacks.



FIGHT POVERTY

For single-parent workers, going to **the food bank** ensures that the whole family's nutritional requirements are met, thereby making it easier to maintain concentration at school or at work.

RELIEVE PSYCHOLOGICAL, PHYSICAL AND FINANCIAL STRESS

For new immigrants, emergency food assistance centres are an important resource to foster integration and build a better future. Through the support provided, they adapt more readily to a different food culture.



IMPROVE THE QUALITY OF LIFE

For the homeless, housing centres with meals provide steady nourishing meals at scheduled times of the day. They are a reassuring place to sleep safely and comfortably and to meet familiar faces.



**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.