

Giving is fulfilling!



Dear,

Did you know that over 26% of people receiving food assistance are single-parent families? As the Holiday season draws nearer, Catherine, a mother of two (Mathias & Alicia), wonders if they will be able to enjoy a real Christmas feast. After separating, Catherine bought back the remaining share of the family home. Because, she had to renew the mortgage at a much higher interest rate, her monthly payments increased by more than a hundred dollars. Buying a new home or renting are even less accessible or affordable options for her. Moreover, her full-time job is no longer financially sufficient, and she must work overtime to pay the bills and meet her children's needs. Overnight she has had to reassess her overall budget. Despite reducing discretionary expenses, she still had to cut back on groceries. This mother sadly realised she had no other choice but to call on her local food bank.

I'm sure you too have noticed the steady increase in the cost of living and the grocery bill. I can only imagine the psychological and financial stress this single parent is feeling. Her story, like so many others, is proof that misfortune can happen to anyone.

Thanks to you, Moisson Outaouais will be able to feed over 24,200 people every month via its 70 member organisations and partners. Through the cold season ahead, your donation will bring warmth and comfort as it will allow us to distribute nutritious food and meals to people in need.

In this period of love and giving, and in the name of Catherine and all those who need support, I wish to express my deepest gratitude for your generosity.

Thank you for joining hands with us in a spirit of solidarity and mutual support.

Sincerely,

Armand Kayolo
Executive Director, Moisson Outaouais

P.S.: To find out the true value of the food assistance you could offer to a local family, multiply by 10 the amount of your donation.

“Even though I’m going through tough times, I want to preserve the magic of Christmas for my children. It is so reassuring to be able to rely on immediate assistance during this period of uncertainty.”
- Catherine

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



I wish to contribute with a:

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

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

See back for details.

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): _____



2,500 Christmas baskets distributed through our network



24,236 people helped every month, all services considered



1.6 million kg of food supplies distributed yearly

Moisson Outaouais and its affiliated organisations team up so that everyone can enjoy a bellyful and worry-free Christmas. Demand for food assistance will remain high for the upcoming winter months, but we will remain steadfast and good-hearted in our efforts to reach out to those in need.

Respond to a Vital Need

Eating is a fundamental need critical for the survival of any human being. When someone is in a vulnerable situation, **emergency food aid** brings an immediate solution by providing adequate nourishment.



Bring the Community Together

For people living alone, **soup kitchens** provide a meeting place. During the Holiday season, gathering around a warm meal fosters discussions and new encounters, and relieves loneliness. In working together to alleviate hunger, these organisations share the common goal of creating a stronger and more resilient social fabric.

Advocate Social Justice

Access to food is a vital right that contributes to a fairer world and greater solidarity. At **shelters and temporary accommodation centres**, homeless people receive not only meals but also reassurance, safety and kindness, as well as the tools to build a better quality of life.



Relieve Psychological, Physical and Financial Stress

The cold periods of winter can be more costly for low-income families. This is why **family centres** act as reference to reinforce the family nest. Among other things, they are the gate to other resources such as learning to cook to fulfill children's nutritional needs.



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.

