

FEEDING HOPE

What If You Could Double Your Donation and Give a Child the Summer They Deserve?

Throughout June, every dollar donated to our **Send a Kid to Camp Campaign** will be matched dollar-for-dollar up to \$50,000.

What if your donation could do twice as much while helping a child from a low-income family experience something many of us remember fondly from our own childhood? Think back to your summers. Perhaps you learned to swim at camp. Maybe you paddled a canoe across a quiet lake, roasted marshmallows over an open fire, caught your first fish, or discovered a love and appreciation for nature. Chances are you made friends, gained confidence, and created memories that have stayed with you for a lifetime.

For many families served by The Compass Food Bank & Outreach Centre, summer camp isn't a possibility, it's a luxury they simply can't afford. When you're struggling to keep food on the table and a roof over your children's heads, camp fees are out of reach. School provides more than an education; it offers structure, supervision, and often meals. When the last school bell rings, many parents are left asking a heartbreaking question: How will I care for my children all summer long?



Through diverse partnerships with local camps, some of which offer various discounted rates. The Compass helps children access summer programs that spark their passions, whether that's sports, outdoor adventures, cooking, arts, or creativity.

This June, your gift can help create the kind of childhood memories every child deserves. **Every donation will be matched, dollar-for-dollar, up to \$50,000.** A gift of \$50 becomes \$100. A gift of \$100 becomes \$200. And so on.

Together, we can give local children the camp experience. We can give them confidence, friendships, joy, and memories they'll carry for the rest of their lives.

Please donate today and help send a Compass child to camp. Your generosity will be doubled, but the impact on a child's life will be immeasurable.

We've Been Walking For

20 YEARS



THE COMPASS FOOD BANK & OUTREACH CENTRE

20 Years of Walking. One Community. One Million Reasons to Join Us.

Some milestones deserve to be celebrated.

For 20 years, our community has come together to Walk The Walk for The Compass Food Bank & Outreach Centre. Neighbours, businesses, families, schools, faith groups, and friends have laced up their shoes with a shared purpose: helping ensure no one in south Mississauga has to face hunger alone.

Together, those first 19 Walks have raised more than **\$760,000** to provide healthy food and support to local individuals and families experiencing food insecurity. This year, we have an opportunity to do something extraordinary.

With your help, we can take another giant step toward surpassing \$1 million raised through Walk The Walk and make a lasting impact on hunger in our community.

Join us on **Saturday, September 19** for what promises to be our most memorable Walk yet. Thanks to our Lead Event Sponsor, Southdown Dental, and all our other sponsors, this year's celebration will feature a community carnival, live music, a delicious lunch, family-friendly activities, and a free ice cream truck for all participants.

Whether you're walking as an individual, family, workplace team, school group, or with friends, every step helps bring food to the table for local neighbours who need it most. Friendly dogs on leashes welcome, too.

And there's an added bonus!

Register before **July 15** and you'll automatically be entered to **win one of three \$100 gift cards.**

Don't wait. Register today, invite your team, or join yourself, and be part of a milestone that will be remembered for years to come. **Together, let's make our 20th Walk our most impactful yet.**

WHAT DOES “WRAP-AROUND CARE” MEAN AT THE COMPASS?

We know that food insecurity is often a symptom of deeper stressors. To truly support our clients, we have to look at the bigger picture. That’s where our Circle of Care comes in. By offering wrap-around services in our central location, we aim to address the diverse needs of every individual who walks through our doors. Here is how we make it happen:

Strategic Scheduling: We coordinate our monthly calendar so that complementary partner agencies are on-site at the same time.

Seamless Collaboration: Our on-site partners maintain strong working relationships

allowing them to introduce and transition clients between services effortlessly.

A “No Wrong Door” Approach: No matter who a client speaks to first, our team is equipped to guide them to the right resource. If a specific service isn’t immediately available, our staff and volunteers step up to provide the necessary information and referrals.

By wrapping our clients in community and support, we aren’t just providing food, we are feeding the whole person.

SUPPORTING OUR LITTLEST GUESTS THIS SUMMER

Did you know that **1 in 3 clients** we serve at The Compass is a child? During the school year, many of these kids rely on school food programs for their daily nourishment. When summer arrives and those programs pause, family food budgets are stretched to the absolute limit.

When School Ends, The Compass Steps In

Higher Attendance: We see a major influx of families attending our hot meal programs throughout July and August.



Growing Demand: Our need for fresh fruits, snacks, and juice boxes grows exponentially.

Thank you to our incredible staff and volunteers for wrapping your arms around these families and making The Compass a warm, supportive place for kids all summer long!

INTRODUCING: THE COMPASS CULINARY ACADEMY

We are thrilled to announce our most ambitious "more" yet. Starting at the end of April, we launched the Compass Culinary Academy, a path to purpose for our clients.

Under the expert guidance of Chef Brian and our staff, three clients and three volunteers embarked on a six-month intensive program every Thursday. This isn't just a cooking class; it's a career springboard.

The Academy Experience:

- **Skill Building:** Participants master knife safety, meal planning, and professional recipe execution.
- **Real-World Output:** The team will produce 80-100 meals per month for a local coffee shop partner.
- **Sustainability:** Revenue generated from these sales is reinvested directly into the school, ensuring its long-term viability.



- **Internal Growth:** Academy participants will also support our daily Compass lunch preparations, enhancing our entire kitchen operation.

Why This Matters:

The Culinary Academy offers more than a trade, it offers resilience. Our participants develop transferable food service skills, build confidence through teamwork, and contribute meaningfully to the local food ecosystem.

At The Compass, we believe that providing a meal is essential, but providing a path to a future is transformational.



Meet Our Summer Team

This summer, The Compass is buzzing with extra energy thanks to our incredible team of summer hires! Coming from diverse academic backgrounds, these seven students are bringing fresh insights to our daily operations while gaining hands-on experience in community care.

With demand at an all-time high, our summer team is learning firsthand what it takes to power our Circle of Care. Here is a look at who they are, why they joined us, and what they've discovered so far:

"There is an immense amount of effort that goes into running things smoothly, and the collaboration between staff and volunteers is amazing."

- Chantal, Food Bank Operations

Chantal is studying Anthropology (University of Guelph). She is drawn to community service, Chantal wanted hands-on experience at an organization that does far more than the average food bank.

"I am learning how food banks operate, and I'm learning the real-world importance of efficient logistics in a fast-moving warehouse."

- Simrit, Warehouse Logistics

Simrit is studying Supply Chain Management (Sheridan College). She discovered us through her school co-op and loved the idea of making a tangible, personal difference in someone's life.

"I'm realizing just how organized and structured an organization needs to be to run this efficiently."

- Michael, Food Bank Operations

Micheal is studying Social Sciences (University of Toronto). After supporting The Compass from the outside through local fundraisers, Michael wanted an internal, holistic look at our operations.



Meet Our Summer Team Cont'd...

"With the rising demand for food banks, every part of the operation is forced to be highly efficient. The staff and volunteers work incredibly diligently."

- Ben, Communications & Fundraising

Ben is Studying Business Administration (Wilfrid Laurier University). He previously volunteered at The Compass with his local sports teams, Ben wanted to understand the operational side of non-profit impact.

"I didn't realize that double income households are now having to rely on the food bank!"

- Sydney, Client Services

Sydney has studied Psychology & Social Work (McMaster & Laurier). Having previously volunteered at The Compass, she loved the welcoming environment, and couldn't wait to return.



"Everyone here is so kind and willing to help. I absolutely love shopping alongside our clients and getting to know their stories."

- Ashley, Client Services

Ashley is studying Criminal Justice (Humber College). She is deeply passionate about community outreach, public engagement, and meaningful human connection.

"I've realized how much behind-the-scenes effort goes into maintaining an efficient kitchen, alongside the incredible kindness of the staff."

- Max, Kitchen Assistant

Max is a culinary student training to be a professional Sous-Chef. He wanted a meaningful summer role where he could use his culinary skills to directly nourish his local community.

THE "INVISIBLE BARRIER"

How Complex Language Excludes Those in Need.

A few weeks ago, I met a client who had recently moved from British Columbia and was struggling with her Ontario Works benefits. Because she had left the province without informing her caseworker, unaware that this was a requirement, a hold was placed on her account.

While we often discuss physical obstacles like transit or housing, we frequently overlook the "invisible barrier" of complex language. When policy becomes too complex for a client to navigate, it ceases to be a guide and becomes a trap. It signals that the system prioritizes its own procedures over the people it is meant to serve.

We shouldn't wait for a client to break a rule they didn't know existed. **For some, a "misunderstanding" results in a late fee; for our clients, a misunderstanding of a travel policy can lead to a frozen account, a missed rent payment, and the threat of homelessness.** If we do not provide the clear information necessary for success, we aren't "coordinating services"—we are setting people up to fail.

We need to shift the accountability from the client to the process. If a person cannot reasonably grasp what they are signing, then we have to do better. Dismissing these gaps as "personal oversight" or saying "she should have known better" ignores our responsibility.

- Sukhi, Client Services

IN THE WAREHOUSE

How can I explain to people how wonderful it is to work at The Compass? Every day, as I walk through the warehouse and the market, I see the quality and quantity of donations from our community and our churches. I find it miraculous how often we have exactly what we need, so much so, that I often have the urge to say "thank you" out loud! I call it "The Compass Effect" and, believe me, it's a real thing and I'm so proud to be a part of it!

- Karen, Inventory Manager



CLIENT SERVICES

A food bank with more!

Tracey the Client Services manager can often be heard saying that “The Compass is a Foodbank with more”. Food is at the heart of the Compass and client services provides “the more”. Client services staff and volunteers spearhead the additional programs and social service agencies that rotate throughout our monthly calendar. The goal is to ensure that 100% of clients needs are met 100% of the time. If you require additional services that go beyond the scope of food, please drop in and see a Client Services representative. They will be able to guide you through the many agencies or make appropriate referrals.

In challenging times, the need to fill service gaps and amplifying services is a must. We endeavour to host a variety of services to meet the needs of our clients. Our partners understand that navigating office locations, policies and procedures can be stressful. By hosting drop-in sessions at a familiar place, the hope is that stress and confusion is reduced allowing for better connections and optimal service programs are happening.

The services that are available range from Identification replacement, housing, employment, mental health and wellness, and minor medical support. Social and interpersonal connections can be made at one of our additional groups such as films and fellowship, Refresh or men’s and women’s groups.



The goal is to ensure that 100% of clients’ needs are met 100% of the time.



Feeding the whole person happens when a community comes together to do more. It’s the little extras that amplify and elevate. Coming soon: summer BBQ’s, Camp registration, Back to school support and so much more! Check out our monthly calendar [here](#) and keep coming back to the website to see what new and exciting services and programs are happening.

Do you want instant updates?

Follow us on social media!



@compassfoodbank

 [@thecompassfoodbank8156](#)

WHY VOLUNTEERING WORKS FOR YOU

We believe giving back should fit your lifestyle. That's why we offer a flexible, modern approach to volunteering:

Self-Scheduled Shifts: You have total control. Sign up for the shifts that work for you with no mandatory weekly commitment.

Flexible Hours: Whether you prefer mornings, evenings, or weekends, we have a time slot that fits your calendar.

Diverse Opportunities: Choose to work in a public-facing role or contribute behind the scenes.

Growth & Variety: Want to try something new? We offer cross-training across different areas so you can keep your experience fresh.

Professional Development: Gain valuable certifications with training in Safe Food Handling, First Aid, and De-escalation techniques (based on volunteer roles).

The Benefits of Joining Our Team Connection: Meet new people in a social, high-energy, and fun environment.

Impact: See firsthand the difference you are making in the lives of your neighbors.

Skill Building: Develop professional experience and a strong resume—perfect for students or those looking to pivot careers.



Ready to join us?

Fill in an application [here](#)

If you're already a volunteer, email volunteer@thecompass.ca about cross training opportunities.

MORE THAN A MEAL: THE HEART OF THE COMPASS KITCHEN

The Compass Kitchen isn't just feeding people; it's fueling a community where everyone belongs.

While our market provides the ingredients for survival, The Compass Kitchen provides the ingredients for connection and dignity. As we serve approx 8,000+ hot meals each month, the Kitchen remains the vibrant heart of our community.

Breaking the Bread of Loneliness, hunger is often accompanied by isolation. Our "community living room" restores normalcy:

- **Daily Welcome:** Breakfast at 9:30 AM and hot lunches at 11:30 AM ensure no one has to eat alone.

Dignity First: We provide an opportunity for a sit-down meal model that prioritizes human connection.

A meal is often the first step toward stability. Guests enjoying coffee are just steps away from essential services:

- **Health & Housing:** On-site access to the Bloom Clinic and partners like SHIP for housing support.
- **Financial Wellness:** Assistance with tax clinics and Service Canada applications.



Strengthening Our Fabric The Kitchen anchors specialized programs that build deeper bonds:

- **Peer Support:** Weekly Men's and Women's groups pair nutritious dinners with crafts, movies, and guest speakers.
- **Summer BBQs:** On Thursday evenings, we celebrate the summer season with the south Mississauga community over hamburgers and hot dogs!

Leading the Charge in Food Rescue

We are committed to sustainability. In partnership with Second Harvest, we transform surplus high-quality ingredients into daily specials—like our fan-favorite Thai Coconut Carrot Peanut Soup, ensuring good food ends up on plates, not in landfills.

The Compass Food Bank

427 Lakeshore Road East
Mississauga ON L5G 1H8
905-274-9309
info@thecompass.ca

Food Bank Hours

Monday 9:30 am – 7 pm
Wednesday 9:30 am – 5 pm
Friday 9:30 am – 5 pm

HOW YOU CAN HELP?

Fuel Hope: Become a 20th Anniversary Walk Sponsor!

For two decades, our community has walked to fight food insecurity. This year, we are aiming for a record-breaking \$200,000 to provide 10 weeks of essential groceries. **With over 2,800 neighbors relying on us monthly, your corporate partnership is more critical than ever.**

By sponsoring our 20th Annual Walk the Walk on September 19th, you will reach thousands of local supporters while directly impacting families facing the rising cost of living. Join lead sponsor Southdown Dental in making this milestone unforgettable.



Lead Event Sponsor: Southdown Dental

**Invest in your community.
Become a Sponsor today!**
★
melinda@thecompass.ca

JUST A FRIENDLY REMINDER



Making a Donation? Please make the cheque out to:

- ✓ The Compass **OR**
- ✓ Lakeshore Community Outreach Centre Inc.

We appreciate your help and support!