



FEEDING HOPE

20 Years of Walking, One Million Reasons to Keep Going.

By Melinda Prain
Fund Development & Partnership Manager

For two decades, south Mississauga has come together to walk, to give and to help put food on our neighbours' tables. On September 19, we have the chance to make our 20th Walk the most meaningful one yet.

Twenty years ago, a group of people came together and walked for The Compass. Year after year, our community kept showing up. They walked because people were hungry. They walked because neighbours were struggling. They walked because they believed that when someone in our community needs help, we help.

On Saturday, September 19, we'll do it again as we celebrate the 20th Annual Walk The Walk for The Compass Food Bank and Outreach Centre, starting and finishing at St. Mark's Lutheran Church in Mineola. We hope you'll be there.

Today, the need behind this Walk is greater than ever. The rising cost of rent, groceries, utilities and everyday necessities is stretching household budgets beyond their limits.



Once the bills are paid, too many people are left wondering: what's left for food?

Every week, more than 2,000 people turn to The Compass for food and support. One in three is a child. They are families, seniors, people living with disabilities, people experiencing homelessness and people who are working but still can't make ends meet. They are our neighbours. And they are why we walk.

Over 19 years of The Compass Walks, this community has raised more than \$760,000. Now, for our 20th, we're striving for an incredible milestone: \$1 MILLION raised over two decades to help feed our neighbours - and everyone can help to reach that goal.

Walk for however long you can: 1, 6 or 10km. Or run it. Start a team. Bring your family, friends, neighbours or coworkers. Fundraise. Sponsor someone. Or, if you can't join us, simply make a donation.

Every donation matters - whether it's \$10 or \$100 - it all makes a difference. Every registration matters. Every person who tells someone else about The Walk has an impact, because big things happen when a community does what it can, together. And while the reason we walk is serious, the day itself is a **celebration** of everything that makes our community special. After your route, enjoy a free meal from Mario's BBQ & Grill, music from DJ Camelot, our free family carnival, games, face painting, an ice cream truck and more. Bring the kids, and yes, bring the dog, too! Well behaved dogs on leashes are always welcome.

Every registrant will also receive a 20th Anniversary Welcome Kit with a few special surprises inside. Timing and event-day details will be provided once you've registered.

We are tremendously grateful to Southdown Dental, returning as our Lead Event Sponsor, and to all of the generous sponsors and community partners who make this celebration possible.

For one day, we'll walk different distances and at different speeds, but we'll all be heading in the same direction. Toward a community where neighbours look out for one another. Where people facing difficult times know they are not alone. And where we come together to help put food on the table for those who need us.

Register now at
THECOMPASS.CA
or Scan the qr code



THERE'S STILL TIME: BE PART OF THE 20TH.

Register. Walk. Run. Fundraise. Donate.

You don't have to walk the farthest. You don't have to raise the most. You don't have to make the biggest donation. **You just have to decide that helping matters.**

Help us turn 20 years of footsteps and generosity into \$1 million for our community.

September 19. Come walk with us. Be the Help for Today. Hope for Tomorrow.

<https://www.canadahelps.org/en/charities/the-compass/p2p/Walk2026/>



Lead Event Sponsor:



A MESSAGE FROM OUR EXECUTIVE DIRECTOR

Help for Today and Hope for Tomorrow.

By Trish Trapani
Executive Director

This is The Compass. This statement defines our mission, and it is a mission that would not be possible without the unwavering commitment of our incredible volunteers and community partners.

Having served with this mission for over a decade, each year it becomes deeper and more meaningful to me. At its core, food insecurity is the immediate “help” folks come for. When families are forced to choose between rent and groceries, the sheer weight of that decision leaves little room to focus on anything beyond their next meal.



Thanks to your generosity, support, and time, The Compass has consistently kept food on our shelves to lift that burden. Meeting this immediate need provides our community members the emotional and mental space to think about their next steps and begin to feel hopeful.

Beyond immediate food relief, we walk alongside our guests by offering resources through on-site agency partners - addressing the broader challenges tied to food insecurity.

As we step forward together, we are profoundly grateful for your dedication. Thank you for being the hands and feet of this mission.

EVERY STEP CREATES HOPE

By Sukhpreet G, SSW
Client Service Coordinator

At The Compass Food Bank & Outreach Centre, we believe that being a food bank means more than providing food. It means being an active, compassionate presence in our community. We are constantly asking ourselves an important question: what steps do we need to undertake in order to do more? More for our community, more for our guests and more to provide help for today and hope for tomorrow.

The answer begins by listening.

Every day, we speak with our clients, volunteers, neighbours, and community partners to better understand the challenges people face and how we can respond with purpose. We know that every decision we make - no matter how small - has the potential to shape the community around us. That's why we are committed to ensuring our actions reflect the needs, concerns, and hopes of the people we serve.



You may have seen our volunteers in their bright red vests walking through the neighbourhood with litter pickers and garbage bags in hand. While they are helping to keep our streets clean, they're also building connections—stopping to chat with neighbours, listening to concerns, and showing that The Compass is invested in the well-being of the entire community.

Our food bank is more than a place where people receive support. We are a trusted neighbour, a community partner, and a catalyst for positive change. Whether we're sharing a meal, offering resources, cleaning a park, or simply listening to someone's story, we believe that meaningful impact is created through consistent acts of care. Because every conversation matters. Every action has purpose. And every step creates hope.

CELEBRATING OUR SUMMER TEAM!

By Trish Trapani
Executive Director

Each year, many of us look forward to summer for the warmer weather, relaxed schedules, and outdoor events. But at The Compass, we look forward to the season for another special reason: it brings us the opportunity to welcome a **collective of bright, ambitious young adults through the Canada Summer Jobs program.**

This year was certainly no exception! We were truly blessed to have seven incredible students on our team who, without a doubt, represent our future leaders.



If you had the chance to work alongside them over the past few months, you know firsthand the difference they made. They brought fresh perspectives and innovative ideas to our daily operations, energy and enthusiasm to



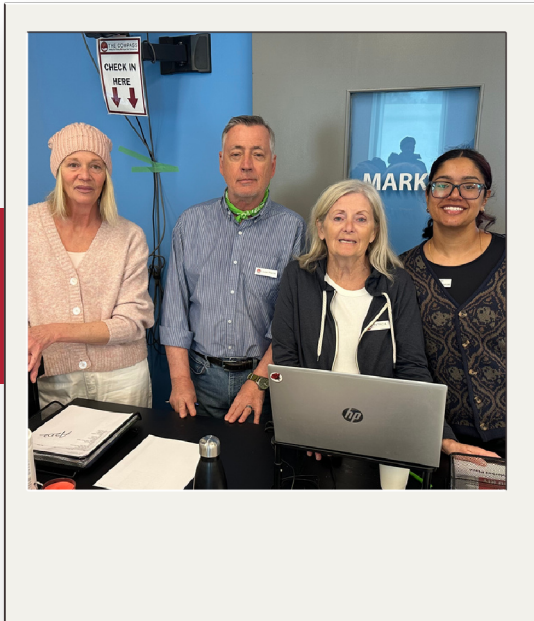
every project they tackled AND a strong work ethic that directly supported our mission of Help for Today and Hope for Tomorrow.

As they prepare for the upcoming academic year, please join us in extending a huge thank you for all their contributions. We wish each of our seven students a fabulous, successful school year ahead!

VOLUNTEERS: THE HEART AND SOUL OF THE COMPASS

By Sheryl & Suesie
Volunteer Management Team

Volunteers are the heart and soul of everything we do at The Compass. As the demand for our services continues to grow, so does our need for dedicated hands and compassionate hearts.



Welcoming new team members is an intentional process. Since May, we've already hosted five comprehensive orientation sessions – each nearly three hours long! From initial contact to a volunteer's first shift, onboarding typically takes about three weeks depending on orientation dates. If you or someone you know has applied and hasn't heard back just yet, please know it often comes down to matching specific skills, experience, and availability with our current operational needs.

Where We Need the Most Help: Our greatest need right now is during our **Market Days** on Mondays, Wednesdays, and Fridays. We are actively looking for:

- Dishwashers
- Servers
- Shoppers
- Shelf Stockers

Once new volunteers gain experience in these core positions, they have the flexibility to explore specialized roles, or simply settle into the routine they love best!

How We Empowered the Next Generation:

Thanks to overwhelming interest, we were thrilled to launch our very first Student Volunteer Orientation in August! Student volunteers dove into the work we do around food insecurity, learned the ins and outs of hosting successful food drives from our summer team member Michael, and got the chance to help out with our biggest event of the year: The Walk.

Interested in joining our team? Start by filling out our online application today!

Ready to join us?

Fill in an application [here](#)

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

SUPPORTING THE WHOLE FAMILY

Every step creates hope.

By Tracey & Sukhi
Client Services

After food insecurity needs are met, the next step to feeding the entire person begins with the Client Services team at The Compass. Client services has a wide variety of resources, programs and services available throughout our monthly calendar.

By offering seasonal programs, we help build a brighter future and foster hope, which allows every member of the family a chance to participate, thrive and excel.

In 2026, the Summer Camp program sought out high-quality community summer camps to provide our clients' children with not only a fun summer experience, but also to develop essential life skills. Our most popular camps (attended by 56% of registered children) provided structured environments that allowed the children to develop leadership skills and personal growth (Little Champ Camp), learn knife safety skills and independence in the kitchen (Cooksmart), and grow their self-esteem and confidence (Magnitude Martial Arts).

The generosity of our donors has also allowed for The Compass to place some of the children into highly specialized camps including dance, canoe and art camp. The costs of these specialized camps were all greater than what their families could have otherwise afforded; however, with the support of The Compass, their children were able to further pursue their passions this summer.

**This year's program
resulted in 84 unique
children attending
150 weeks of camp.**



The Compass understands that the cost of high-quality school essentials can put added strain on budgets that are already quite tight. Our Back-To-School program helps children start the school year feeling prepared, confident and equal to their classmates. This program provides families with school-aged children a durable backpack and a Walmart gift card. These backpacks will last for years to come, and the gift card allows the family the dignity and independence to select their most needed items.

Thanks to the ongoing generosity of Councillor Dasko, The Compass is pleased to offer complimentary activity passes to our clients. These passes give individuals and families the opportunity to stay active, enjoy local recreational facilities and take part in activities they may not otherwise be able to access. This is another meaningful way we can help support well-being beyond the food we provide.

The Client Services Department is committed to providing healthy food, sending children to camp, preparing students for a new school year, and helping families enjoy experiences in their own community - proving that every act of generosity helps build a brighter future.

LOOKING AHEAD TO OUR BUSIEST SEASON!

By Karen Sears
Inventory Manager

September marks the beginning of the home stretch toward the Holiday Season – traditionally our busiest time of year here at The Compass. As we prepare for the months ahead, here are a few and reminders:

Book your food drive by phone or on the website - booking a slot means we can have volunteers onsite to unload your boxes. Easier on your backs!

Scan QR code to
book your food drive
drop-off time



Want to donate food? Look weekly on the website for our Most Needed Items, which help us to reduce our spending! Here's a short list also: Pasta, Pasta Sauce, Canned Tomatoes, Canned Meats, and Canned Fruit.

Do you volunteer at The Compass? Maybe think about signing up for a “Friends and Family” shift in December. They were such a hit last year, we will definitely be doing this again.

We do not accept clothing donations - we simply don't have the space.



*Sukhi representing
The Compass at an event!*

During 2026, we have had lots of donations from parishioners in the area, who have given food and toilet paper this year. I know you care a lot for our organization, and we are thankful for you.

Thank you for your continued support of The Compass.

Do you want instant updates?

Follow us on social media!



@compassfoodbank

@thecompassfoodbank8156

“SUPERB” FOOD MADE IN THE KITCHEN

By Delenn "D.J."

Daughter of Kitchen Manager Fiona W.

Recently, I had the wonderful opportunity to help Chef Brian and my mum, Kitchen Manager Fiona, run a hands-on cooking class for a local group from Community Living – giving their dedicated caretakers a well-deserved evening off.

Joined by four amazing participants (affectionately dubbed 'The Lads') and two caretakers, we set out to make pizza and brownies from scratch in The Compass kitchen.

We kicked off the night kneading pizza dough – a sticky, contentious, but hugely fun exercise! While the dough was left to rise, we pivoted to dessert: homemade chocolate chip brownies.

The Lads split into teams for wet and dry ingredients, watching in awe as the cocoa powder transformed the batter. To top it off, Mum found some vibrant sprinkles, officially upgrading our creation to “Magic Brownies”.



Chef B



Magic Brownies

As the dishwasher for the evening, my favourite moment was hearing one enthusiastic guest declare his first taste as simply "Superb!"

Since the dough was taking its time to rise, we adapted on the fly using puff pastry sheets, sparking a lively debate on toppings (anchovies were surprisingly popular!). Soon enough, cheese-filled pizzas were coming out of the oven, and everyone gathered around the table to feast.

By the end of the night, we packed up over 20 takeaway containers of pizza and two full trays of brownies – one for the group to take home, and one saved as a treat for The Compass volunteers the next day.

It was an absolutely amazing experience to share with everyone, and I can't wait for my next visit to run rampant and give back to The Compass!



Mum, Chef B, the Lads and I

WHAT QUALIFIES FOR A TAX RECEIPT?

By Mahin Sarabi
Accounting Manager

As we head into the season of giving, we want to make donating to The Compass as simple and convenient as possible. Tax receipts are automatically issued every February for the previous calendar year's donations of \$20 or more. If you would prefer to receive your tax receipt immediately after making your donation, we're happy to accommodate that upon request.

Ways to Give

- **Online:** The quickest and easiest way to donate is through the Donate button on our website. You'll receive an instant tax receipt by email.
- **Cheque:** Please make cheques payable to: **The Compass** and include your name, mailing address, phone number and email address.
- **E-Transfer:** Send your donation to **treasurer@thecompass.ca**. Please include your name, mailing address, phone number and email address in the message section. Tax receipts for e-transfers are issued the following February.
- **Securities:** Donations of publicly traded securities can be made easily through our website.
- **Cash:** Cash donations are always welcome at The Compass office. Please ensure your name and contact information are included on the outside of the envelope.



Gifts-in-Kind

We are also able to provide Gift-in-Kind tax receipts for eligible donations. To qualify, the donation must be pre-approved by The Compass, and a receipt or invoice showing the full value of the donated item(s) must be provided at the time of the donation.

If you have any questions about making a donation or receiving a tax receipt, please don't hesitate to contact us. Thank you for helping ensure our neighbours have access to healthy food and compassionate support throughout the year.

"I stopped by to donate some reusable grocery bags and stayed for the music, food, and fun – the energy was infectious! I couldn't tear myself away from the dance party. **What an amazing time with an amazing community!**"

Danielle Lenarcic Biss

(discussing our Community BBQ with Indwell)

UPCOMING EVENTS

Sept 19, 2026 - The 20th Annual Walk the Walk for The Compass

Register online for this amazing event!

Location: Church of St. Mark, 130 Mineola Rd E.

Nov 7, 2026 - Cabinfest

Location: Small Arms Inspection Building

Check our social media for more information!



Danielle



Ashley & Michelle



D.J. Larry



The Compass & Indwell 2026



Are you are a current volunteer interested in events? Join our community engagement team by emailing: **volunteers@thecompass.ca**

No one should wonder where their next meal will come from.

Every week, approximately 2,000 people rely on The Compass for healthy food.

Every month, **monthly donors** provide dependable support that helps ensure nutritious groceries are there when families, seniors, and individuals need them most.

Will you be that person?

-  **\$25/month** feeds a client
-  **\$50/month** stocks the market every week
-  **\$100/month** sustains a family all month long



Join our Nourishing Circle. Become a Monthly Donor

Scan now to become a Monthly Donor



THE COMPASS
Help for Today ♥ Hope for Tomorrow

The Compass Food Bank

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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