



SUSTAINABILITY IN ACTION – PROJECT ISAIAH

Back in 1984, Jeanie Cohen came across tins of cat food in a senior’s cupboard, she didn’t own any pets.

At the time, it wasn’t unusual for people to purchase cat food instead of canned fish, because it was more affordable. But it was this reality that inspired Jeanie to take action through her role at B’nai B’rith Women-BC and with the support of the Jewish



Family Services Agency (JFSA). Her efforts along with Reenie Lifchus (z’l) and Sara Ciacci’s (left) resulted in one of the first food support

systems in the city and notably, in Western Canada. More than 30 years later, we know that program to be the Jewish Food Bank, a program now co-run by Jewish Women International-BC, and Jewish Family Services.

Other food security initiatives began to evolve out of the food bank. One of those was Project Isaiah. At the time, supporting

those in need during the High Holy Days was growing increasingly vital and this was important to long-time friend of JFSA, Norman Franks (above). He had heard about a program out East, supporting those who were dealing with food insecurity.

“It made sense that if it worked there perhaps it would work here. I tried to see if it would work, and thankfully it did.”

– Norman Franks

Norman managed to gain the generous support of Irving Sirlin from Bulldog Bag Ltd and over the last two decades, the project has grown to include collaborations with local synagogues and other local businesses. With the unwavering support of the JFS community, our Project Isaiah campaign typically

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OUR COMMUNITY GARDEN - RICH IN BOUNTY

JFS is proud to be a social safety net in the food security space. But, when the pandemic hit, one of the biggest worries we faced was having enough food products available to meet the needs.

Panic-buying was putting a stress on supply and demand, leaving store shelves barren. Even fresh produce and canned goods were becoming scarce.

In a matter of weeks, our food security program grew from serving three hundred people every two weeks to over 400 receiving grocery deliveries on a weekly basis. How were we going to manage?

It was the quick thinking of so many players in the food security and food recovery arena that helped fill our weekly grocery bags with fresh produce harvested from community and backyard gardens and a few local fruit and vegetable farms.

More than 20 fresh produce deliveries have been donated from local gardeners as a result of the "Seeds of Hope: Gleaning Project" launched by Temple Shalom back in April. Through the generosity of West Coast Seeds, Isabelle Diamond, Craig and Carrie Diamond and Aaron, Allie and Rory Saks, fruit and vegetable seeds were donated for congregants to plant in their home gardens. This project carried with it a mitzvah obligation honouring a biblical commandment where 10% of what was eventually gleaned be donated to those in need.

Over the years we have also benefited from several community garden partnerships. Recently UBC garden dropped off a generous donation of beautiful greens, including lettuce and herbs.

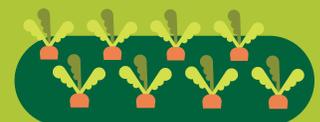
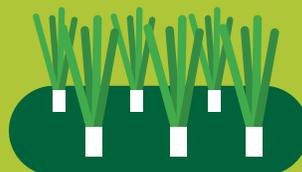
Stable Harvest Farms in Langley filled several truckloads with stunning leafy dark green kale, rich in vitamins K, A and C.

“ I never thought that a bunch of kale could make me so happy. ” – JFS Client

As we enter Hunger Action Month in September we acknowledge those who have been so generous in their support of food produce during COVID-19 and in the months moving forward.

To learn more about how you can help us with our food supply contact Carol Hopkins at chopkins@jfsvancouver.ca or call 604-558-5698

FACT: Over 1000 individuals, including 112 children and 50% seniors, have accessed the basic necessity of food remaining food secure during this pandemic.



THANK YOU TO ALL OF THE IN KIND DONORS WHO HAVE SUPPORTED OUR FOOD SECURITY INITIATIVES

*FOR MORE, VISIT WWW.JFSVANCOUVER.CA/COVID-19-IN-KIND-DONORS



MAMA'S CHALLAS

KHALSA AID

THE CHINESE CULTURAL HARMONY

VANCOUVER FRUIT TREE PROJECT

STABLE HARVEST FARM

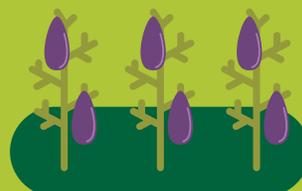
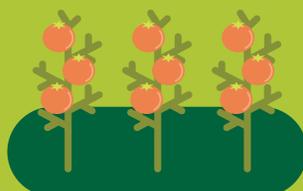
BARBARA HELLER



CHABAD RICHMOND

VANCOUVER FOOD RUNNERS

OMNITSKY KOSHER



VOLUNTEERS ARE OUR BACKBONE

We know that access to healthy food builds strong communities by providing safety, security and nourishment that extends far beyond simply feeding those in need.



It goes without saying that our Food Security Program has impacted clients' lives, especially in these exceptional times.

Behind each family or individual who benefits from our Food Security programs is a volunteer. There are very few tasks that do not involve the

incredible time and commitment of our amazing volunteers who have offered their expertise, love, and energy to support our community.

Within the first month of COVID-19, JFS more than doubled our team of volunteers. They have been integral in roles such as food delivery, saving us more than \$3000 every week since March. They have put in hours as counsellors, friendly visitors, advisors and Committee members. We have survived with their support!

Todah Rabah!

JFS is looking for volunteers to join our growing team as needs of the community are continually increasing. If you have interest in joining JFS, please apply at www.jfsvancouver.ca/volunteers or email Kristina at kmoser@jfsvancouver.ca

KEEPING IT LOCAL

Stong's Market, a 100% BC owned and operated grocer, is generously sponsoring delicious and healthy breakfast food items for our back-to-school food program in September. They will help supply over 100 children and their families morning favourites for the month as part of our

JFS Breakfast Club Program, co-founded by the Arnold and Anita Silber Family Foundation.



Thank you Jonathan Barnett for making the introduction to Stong's Market.

"We are very pleased to assist JFS in their food security efforts this fall. The service they are providing to those in our community that need additional support, specifically young families in this time of need, is inspiring. We are happy to connect Stong's Market with their cause."

- Brian Bradley, President of Stong's Market

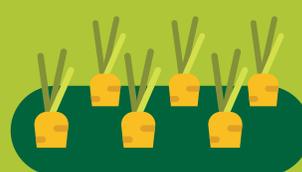
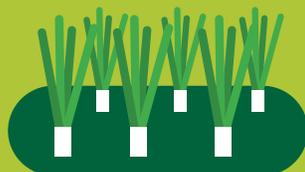
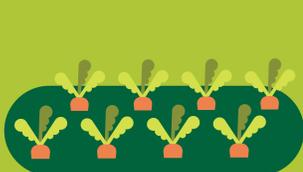


SHOP LOCAL

Stong's Market has two locations:

Vancouver, 4221 Dunbar St
North Vancouver, 2150 Dollarton Hwy

For your convenience they deliver too.
www.stongs.com



WE LOVE OUR HOME SUPPORT WORKERS

JFS was very fortunate that 65 Home Support Workers, 70% of staff, were available to work through the pandemic.



They quickly adjusted to our new health and safety regime following all the protocols set up by the Health Authorities. Before visiting with clients they even conducted wellness check-in calls the night prior to ensure it was still safe to visit the following day. Their work focused on essential supports for those living on their own and facing health chal-

lenges. Visits included cooking, light housekeeping, laundry and much needed overnight respite care for spouses and family members.

These amazing women, including Leah Capistrano (above) braved the front-line knowing JFS really needed them at this time. We were inspired at how they took care of their clients, but also how well they took care of themselves - exercising, getting enough rest, eating well and taking vitamins to boost their immune systems.

“Our Home Support Workers are an integral component of JFS. They have truly done their best to keep our clients at home in a safe and secure environment. Without them, many clients would have gone without necessary and vital care which could have proven detrimental, especially in the early stages of this health crisis.” – Elaine Perzow, BSW, MSW

Are you interested in joining our incredible team of Home Support Workers? We are currently looking for more caring individuals to support our clients. Visit www.jfsvancouver.ca/careers to apply.

Project Isaiah (continued from page 1)

collects enough food to stock our food bank pantry for at least 4 months. Project Isaiah is a true testament to sustainability, weathering 23 years of food insecurity and proving that with a vision, determination, community support, and adaptability we can support our community no matter the times.

This year, Project Isaiah will look a little different. We won't be able to work with the synagogues and schools in the same way we have in the past due to the limitations brought on by COVID-19. This fall we will be launching a modified campaign to include a drive-thru food drop-off event, and option to donate online. This year's Project Isaiah campaign is more critical than ever as we prepare for the impact of the second wave. We are confident that no matter the varying degree of adversity we will continue to work and act together to support those in need.

We are humbled that decades later, the vision had by Jeanie, Reenie (z'l), Sara, Norman and Irving continues to exist to help thousands of people feel food secure today.

Project Isaiah will launch in mid-September. Watch out for more information or visit www.jfsvancouver.ca/projectisaiah2020.

Please note that this story is updated from our original print edition to reflect accurate information about Irving Sirlin.



WANT TO SUPPORT PROJECT ISAAH THIS YEAR?

Here is a list of our food pantry must-haves:

1. Cooking oil
2. Canned fish - tuna, salmon
3. Shelf stable almond milk, nut milk
4. Shelf stable vegetarian soup
5. Healthy cereal and grains
6. Toiletries (shampoo, bar soap, toothbrushes, toothpaste)

*If you prefer to make a donation in support of the campaign, visit us at www.jfsvancouver.ca/projectisaiah.ca or call us at **604-257-5151**.*

100% of the donations will go towards buying stock for our food bank pantry.



Q&A

ZOE'S 'I LOVE VANCOUVER' BAT MITZVAH FUNDRAISER

Q&A WITH ROB, HILLARY AND ZOE

Q: Tell us about your initiative.

A: Our youngest daughter, Zoe is celebrating her Bat Mitzvah. She wanted to host a fundraiser and chose JFS to be the beneficiary to mark this special milestone and support those in need in the city that she loves.

Q: Why did you choose JFS?

A: JFS encompasses so many aspects of community life. Not just food security, but helping seniors, helping getting people with housing support, and social services that move people up and out of their situation.

Q: How did you come up with the fundraising idea?

A: We recognized that not everybody is as fortunate as us. We decided at that time we'd like to do something to help out, specifically with regards to food insecurity.

Because of COVID-19, a number of Zoe's events this year got cancelled that involved giving back, including the VTT Mitzvah project and the Temple Sholom program associated with her Bat Mitzvah. This felt like a way to continue both.

Q: What does your fundraiser look like?

A: We are collecting donations on my fundraising page and hope to raise \$10,000.

If Zoe's story motivates you and you want to host your own fundraiser to celebrate a special person or occasion call **604-558-5715** or visit www.jfsvancouver.ca/organize-a-fundraiser for information.