

Seva Food Bank Grant Report

Halton Peel Dental Association Fundraiser 2021

<https://www.canadahelps.org/en/charities/seva-food-bank/p2p/hpda/>

Seva Food Bank, a charity registered as Sikhs Serving Canada Inc., serves more than 900 families and thousands of individuals on a monthly basis. Traditionally we have used a grocery store model, serving low-income individuals and families who cannot afford to buy food with dignity and respect. Clients would come into our space and personally shop for the food items they needed. However Covid-19 pandemic posed new challenges. We had to quickly accommodate the operation to move from a store-model to a pre-packed hamper model. In-kind food donations were reduced, and supply of fresh fruits and vegetables became more challenging with growing client numbers.

In 2021, Halton Peel Dental Association (HPDA) fundraiser provided financial support of \$7,500 to Seva. Seva Food Bank clients cannot afford to buy fresh items as they are more expensive than some of the cheaper processed food options. Funds raised by HPDA helped secure bulk nutritious vegetables and fruits for food insecure communities, particularly newcomers and seniors. Various items including oranges, apples, bananas, onions, potatoes, tomatoes; and other seasonal vegetables and fruits were included per food hamper.

Moreover, HPDA also organized a free dental screening camp and oral health education for our client families during 2021. The event highlighted food insecurity in our local Mississauga community, and emphasized the need for increasing access to oral health care.

During the year, HPDA's support has been critical not only in providing nutritious diet options but also in promoting health and hygiene among low-income Seva Food Bank clients

