



CLARINGTON EAST FOOD BANK

# For the Kids



*Our summer newsletter—a season of programs, possibility & community*

SUMMER 2026 · SERVING OUR COMMUNITY WITH DIGNITY & CHOICE



OUR COMMUNITY'S CHILDREN

## Two in five of our neighbours *are children.*

As summer begins, so does our busiest season for serving families. With school nutrition programmes paused, we lean in harder than ever to make sure every child in our community is fed, supported, and ready to thrive. This newsletter is dedicated to them.

**38%**

OF THOSE WE SERVE ARE  
CHILDREN  
vs. 33.4% national average

**2 in 5**

SUPPORT  
are under 18

**244+**

SUPPORTED  
in 2026

### CONTACT US

Email: [claringtoneastfoodbank@gmail.com](mailto:claringtoneastfoodbank@gmail.com)

Facebook & Instagram: Clarington East Food Bank

[claringtoneastfoodbank.ca](http://claringtoneastfoodbank.ca)

250 Mill St. South

OPEN: Tues: 11am-2pm and 3pm-6pm    Thurs: 11-2

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## OUR THREE FLAGSHIP PROGRAMS:

Entering our *most important* season of the year.

Every summer, we run three programs that exist specifically for the children and young people in our community. Together, they form the backbone of how we show up for families when they need us most.

### ☀️ KIDS ZONE:

Summer is a joyful time for children, but it can be a quietly stressful one for families. When school ends, so do the nutrition programs that many children rely on to supplement their diet throughout the year. We recognize the gap and take it seriously.

During July and August, families receive extra points for every child in their household, and our focus shifts to fresh, nourishing food: yogurt, cheese, fresh vegetables, and the kids' snacks and cereals that make summer mornings feel a little more normal. Kids Zone isn't just a program; it's our promise to fill the gap.



### ❤️ BACK TO SCHOOL PROGRAM:

Every September, families in our community should be able to walk into a store, choose a backpack their child loves, and send them off on the first day with confidence. That moment matters: the excitement of picking out your own supplies, and choosing your own colours can set the tone for the whole year ahead.

Rather than distributing pre-packaged bags, we provide gift cards so families can do exactly that. It's a decision rooted in our values: choice, dignity, and the belief that our neighbours know what their children need.



### 🌱 KAREN FISHER BURSARY:

Named in honour of Karen Fisher, this bursary supports a neighbour pursuing post-secondary education. The cost of textbooks alone can be a barrier to a student's future. This bursary is our way of saying: we see you, we believe in you, and we want to help.

*When a child gets to choose their own backpack, something small becomes something meaningful. It sets the school year off on the right foot, and that's exactly what we're here for.*

*Education is one of the most powerful tools a family has and we're proud to invest in it.*

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## HELP US FILL THE SHELVES

### Summer *Wish List*

The Kids Zone will be running throughout July and August, and we are stocking our shelves with the foods that our families with children need most.

#### ★ MOST NEEDED

- breakfast cereals
- Individually packaged kids snacks
- Pudding cups & fruit cups
- Canned vegetables and fruits
- Fresh potatoes and onions
- Size 5 diapers or pull-ups

#### CURRENTLY WELL-STOCKED — NOT NEEDED

- Condensed soups (tomato, chicken noodle, vegetable)
- Dry pasta
- Kraft Dinner

Thank you for your generosity — we're well-stocked on these staples. Please redirect donations to the most-needed items above.

## COMING UP THIS SUMMER

### Events & *Community Fundraisers*

Our community is showing up for our neighbours in the most wonderful ways. Every one of these events directly supports the programs we run for children and families.

JUNE  
26

#### Castle John's 10th Anniversary Celebration

Castle John's is marking a decade in our community, and they're celebrating by giving back. Proceeds from their anniversary event come directly to Clarington East Food Bank. Join them for a milestone evening and support your neighbours at the same time.

Proceeds to Food Bank

JULY  
4

#### Bloomfield Gardens 3rd Annual Garden Party & Afternoon Tea



A beloved summer tradition returns. Bloomfield Gardens hosts their annual Garden Party and Afternoon Tea, a wonderful afternoon in the garden. For tickets, please visit [Bloomfieldgardens.ca](http://Bloomfieldgardens.ca)

Supports Back to School

ON-  
GOING

#### Newcastle RONA — T-Shirt Fundraiser

John and the team at Newcastle RONA are selling special t-shirts, with all funds going directly toward our Kids Zone programme. Pick one up in store and wear your support proudly.

Supports Kids Zone



# LOOKING AHEAD

## *Our Three-Year Strategic Plan*

We are proud to have completed our strategic plan, a road map that reflects both who we are today and the organization we're committed to becoming. As our community's needs grow, this plan helps us meet them with intention, excellence, and care. Our work is guided by five pillars/goals:

01

### **Organizational Continuity:**

A food bank is only as strong as the people and systems behind it. We are investing in leadership succession, volunteer development, and the internal structures that ensure CEFB is built to serve our community for the long term.

03

### **Facility & Space:**

Our community's needs are growing, and our space needs to grow with them. We are actively evaluating our facility to ensure we can continue to serve our neighbours with the dignity and efficiency they deserve.

05

### **Operational Excellence:**

Everything we do, from how we welcome a neighbour at the door to how we manage inventory, reflects our values. We are committed to continuous improvement across all aspects of our operations, so that accessing our foodbank is always an experience of dignity, warmth, and respect. Setting the highest standard in our field is not just a goal. It's who we are.

02

### **Governance & Board**

#### **Development:**

We hold ourselves to the highest standards in our sector. Our commitment to governance excellence means transparent decision-making, skilled board leadership, and the accountability our neighbours deserve.

04

### **Communication &**

#### **Awareness:**

Food insecurity is more common in Clarington than many people realize. We are committed to telling our story more powerfully and building broader community awareness so our neighbours know we are here, without stigma or barriers.

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