CLARINGTON EAST FOOD BANK

Sharing the Season

Our fall newsletter—music, gratitude & neighbours helping neighbours

FALL 2026 · SERVING OUR COMMUNITY WITH DIGNITY & CHOICE



OUR ANNUAL HOLIDAY CONCERT

An afternoon of music *and neighbours.*

Join us for an afternoon of beautiful music that is sure to get you into the holiday spirit. Hear two wonderful choirs, the Newcastle United Church Choir and the Bowmanville Older Adults choir, along with several talented soloists, and lend your own voice to a festive community sing-along.

But the best part of the afternoon is hearing, in their own words, what the food bank means to the neighbours we serve: how hard it can be to walk through our doors for the first time, how overwhelming that first visit feels, and how grateful they are that this community gives so much to help.

Nov 22	2:30 pm	Newcastle United Church 84 Mill St. South

CONTACT US

Email: claringtoneastfoodbank@gmail.com · Phone: 905-987-1418
Facebook & Instagram: Clarington East Food Bank · Website: claringtoneastfoodbank.ca
250 Mill St. South · Tues: 11am–2pm and 3pm–6pm · Thurs: 11am–2pm

DONATE NOW

IN THEIR OWN WORDS

A story from *last year's concert.*

Each year, a neighbour bravely stands up at our Holiday Concert to share what walking through our doors has meant to them. Last year, Kathleen told her story.

Kathleen's Story

Two years ago, Kathleen stepped away from work. She spent her first year building a small business, it was fun, but it wasn't meant to be. As her second year began, she realized what she truly needed was community and connection. She focused on her wellness, but as time went on she felt the walls closing in, wondering how she would make ends meet on a small pension.

Then one day she walked into 250 Mill Street and was met with a warm smile—no questions, no judgment. A volunteer walked her through our "wee little store," where she chose healthy food that would truly sustain her, and she left with a gift card too. She had been to a food bank before, but never one like this. She left that day full of gratitude and hope.

Today, Kathleen says that every time she opens our door she feels honoured and blessed—seen as a whole person. And she carries that forward, reminding herself each day how much she has to be grateful for, and to pass it on through kindness.



> *"I am seen—not as a number, not as a statistic, but as a whole person."*
>
> *"Pay it forward in a currency of kindness."*
>
> — KATHLEEN

MORE STORIES

FROM OUR BLOG

Our blog shares the stories behind the food bank: families, volunteers and the community partners who make our programmes possible. Read them all at **claringtoneastfoodbank.ca/blog**, and subscribe on the site to get new stories by email.

OCTOBER 15

This World Food Day, Hunger Is Closer Than You Think

Hunger in Clarington rarely looks like the headlines. Often it looks like the family next door.

Read the story →

OCTOBER 9

Fresh Produce at Our Food Bank: A Harvest Thank-You

A thank-you to the local farmers and gardeners who shared their harvest with our neighbours.

Read the story →

SEPTEMBER 21

A Food Bank That Feels Like a Grocery Store

A look inside the choice-based shop Kathleen described, and why dignity shapes how it works.

Read the story →

HELP US FILL THE SHELVES

Host a *Food Drive*

Schools, workplaces, churches, teams and neighbours run some of our most important food drives—especially heading into the holidays. When you register your food drive with us, we can support you every step of the way. Check out our blog on running a food drive.
https://claringtoneastfoodbank.ca/blog/

01

Register

Fill out our food drive registration form.

02

We support you

You'll get our current wish list and our logo, and we'll share your event on our social media.

03

Book your drop-off

Choose a time that works for you online. Please keep bags and boxes under 30 lbs for our volunteers' safety.

Book a drop-off: neighbour.foodbankhelper.com/donate/book/3

COMING UP THIS SEASON

Events & *Community Fundraisers*

Celebrate the season with us—and bring a non-perishable item where you can.

NOV 15
Newcastle Santa Claus Parade · 5:30 pm
Please bring a non-perishable food item.

NOV 22
Annual Holiday Concert · 2:30 pm
Newcastle United Church. Two choirs, soloists and a sing-along.

NOV 27
Coup de Ville Benefit Concert ·- Tickets on-line, Rona or Apple Blossom
Newcastle Community Hall]

NOV 28
Orono Santa Claus Parade · 10:30 am
Please bring a non-perishable food item.

NOV 29
CPKC Holiday Train, Bowmanville · 1:30 pm
Please bring a non-perishable food item.

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THE HOLIDAY SEASON

Holiday *Hampers*

Every family we serve receives a holiday hamper, and in keeping with our values, neighbours choose what works best for their own table.

A meat of their choice

Turkey (donated by Keller Williams), ham (donated by Wilmot Creek), chicken, or a Hungry-Man dinner.

Fresh from the farm

Potatoes, carrots, apples and squash, generously donated by Kent Farms.

Gift cards

For parents to choose gifts for their children, a $25 card for each adult, and a food card for holiday extras.

Watch our blog for a full hamper update: claringtoneastfoodbank.ca/blog

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WHY YOUR SUPPORT MATTERS

In nine months, we've already served *more neighbours than in all of 2025.*

829
PEOPLE SERVED
vs. 733 in all of 2025

310
vs. 262 in all of 2025

288
HOUSEHOLDS
vs. 255 in all of 2025

2026 figures to the end of September. 829 people includes 310 children and 519 adults.

HOLIDAY WISH LIST

- Juice Boxes and 1 litre Juice
- Canned Stew and Chili
- Canned Pasta
- Habitant Soups
- Crackers, Cookies

STARTS DECEMBER 1

12 Days of Christmas

Follow us on Facebook and Instagram for 12 items you can collect this holiday season—one each day. A great family activity or tradition!

Year-end giving reminder

Donations received by December 31, 2026 are eligible for a 2026 charitable tax receipt. Give online at claringtoneastfoodbank.ca.

Holiday *Hours*

LAST DAY TO DROP OFF DONATIONS	LAST OPEN DAY BEFORE THE HOLIDAYS	CLOSED	WE REOPEN
THURS. DEC. 17	TUES. DEC. 22	DEC. 23- JAN. 4	TUES. JAN. 5, 2027

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