

How your donation has impacted the lives of Whitby residents!

Kendalwood Food Bank is a member of Feed the Need in Durham that operates out of Kendalwood church in Whitby. We thank Marcia, the Food Bank Coordinator for sharing these motivational stories with us, so we may in turn share them with you, our valued donor.

Subject: Feed the Need Durham making a BIG DIFFERENCE

Good morning everyone,

Just to let you know what is happening at the Kendalwood Church Food Bank.

A few weeks ago, one of our clients texted me with a blood result that had her iron and hemoglobin very low. This had happened in the past and she was advised to eat more greens and other vegetables and fruits. She showed me pictures of the meals she made with all the fresh produce she gets. But this time stats were low again and with the advice from her Dr telling her the same remedy. I told her to buy BLACK STRAP MOLASSES as this is a natural form of obtaining iron, she said she couldn't afford it. Low and behold, the next week out of the blue, black STRAP MOLASSES came from FTND. I quickly gave it to her and she obediently took it. It's been 3 weeks and she sent me a copy of the blood test and everything went UP. 🥰 Her iron and hemoglobin are above the normal levels and she feels very good.

Another client called last week to report that she was in hospital last weekend and was low in Calcium, Potassium and Magnesium and had to be given some via IV. I told her I will continue to give her as much fresh fruits and vegetables as I get them.

Then last but not least,

You sent a client to us a couple weeks ago with celiac disease, gluten FREE, lactose intolerance etc. etc. Yesterday she came again and Thanks to you, she was able to get a selection of Food that she required. She was also given Pastoral and moral support due to the loss of her grandchildren who raised her.

Also, Thanks for the Halal chicken, we had many clients that needed it yesterday and were so grateful 🙏.

So, in short, it was a God Blessed day, Thanks for the supplies and support of the staff at Feed the Need Durham. You have equipped us to make a difference in the Community.

May God continue to Bless you All. Have a wonderful weekend.

Yours Sincerely,
Marcia White.

responding to hunger