



Hunger, Food and Gratitude



I COME TO WORK EACH DAY JUST BEFORE 7 AM, slide into my office, unpack my things, and sit and sip on my thermos of coffee. I watch as the doors open, guests find a table, and get their important morning cup of coffee. Many days, the dining room is full by 8 am – a bustling room of 90 or so guests waiting to be served a hot breakfast. It's a daily routine that we take for granted, right up until we have to do without.

Hunger has a way of teaching us gratitude.



Thinking of hunger, I have to confess that I like watching those survivalist shows – 10 contestants, plunked down in the middle of nowhere, having to survive the harshest of elements for the longest amount of time. I'd last maybe 4 nights and then tap out (I can hear my husband laughing – he knows I hate most everything about camping). To be sure, I don't watch these shows to learn camping skills!! I watch because their mental game to stay positive, persistent and creative in the face of hunger and literal starvation is inspiring. I watch because I'm so

amazed at people's capacity to be thankful in their circumstances... the tears of joy and outcries of gratitude for catching a rabbit on Day 48 are not fake!

I watch because the visceral experience of hunger, food, and gratitude is something that each of us can relate to. Hunger is part of the human experience and drives the daily routine to fill our bellies.



Hunger has a way of teaching us gratitude."

Now I realize that trained survivalists competing for a cash prize is made for TV, and their display of skills and experiences is by their choice. They can tap out at any time. Real life, from the vantage point of my desk overlooking the Friendship Inn dining room, is not the same. Many of our guests are here because they are in a real life struggle to live with a mental illness, an addiction, or to overcome domestic violence or intergenerational trauma.

We are serving those with far more complex needs than simply hunger.



As we head into the fall, harvest season, we seemingly become more mindful of food. This reminds me of a saying I heard recently...**when you have abundance, build a longer table.** When we have enough, we can forget the clockwork nature of our daily need. When we have abundance, those rumbling belly lessons of gratitude can be few. In my mind, it's why we celebrate Thanksgiving. The intention to remember our daily need, share the plenty, and hold with hope that our families and communities need never face hunger – that is what I think real life is all about.

Thank-you for supporting the Friendship Inn and helping us bring good food and friendship to everyone one who comes through our doors each and every day. We are grateful for you!



EXECUTIVE DIRECTOR

Saskatoon Friendship Inn ANNUAL GENERAL MEETING

Tuesday, October 3, 2023 at 12:00 pm.

Everyone welcome in the Friendship Inn Boardroom.

To register and receive meeting materials,
please call 306-242-5122 ext. 0
by September 19.

402,797 meals shared...

Between July 1, 2022 and June 30, 2023.

Thank you for helping us respond to the increasing needs in our community. The Friendship Inn relies almost exclusively on community support to deliver our daily free meal service. Reclaimed or donated food resources are used to create 95% of the meals we serve.

Financial donations, grants, and sponsorships support 95% of the Inn's annual operating budget. We're grateful for the generosity of our community to keep us cooking.

3889 FINANCIAL GIFTS made by 1670 DONORS



COMPASSION PROJECT guest supports: care items, advocacy and referrals



95% and 95%



1100+ Meals Served EVERY DAY



Almost 60,000 pounds of DONATED FOOD monthly



More than 1100 VOLUNTEER HOURS needed monthly



Reaching beyond food

HOUSING IS INCREASINGLY CITED AS A DAILY CONCERN and challenge by many guests who are seeking support at the Inn. Rent increases, supply and demand, inflation, employment, relationship breakdown, systemic barriers, mental health or addictions... the root causes of homelessness and housing insecurity abound.

Almost daily, the Inn's social worker is called upon to help people, both individuals and families, avert crisis by securing shelter. Often, the complex needs of our guests mean they require intensive resources and supports to remain successfully sheltered. Placements are not always possible, so couch-surfing or the street may become their only option. For these guests especially, the Inn is a lifeline for survival.

Guests know they can come to the Inn for meals, access to washrooms, water and donated hygiene supplies we're able to provide through our Compassion Project. These all help to offer a small measure of humanity in their daily struggle, as does a listening, compassionate ear offered by someone on our team.



The Inn is a lifeline for survival."

While addressing homelessness is beyond our focus of food security, the Inn will always work to offer a compassionate, supportive, and non-judgemental environment for any guest in need.



Transforming our Kitchen

A KITCHEN IS THE HEART OF THE HOME... we've all heard the familiar phrase. The same goes here at the Friendship Inn. From the humming and buzzing of our commercial combi-ovens to the sizzling of the flat-top grill and industrial skillet, the rhythm of the kitchen is the heartbeat of our daily work.

This past fiscal year (July 1, 2022 to June 30, 2023) marked the first time the Friendship Inn responded to community need by **servicing more than 400,000 meals**. We never want to see need rise – it means more people are struggling – but we always want to be prepared and able to provide the requested volume of meals on any given day.



Following key equipment upgrades in 2022, further capital upgrades were envisioned for the Inn to recalibrate to our 'new normal' following the pandemic. The plan to optimize our space was accelerated thanks to a funding infusion from a private granting



agency. In addition, our friends from Cameco offered equipment, and the team from Rely-Ex provided elbow-grease and expertise. Today, the Friendship Inn kitchen is transformed, along with our capacity to prepare and share the growing number of meals needed in the community.

Walk-in fridges and freezers have been relocated to create designated space for meat preparation. Stainless steel counters have been added and reconfigured to maximize space for slicing, dicing and sandwich prep. Repurposing several donated equipment pieces has increased our sink space and dishwashing efficiency too... can you imagine how many dishes we wash every day?

A kitchen renovation completed successfully and ahead of schedule! We're so grateful for friends and funders. Thank-you for helping keep our heartbeat strong!



We're Grateful for Amazing Partners

The entire team from **Aero Delivery** goes above and beyond to support the Friendship Inn and keep us cooking every single day. We're grateful to be in partnership with such a caring, flexible, and community-minded local business. The Inn goes through enormous volumes of food. When our on-site storage space is full, our partnership with Aero gives the Inn extra capacity to receive bulk donations and store resources off-site in a temperature-controlled environment. This means we're able to efficiently use donated food to provide high-quality,



nutritious meals for people in need. Thank-you Aero!

Kelly Panteluk Construction Ltd. (KPCL) is truly building today for tomorrow. This amazing family-owned company lives out their community spirit by supporting the Inn's Meal Sponsorship Program as the Presenting Sponsor. KPCL's weekly lunch meal sponsorship has been a huge boost for the Inn and our team as we've prepared and shared over 400,000



meals over the past 12 months. Thank-you KPCL!

Through their Returning Home program, our friends from **H&R Block Canada** set up shop at the Inn in spring 2023 to assist guests with income tax filing. 106 returns were filed for 52 guests. All told,



\$46,619 in missed refunds and credits was found in support of many grateful guests.

Thanksgiving **WISH LIST**

We anticipate serving between 1600-2000 Thanksgiving Meals on Monday, October 9 and we need your help!

FOOD: turkeys, potatoes, boxed stuffing mix, vegetables, pies, eggs, sugar, dried spices and margarine. Too much zucchini in your garden? More carrots, potatoes and beets than you can handle? Let us help! Consider sharing your extra harvest bounty with us.

FINANCIAL DONATIONS: always needed and always appreciated. \$6 helps prepare and serve one meal for a neighbour in need.

VOLUNTEERS: extra hands and hearts are always welcome. Register at friendshipinn.ca/volunteer then call Jennifer at 306-242-5122 extension 0 to schedule your shift!

DONATION DROP-OFF: daily from 7:00 am-3:00 pm at 619 20th Street West. Please use the green door in our staff parking lot. THANK-YOU!



f friendship inn

YES, I will help make meals happen.

\$6 helps fill one plate!

We're serving over 1,100 meals every day, and we need your help to make sure no one goes hungry.

- \$1,000 Lunch Meal Sponsorship; \$750 Breakfast Meal Sponsorship;
- \$600 helps serve 100 meals; \$300 helps serve 50 meals; \$150 helps serve 25 meals; \$120 helps serve 20 meals; \$60 helps serve 10 meals

WAYS TO GIVE:

- Cheque**, payable to *Saskatoon Friendship Inn* and mailed or dropped off at **619-20th Street West, Saskatoon, SK S7M 0X8**. We're open 7 days a week from 7:00 am to 3:00 pm.
- VISA or Mastercard**. Call us at 306-242-5122 extension 7 to make a single donation or sign up to be part of our monthly giving program.
- You can give securely online at www.friendshipinn.ca/donate-online/ Or scan this QR Code now to make your donation through the Friendship Inn secure giving portal.
- E-Transfer** to donate@friendshipinn.ca
No passwords necessary, we use auto-deposit!
Please include your NAME, MAILING ADDRESS and PHONE NUMBER in the message section so we can issue your receipt.



All eligible donations will receive a charitable tax receipt.
Charitable Registration Number: 119140937 RR0001

**THANK
YOU FOR
MAKING
MEALS
HAPPEN!**

