

TO REACH US



GARDE-MANGER POUR TOUS

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DONATE NOW



Donations to the Garde-Manger Pour Tous allow us to ensure that those we serve never go hungry. Our priority is to give, to support, to advise and to lead while actively involving those we serve in a far-reaching, sustainable healthy-eating initiative.

Pour faire un don, mail us your donation with the following information included: your name (surname and given name), your mailing address and your email address.

A donation form can be downloaded from our website: www.garde-manger.qc.ca

Donations can be made:

- by cheque
- by credit card
- by postal order
- in cash

Receipts for income tax purposes are issued upon reception of a donation

feeding hope ...



CONTACTS

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www.garde-manger.qc.ca

@ WITH CANADON

You can also donate via the Canada Helps website: www.canadon.org. Once in the site, enter Garde-Manger Pour Tous in the I want to give to search engine. The site is secure.

www.garde-manger.qc.ca



Le Garde-Manger
Pour Tous

www.garde-manger.qc.ca

WHO ARE WE?

The **Garde-Manger Pour Tous** is a community-based organization located in Southwest Montréal. It found in 1985 when 12 different community groups from the neighbourhoods of Little Burgundy and St. Henri joined forces. Its initial purpose was to fight hunger in the area by collecting food and distributing it to the neediest residents.

Since then, the Garde-Manger has expanded its activities to include health, nutritional and personal autonomy issues.

Depuis le Garde-Manger a diversifié son activité en conjuguant santé, alimentation et autonomie.

Today the Garde-Manger runs a number of parallel and interrelated projects designed to:

- Fight hunger
- Make healthy eating accessible to all
- Promote autonomous living

Objectives

<p>Nourish</p> <p>By creating a human food distribution chain and by preparing meals</p>	<p>Support</p> <p>By providing psychosocial and professional services</p>
<p>Educate</p> <p>By running educational projects focused on healthy eating</p>	<p>Inform</p> <p>By developing a social network</p>

The Garde-Manger in Numbers

- 107 employees
- 10,000 people benefiting from food distribution each month
- 2,700 children eating their fill every school day
- 60 candidates for social and profession (re)integration every year
- 300 people participating in food workshops every year

OUR ACTIVITIES

The Garde-Manger Pour Tous is involved in 4 main activities:

- Food distribution
- Preparation of meals for children
- Employment access programs
- Healthy eating workshops (Joint action)

1 Food collection and distribution

Over the 22 years of its existence, the food distribution service of the Garde-Manger has given out some 8 million kilograms of foodstuffs through 24 different distribution points. With the collaboration of a wide variety of organizations, including emergency shelters, community health centers and churches, 10,000 people receive food support every month.

Starting at 6:00 a.m. 245 days a year, fruit, vegetables, bread, snacks, pastries and various dry goods are picked up for distribution from the Harvest Montreal Food Bank.

More than 2,000 kilograms of foodstuffs and goods worth on average \$10,000 are distributed daily.

2 Meal Preparation

Launched in the early 90s the meal preparation program is currently the Garde-Manger's most labour-intensive activity. More than forty employees are involved on a daily basis in the preparation and distribution of 2,700 hot, well-balanced lunches for children. These meals are offered in two ways:

Through the **Food Security Measure (Mesure alimentaire)**, launched by the Ministère de l'Éducation, du Loisir et du Sport (MELS) to counter the effects of malnutrition in children from underprivileged neighbourhoods.
2 000 meals provided per school day.

Through a **Catering Service** open to all school-aged children in Montréal in need of some good "home cooking".
500 - 700 meals provided per school day.



OUR ACHIEVEMENTS

3 Employment Access Programs

The Garde-Manger has always been a staunch supporter of individual autonomy and self-sufficiency. Since 1997, with the help of Emploi Québec's Manpower Training Kit, it has aided those seeking to access employment opportunities and rebuild their social support networks.

With the support of counsellors and the guidance of team leaders, participants in this program can plan for the future while receiving sound advice and individualized attention.

On average, 60 people benefit annually from employment access programs offered through the Garde-Manger.

4 Healthy Eating Workshops

A mobile food team has been giving workshops for the past two years in various community and social centres in Little Burgundy and St. Henri. The mobile team, born of an initiative of the Coalition de la Petite-Bourgogne's Food Security Committee, has adopted a simple and straightforward approach to providing information about healthy eating.

The team pays particular attention to the diversity of needs in the neighbourhoods it serves, displaying both flexibility and creativity in helping local people to:

Access information concerning the nutritional bases of healthy eating.

Shop wisely, making healthy, environmentally-friendly choices.

Learn basic cooking skills and enjoy the pleasures of cooking.

Be open to new foods and to lifestyle changes.

Get involved in healthy eating as both a personal and a community responsibility.