

## CONTACT US

### LE GARDE-MANGER POUR TOUS

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LE GARDE  
MANGER  
POUR TOUS

## DONATE NOW

### Donations to the Garde-Manger ...

Allow a devoted and motivated team to pursue its mission by feeding half a million children per year, at lunch time.

Support solidarity and mutual aid values while promoting access to food for all.

**To donate**, mail us your donation with the following information including: 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](http://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.

Our charity number is : 11901 2532 RR001

### With Canadon

You can also donate via the following website: [www.canadon.org](http://www.canadon.org).

Enter Garde-Manger Pour Tous in the "I want to give to" search engine. Be assured the site is secure.

POUR  
UNE  
HISTOIRE  
SANS  
FAIM...



LE GARDE  
MANGER  
POUR TOUS

[WWW.GARDE-MANGER.QC.CA](http://WWW.GARDE-MANGER.QC.CA)

## WHO ARE WE ?

The **Garde-Manger Pour Tous** is a community-based organization with a mission to fight hunger, promote healthy eating and empower individuals.

It was founded in 1985 when 12 different community groups from the neighbourhoods of Little Burgundy and St. Henri, joined forces to fight hunger in the area by creating a food-bank distribution service.

Since then, the Garde-Manger has expanded its activities in order to meet the following objectives :

<b>FEED</b> by a human chain of food distribution and meals production	<b>GUIDE</b> with psychosocial support, counselling and guidance
<b>EDUCATE</b> with educational projects based on healthy eating	<b>INFORM</b> with the development of a social network.

### Our organization in numbers

120 employees  
10 000 people benefiting from food distribution each month  
3 000 well fed children every school day  
20 to 50 candidates for social and professional integration programs every year  
300 participants in food workshops every year

## OUR ACTIVITIES AND...

### Food Collection and Distribution

Throughout the 25 years of its existence, the food distribution service has totalized some 8 million kilograms of distributed foodstuffs through 28 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.

More than 2,500 kilograms of foodstuffs and goods worth on average \$10,000 are distributed daily.

### Meal Preparation

The Garde-Manger Pour Tous ranks among the not-for profit organizations who produce the biggest quantity of hot and healthy lunches for kids aged between 8 and 12 years old in 19 Montreal schools. More than 50 employees are involved on a daily basis in the preparation and the distribution of these meals. This service has two subcategories:

**The Food Security Measure** launched by the Ministère de l'Éducation to counter the effects of malnutrition on children from underprivileged neighbourhoods.

*An average of 2 400 meals provided per school day.*

**The Catering Service** opened to all school-aged children in Montréal in need of some good "home cooking".

*An average of 600 meals provided per school day.*

## OUR ACHIEVEMENTS

### Employment Access Programs

At the same time, each year, the Garde-Manger guides, educates and supports some 20 to 50 people seeking employment opportunities and rebuilding their social support networks.

With the help of counsellors and the guidance of team leaders, participants of this program get a new work experience while receiving sound advices and individualized attention.

*This program is financially supported by Emploi Québec.*

### Healthy Eating Workshops

L'Équipe mobile gives nutritional workshops in various community and social centres of Little Burgundy and St. Henri. These workshops mostly benefit local residents and community leaders.

Established after the consultation of the Food Security committee of The Little Burgundy coalition, L'Équipe mobile has adopted a simple and straightforward approach by providing information about healthy eating habits. It helps people:

- **Access information** concerning the nutritional bases of healthy eating;
- **Shop wisely**, making healthy, eco-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.