

Christmas 2020 Newsletter



Canadian Food for Children

La Nourriture du Canada pour les Enfants

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"At this Christmas when Christ comes, will He find a warm heart? Mark the season of Advent by loving and serving others with God's own love and concern" – Saint Teresa of Calcutta

This pandemic has brought many more challenges to God's poor. In times of struggle it helps if we focus our energy on what we can control rather than get overwhelmed by what we cannot control. Each person who receives this letter has shared in God's work. So many are grateful that you have recognized their need and acted in a generous way. Together let us continue to give God's poor HOPE that they will not be forgotten and that we will do our very best to love and help them. Every action, big and small, makes a difference in the lives of the poor. Here are some key donations that the poor need.

Soap:

Each of us has been reminded, during this time, the essential role that soap plays in helping to prevent infection and sickness. When a baby or person does not have soap, flies get into their eyes. Studies have shown that in poor countries if a person washes with soap they will decrease skin infections, diarrhea and pneumonia by 50%. Being clean allows a person to have dignity and self-esteem. In poor countries it takes 2 days of work to pay for one bar of soap.

Action: Each time you shop, buy a bar of soap or laundry soap for the poor.



Nicaragua: Joe Mullin visiting the children who live in the garbage dump amongst the vultures

Iodized Salt

The thyroid gland needs iodine to produce thyroid hormone that gives us energy and allows our brain to function normally. If a pregnant mother does not have iodine, her thyroid gland enlarges and is called a goiter. Her newborn baby often is born hypothyroid and is mentally challenged and called the derogatory term, "Cretin". A Spanish doctor told Dr. Simone that many of these children in Central America cannot cope at school and get into trouble with addiction.

Action: Each time you shop, buy a box of iodized salt for the poor.

Vegetable Oil - Vitamin A, D and K

Vitamin A, D and K are fat soluble vitamins. This means they need fat to be absorbed.

- Deficiency of Vitamin A causes blindness - the #1 cause of blindness in the world for young people.
- Deficiency of Vitamin D causes Rickets – you see this when children are "Bow Legged". This is a tragedy because your skin will produce Vit D after exposure to the sun yet many poor mothers swaddle their children and do not allow sun to get on their skin. Therefore, their bones are soft and when these babies learn to walk they go out in the sun and their skin produces Vit D and their bones harden "bow legged".
- Deficiency of Vitamin K produces bleeding defects.

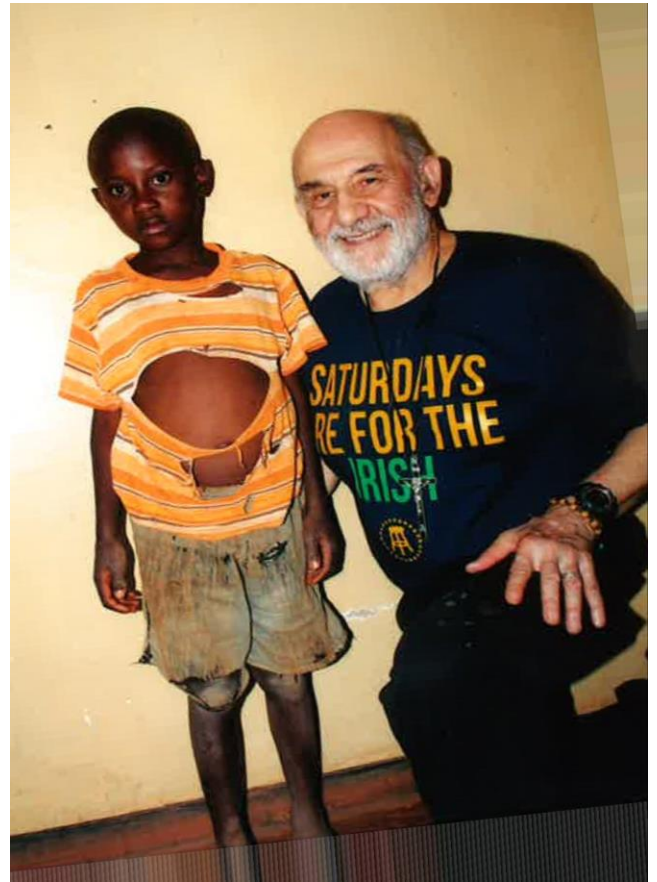
Action: Each time you shop, buy vegetable oil and vitamins for the poor.

Clothes:

Sadly, many of the poor get used to not eating. You may be surprised that they also must get used to not having clothes to wear. Clothes are precious to help with such things as protection from the sun and cold temperatures and modesty. Hygiene is also a factor as some of the poor work on farms, cleaning animal stalls and latrines and then return to their homes wearing the same clothes. Many people die of carbon monoxide poisoning or get burns from using charcoal to generate heat.

Action: Please send clothes - All sizes, winter clothes, shoes & boots are needed for the poor.

Angola: These children would be grateful to receive clothes too.



Young people who are looking to make a difference – start a project to collect these products!

If you are close to the warehouse, please drop off your donations of Soap, Iodized Salt, Vegetable oil, and Clothes. If you are not close to the warehouse your monetary donations will be used to help buy these essential foods. All of your generous donations are welcome and greatly appreciated.

On behalf of my parents, Dr. Simone and Joan Simone, and all our CFFC volunteers, we wish you a very Blessed celebration of Christmas. May Jesus as a baby show us to appreciate our mothers and fathers and all our family. In this Advent season, may we do positive things to bring the love of Christ into this world.

God Bless,

- Eva-Marie Moffat (nee Simone)



Alyssa Fernandes continues to help Canadian Food For Children through our remote volunteer from home program. She collected another 157 bars of soap. It is so nice when we can include these items in our containers. The poor, like us, want to be clean. They want their children to be clean. Thank you again Alyssa. Keep up the good work in 2021. God Bless.

From the Warehouse #16

As we continue this prolonged battle with Covid, I am mindful of our many blessings, and give thanks to God for our donors and benefactors. While the virus has certainly impacted our lives, I am certain that it must cause extra hardship for our friends in the developing world, who have little or no income or government support, and limited access to medical care, and who often face uncertain climate conditions and instability in their countries. May God watch over them! This makes our work in sending off containers all the more vital.

I am grateful to those who make the extra effort to bring us their donations from afar, especially from BC, Kawartha Lakes, the Kitchener area, the Tavestock area, Wasaga Beach, Chatham, Windsor, Woodbridge, Oshawa and eastern GTA. Sorry if I missed some.

I will repeat our request that donations should be clean and suitable for the developing world. It is helpful if donations are labelled with the contents and that fragile goods are wrapped carefully.

We have had some wonderful “extra” donations lately, including thousands of sheets from Holiday Inn at Yorkdale (thank you, Doreen), 200 storage bins from Sunwalk Superior Surfaces (thank you, Greg), and hospital beds from UHN through our friends at Not Just Tourists (thank you, Avi). Tessa of OneKind already sent us Christmas gift boxes before the end of October.

When the warehouse was looking pretty bare a few weeks ago, and we were due to send our first container in 3 years to a priest in Sierra Leone the next day, lo and behold, a load full of food and supplies from Chatham arrived the night before. Another CFFC miracle.

Angela, founder of Milk Bags Unlimited, which has an amazing network of people and groups weaving milk bag mats, made a drop-off at CFFC about a month ago. Later that day she wrote me: ... *just wanted to say thanks for all you do at CFFC and for the rest of the volunteers. I was so happy when I left this morning, I put in some old CD's and sang all the way home. The world needs more happy hearts like the ones you guys have.* Thanks, Angela – we **are** happy and feel blessed to be in a position to help!



I want to share this picture of some of our friends in Zambia, unloading a container

This makes us happy!

May the blessings of the Holy Family be with all of you. Merry Christmas!

- Sal Badali

Newsletter now available online!

If you would like to receive the newsletter online, visit: <http://www.canadianfoodforchildren.net>
To register for the E-newsletter. Otherwise we will be happy to continue mailing the newsletter to you.

Secular Franciscan

Mary Mother of the Poor Secular Franciscan meetings are held on the third Monday of each month at 1 o'clock in the front meeting room of Canadian Food for Children warehouse. We welcome all inquirers and visitors to join us for a time of prayer and companionship as we follow Jesus in the spirit of St. Francis of Assisi. "Come and see." John 1:39.

Peace and joy,

Helen McGuire, ofs hcmcguire@rogers.com and Patricia Rogan, ofs progan@rogers.com

Please contact: Loretta Antonacci books appointments for students and other groups to come to the warehouse at cffc.studentgroups@hotmail.com/ Talks in Chatham, Windsor and London- call John and Sandra Van Raay @ 519.352.6659 / Talks in Toronto Area or across Canada- call the main office @ 905.274.9239

Canadian Food for Children Warehouse: 1258 Lakeshore Road East Mississauga, ON, L5E 3D8 (West of Dixie Rd.) Tel: 905.274.9239. Hours of Operation: Monday to Friday 8 a.m. until 12 noon