

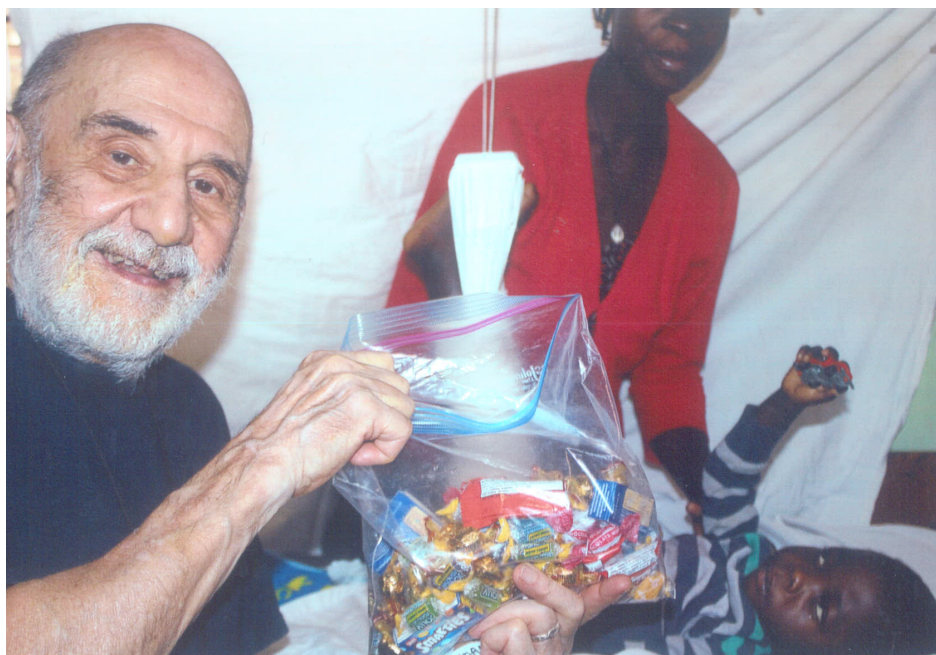


## Canadian Food for Children La Nourriture du Canada pour les Enfants

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### Little Paul

Little Paul fell out of a tree and broke both legs. He had to lie with his legs suspended to heal the broken bones. He was not happy. The staff at St. Mary's Hospital, Lacor and his mother took care of little Paul. We brought candy from Brendan and Mayas' wedding reception and shared it with all the patients.

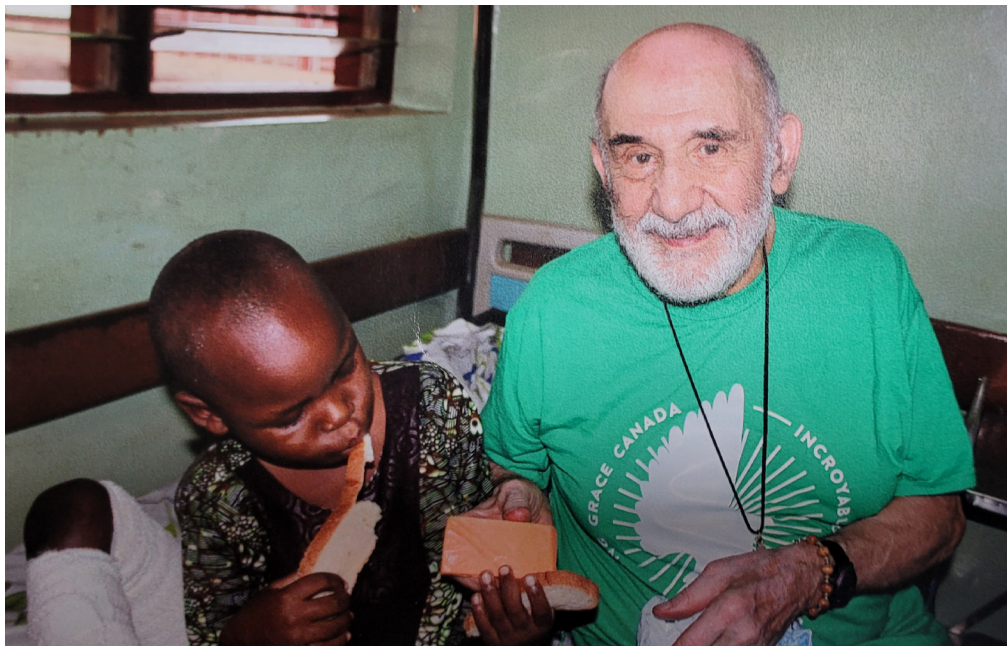
Photos: Little Paul, his mother and Dr. Simone July 27th, 2023

## **Jesus is the Bread of Life.**

When Dr. Simone travels he likes to meet the poor, especially poor children. He likes to hear about their lives. While at St. Mary's Hospital in Lacor, Uganda, Dr. Simone was brought to various hospital wards where he encountered dozens of children along with their families. The hospital was very clean even by North American standards. Unfortunately, the hospital does not provide food for patients receiving care. It is necessary that family members be close by the hospital to provide food for patients in the hospital. Family members often sleep outside in the hospital courtyard.

While visiting the patients, Dr. Simone wanted to make sure he had a small gift for each of the people that he met. It is important to him that everyone, especially children, feel valued and loved. He had toy cars, dolls, t-shirts and candies nicely packed in suitcases that he would bring to distribute with his new friends. On one occasion when I opened the suitcase in front of the patients in the children's ward, there was a loaf of sliced Italian bread that had been donated to CFFC by our friends at Madonna House in Toronto. Dr. Simone had frozen the bread prior to the trip to Africa and packed it in one of the suitcases.

The response of the children when they saw the bread overwhelmed me. All of the children held out their hands and asked for a slice of bread. The toys, candies, stuffed animals and other things in the suitcase became irrelevant to them. They were so happy and only wanted a piece of bread. As they received their slice they immediately started to eat it. I thought of the words "give us this day our daily bread" from the Lord's prayer. I also thought of Jesus's Eucharist presence in the bread we receive at Holy Communion. Bread is a powerful medium. It is universally recognized and appreciated. I have a new understanding of the deep meaning of bread. Thank you for helping us feed poor children around the world.



**This is young Immanuel, a patient in one of the children's critical care wards, enjoying his slice of bread with Dr. Simone.**

## **From the Warehouse #28**

As I write this, I am holding on to the thought that there are still 3 weeks left of “official” summer.

Summer brought a calmer pace to the warehouse, and it was nice to have a little more time to chat with volunteers and donors. I saw many of our donors who have been coming for years. We are so grateful for your ongoing support. (I realize, of course, that we also have many long-time donors who I don’t see.) I heard stories of deaths in families, parents moving into long-term care, and other life changes. Overall our donors are grateful and they want to share their blessings while they can.

As usual, we had many students come to help out at the warehouse: a) because they wanted to and b) to earn their community service hours. A number of families came to spend the morning. It’s wonderful to see parents setting a good example. I remember we prayed at the container one morning, and three young children offered their prayers so freely. Another day a newer volunteer, a young man, asked me if we had prayed yet after filling the container (and we did). One day I offered some chocolate to some students, and much to my surprise they declined – they were fasting in honour of Mother Mary (thank you to Amira and the St. Daniel’s Helping Hands youth group for coming in every Tuesday all summer). It’s inspiring to be around such wonderful, faith-filled people. It gives me hope. I read in the newsletter from our Kitchener friends that many young people from the area schools are involved in collecting goods for the people whom we serve. The same newsletter noted that the area Gleaners had donated soup mix to provide over 750,000 bowls of soup – amazing! One of the students told me that the name of one of her courses was “Finding Grace in a Turbulent World”. I think that’s a perfect description of what Canadian Food For Children is all about! As we approach this holiday of Thanksgiving, I feel like every day is a day for giving thanks. Blessings to all.

Sal Badali



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**Shipment Weights by Country Summary for:**

**2023**

|              | # of<br>Shipments | Weight (kgs)     | (Metric Tonnes)<br>[=kgs/1000] | (Pounds)<br>[=kgs *2.205] | (Tons)<br>[=Pounds / 2000]] |
|--------------|-------------------|------------------|--------------------------------|---------------------------|-----------------------------|
| Angola       | 25                | 413,281          | 413                            | 911,285                   | 456                         |
| Cameroon     | 1                 | 18,213           | 18                             | 40,160                    | 20                          |
| EL SALVADOR  | 65                | 1,011,274        | 1,011                          | 2,229,859                 | 1,115                       |
| Ghana        | 2                 | 32,420           | 32                             | 71,486                    | 36                          |
| Guatemala    | 1                 | 16,419           | 16                             | 36,204                    | 18                          |
| HAITI        | 1                 | 16,260           | 16                             | 35,853                    | 18                          |
| HONDURAS     | 11                | 164,163          | 164                            | 361,979                   | 181                         |
| Jamaica      | 11                | 153,902          | 154                            | 339,354                   | 170                         |
| Liberia      | 1                 | 15,400           | 15                             | 33,957                    | 17                          |
| Malawi       | 6                 | 102,857          | 103                            | 226,800                   | 113                         |
| PERU         | 32                | 514,789          | 515                            | 1,135,110                 | 568                         |
| Sierra Leone | 54                | 947,624          | 948                            | 2,089,511                 | 1,045                       |
| Zambia       | 1                 | 20,460           | 20                             | 45,114                    | 23                          |
| <b>Total</b> | <b>211</b>        | <b>3,427,062</b> | <b>3,427</b>                   | <b>7,556,672</b>          | <b>3,778</b>                |

**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.**

**Contact Information:**

**CFFC Warehouse hours of operation Monday to Friday 8 am – 12 pm. (drop offs).**

**Address: 1258 Lakeshore Rd E. Mississauga, ON L5E 1E9**

To book a visit for groups and students email us at: **ccfc\_studentgroups@hotmail.com**

Talks in Ontario or across Canada – Call the office @ **905-274-9239**.