



Umbrella of Hope

“We are Here to Help”

NEWSLETTER Jan. 2022: Issue 1

A Division of the Church of God Sabbath Keeping Ministries. 6 Westwyn Court. Brampton

Welcome to 2022!

We pray that you and your families will have a healthy, happy, and prosperous year.

We are very thankful to our church and donors that provide funding, groceries, and supplies to help us meet your needs and the needs of our community.

As the pandemic rages, and lockdowns and job losses occur creating uncertainty and fear for many; we want to let you know that we will continue to offer our drive thru service as long as it is safe to do so.

Remember to bring your reusable bags and wear a face mask. For new clients, you will need to complete a registration form to receive groceries. If there are any issues completing the form. Let us know, we are glad to help.

Youth vs Middle Age
Youth is when you're allowed to stay up for New Year's. Middle age is when you're forced to.

NEW - Weekly Pickups



Due to an increase in perishable donations, starting Thursday, January 6th, 2022 clients will be able to pick up fruits and vegetables on a weekly basis. Non-perishable items will continue to be distributed biweekly, or as available. Please note that we cannot guarantee specific items as we rely on donations.

Upcoming Events:

February:
Soup Run –
Downtown
Toronto

March –
Walkathon
(Brampton)

Have a question:
contact us at
umbrellaofhope@cogsabbath.org or
647-235-7387.

Meet Our Staff



Angela is a volunteer staff member; she has been volunteering her time for more than 4 years. She genuinely cares about people and their well being. Though, she is a retiree, her enthusiasm, strength and tenacity make her unmatched. In addition to her

work with Umbrella of Hope, Angela is an ordained chaplain and spends a lot of her time ministering to the elders and those in need. When not volunteering, she spends her time with her grandchildren and children.



Angela is a valuable member of our team. Thank you for all the pick-ups and transportation of goods.



Church of God
Sabbath-Keeping Ministries

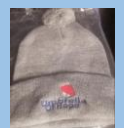
The Umbrella of Hope is a division of the Church of God Sabbath Keeping Ministries. The Food Bank would not be possible without the support of the church. The church offers a variety of ministries and programs to help people discover meaning, purpose and direction for their lives. Join in one of their services on Saturdays at 11:30am or watch one of them:



<https://www.youtube.com/channel/UCrrvXjFa0ecVA8oB-2kQsiw/live>

Veggie Tip: Adding even a small number of extra veggies, such as broccoli to soups is a great way to increase your intake, vitamins, and minerals.

Umbrella of Hope Tuques



Support our Food Bank by getting one of these comfy hats by making a donation. Tuques are available during distribution hours. Minimum donation of \$10.00 per tuque.