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Year End Newsletter 2023

Dear Friends,

It's the last week of the year and your inbox has likely been flooded with year end updates so we will try to keep this brief.

It's been a good year! We completed construction at Sprucelawn Apartments for Seniors in St. Jacobs. I think the following email from a new tenant summarizes the impact better than I ever could:

"I slept my first night last night. I am so so grateful and thankful to you for helping me. It is truly a Christmas miracle thanks to you.

I am so darn excited I could do a happy dance. It is really beautiful. The superintendents are the friendliest and most helpful. Very lovely people. So far everyone I have met is really, really nice. I look forward to many good years here.

Know that you are part of this miracle. Thank you! --Cheryl"

Fundraising is ongoing. **Thank you** to everyone who has helped to make this new affordable housing initiative possible. It is making a world of difference for people like Cheryl.

Dan Driedger

Executive Director



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Executive Director



Freezer Meal Project

Residents at our 544 Bridgeport Road East location in Kitchener had an opportunity to participate in a 6-month project that kicked off in late March. Through the generosity of Danby Appliances in Guelph, participants received a freezer (10 were donated, another 8 were purchased on Friends and Relatives pricing.) Red Seal chefs from The Culinary Studio in Waterloo donated 12 cooking classes, and Foodland in Ayr donated the ingredients for each class.

The objective of the **Freezer Meal Project** was to help participants save money on their food bills, reduce food waste, and learn new cooking skills. The project was the inspiration of one of our volunteers, Shirley Lichti. Like us, she believes we need to go beyond providing affordable rent if we truly want people to flourish in their new homes.

In the end, 19 tenants participated in the project. Most of them completed all 12 cooking classes making meals such as Butter Chicken, Jambalaya, and Cauliflower Mac N Cheese. They learned Knife Skills and how to cut up a whole chicken - much cheaper than buying pre-cut pieces - and made homemade Chicken Fingers.

Survey research was conducted before the project started, at the midway point, and after the last class in October. **Results? Food costs were reduced by more than 30%.**

Having a freezer allowed participants to buy food on sale and in bulk. Food waste was dramatically reduced as leftovers could be frozen for future meals. Plus, participants got more variety in their meals, ate more nutritious meals, and saved time by cooking in larger batches. Some participants told us their health improved as well.

Thanks to project partners *Jim Estill at Danby Appliances, Jody O'Malley and Kirstie Herbstreit at The Culinary Studio, Jason Butchko at Foodland head office, Ron McGrath and Sharon VandenEnden at Foodland Ayr.*



SAVE THE DATE

Beyond Housing's
Annual General Meeting
Tuesday, January 30th
2:00pm

www.beyondhousing.ca



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