

An Empty Fridge is a Daily Reality for Many Seniors in our Community



United Way
Central and Northern
Vancouver Island

A Cooking Program Funded by Your Donations Offers Healthy Meals with Fresh Produce to Vulnerable Seniors and Adults Living in Poverty

Lily used to love growing vegetables in her garden. She misses the earthy smell and feel of damp soil between her fingers. Most of all, Lily misses the benefits of cooking with and eating fresh, healthy food.

Today, Lily does not have a garden anymore. She is a quiet, private grandmother who attends a cooking program for vulnerable seniors and adults, most living in poverty, that is funded by United Way donors like you.

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Lily does not share much about herself. All we know is that life threw many challenges at her that altered her life and her very existence.

When she helps to prepare the meals at the program, Lily recalls her joy in her garden and in cooking with fresh vegetables and fruit. She cannot afford fresh vegetables and fruit anymore. In fact, that lunch she is preparing will be her only meal today.

After the lunch, a volunteer offers Lily extra vegetables and fruit to take home, which she gratefully accepts. “At least now my fridge will look like a ‘normal’ fridge, well, for a few days anyways.”



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To help seniors and other adults living in poverty, donate to United Way. For more information on how to donate and about programs in our community, go to www.uwcnvi.ca