



EXPANSION PROJECT - Realization by 2024

To meet the unprecedented food needs of the community

CAMPAIGN GOAL: \$275,000

Thank you for your support!



Why ?

- ❖ **The demand for food assistance has increased by 50% since the beginning of the pandemic.**
- ❖ Diversify services offered to the community (coffee meetings, community meals, conferences, collective kitchens, and more).
- ❖ **Increase the capacity to process and distribute fresh and local food.**
- ❖ Unifying the Cowansville food bank to respond to the unprecedented food needs of the population.
- ❖ **Promote the involvement and sense of belonging of the volunteers.**
- ❖ Expand the anti-waste project.
- ❖ Offer services + volunteering opportunities for persons with physical disabilities.

The new CAB

- A place accessible to all organizations in the MRC
- Storage space for perishable goods
- Partnership between the CAB and La Cellule Jeunes et Familles Brome-Missisquoi
- MAPAQ kitchen
- Universal accessibility
- Promotes youth engagement



Current services

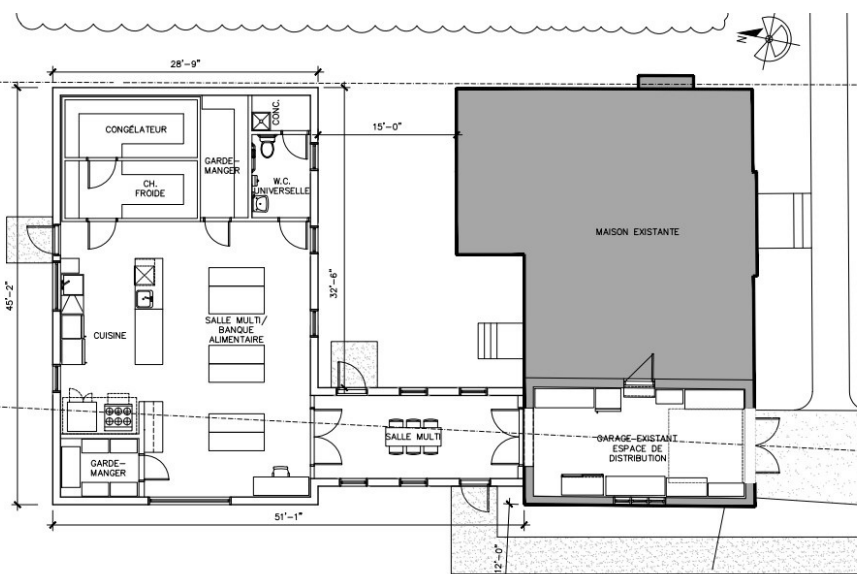
- Food bank
- Training and referral of volunteers
- Accompanied medical transportation
- Income Tax Services
- Food processing and anti-waste
- Information centre for seniors
- Friendship visits
- Walking club
- Knitters Club

What will be added

- Increase food processing
- Expansion of the anti-waste project
- Community meals, collective kitchens and coffee meetings
- Workshops, conferences and trainings
- Services offered to persons with physical disabilities
- Development of innovative partnerships
- Volunteering opportunities for youth

*The territory served by the Cowansville CAB includes the municipalities of Abercorn, Brigham, Cowansville, East-Farnham, Lac Brome, Brome, Dunham, Frelighsburg et Sutton, for a total of **more than 33 000 residents**.

Thank you for your support!
Go to cabcowansville.com



ESTIMATED PROJECT COSTS

765 000 \$

SUPPORT FOR THE PROJECT REALIZATION

Caroline Denommée Architectes Inc.
 Athena construction Inc.
 Espace Idées

« The food bank saves our lives. Without the CAB, we wouldn't eat. »

Cynthia, mother of 6 children.

For more information:

Nathalia Guerrero Vélez, Executive Director
 direction@cabcowansville.com 450 531 3778

