



Leah Dyck

October 26, 2022 · 🌐



Hello friends of [Fresh Food Weekly](#),

Today I would like to share with you another story of one of our program recipients. I've been going back a few times with her since August, just to see how things are going with her.

I think her story really goes to show how the pandemic has impacted the lives of the more vulnerable in our community. Like me, this woman was laid off when Covid happened and didn't have a job to go back to. Her story shows the ripple effects of what happens when you lose your job and quite frankly, lose an industry for lengthy period of time.

This is her story:

Aug. 10, 2022: "I'm a single mother with four children.

When Covid hit, I was laid off from my job as a manager and CrossFit coach at a local gym. I decided to go directly into maternity leave due to not having a position to go back to, as well as the costs of childcare and the complexity of my daughter's needs, I have chosen to work from home.

I do what I can to bring in an income and be a full-time mom. I've sold my vehicle and many of my belongings to ensure I can pay bills, and that my daughter's special diet is adhered to.

I still have a safe home but I've been issued a notice that my landlord wants to move into our home. I'm terrified, as rentals are so expensive and I've used credit cards to get by and that debt makes my credit score lower. I'm doing everything I can to pay it down so that I will be accepted by another landlord.

It's been a challenging two years - I'm determined to bring my family through it and find a way to provide for and care for my children ❤️.

Asking for help is a tricky thing, it can leave me feeling depressed. However, I've got my sights set on what needs to happen so that my family makes it through these economic times and change of housing.

I'm very grateful for the kindness extended to my family ❤️"

Sept. 3, 2022: "My 16-year-old daughter has an intellectual disability, her actual diagnosis is not medically reported (she has extra DNA on one of her chromosomes), and so it's been challenging as we never know if what she presents has something to do with this addition of DNA or not. She has several medical conditions and has ADHD and anxiety. She's a trooper and keeps a great attitude! She attended a pre-employment program this summer and has an interview today to volunteer at an organic farm to see how she fairs at farm work and hopefully

it will develop into a job for her!

She is triggered by foods; gluten and dairy are out, as are many of the additives in prepackaged foods. Her behaviour changes and she gets both headaches and stomach aches.

I've been able to work out a deal with a local yoga studio where I work off the dues of their upcoming hot yoga teacher training course. I was an avid yogi for many years at that studio but haven't been since Covid hit. The environment is one that welcomes children, and my 16-year-old daughter feels so calm there (and me too). I did ask about working to earn the teacher training certificate and I was thrilled to be given the opportunity to do so!! The training starts in October, for nine weeks, and then I'll have some practical, and then I hope to be earning money!!! Yay

My home is still up in the air 😞 it's a very stressful place to be. The landlord tenant board must set a hearing and that has yet to be announced. Once that is set I'll know my fate. I am hopeful that I will not have to move as I do believe that my landlord has applied for this eviction in bad faith.

I am feeling optimistic and I think that this training will help me with my confidence and getting back into the community 😊

Thanks very much for reaching out;

I know that there are far worse off in our community and sometimes that makes me feel like I shouldn't use the community supports; but we all have our stories and I'm glad that you're telling some of them!"

Oct. 25, 2022: "Training is going so well; so empowering and so amazing!

The landlord tenant board hasn't set the date yet so I'm still waiting ... grateful to still be here but the looming nature of it is unsettling!

I have extended my credit to it's max, as I'm trying to meet the needs of my family. My credit is still 'good' but I'm so nervous about not being accepted if I do have to apply for a new rental.

Thank you for your amazing gesture within our community!

Eating healthy food has a direct relationship with how we feel about ourselves so when you're already struggling eating Kraft dinner and other processed foods certainly doesn't help!

You're making a difference!!"

Thank you for taking the time to read this woman's story. In my opinion, she has more mental and emotional strength than maybe even me... probably physical too. I can't even imagine what it's like to be a single mom of four kids (all of whom live with her btw), one with special needs, have a landlord trying to evict you, work a full-time job... and make meals and clean the

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If you would like to sponsor this family, or other low-income families like hers, you can sponsor them with one of our meal boxes for only \$45. And yes, Fresh Food Weekly is a registered charity and so I am able to issue you a charitable tax receipt for your donation! 😊 If you are interested in sponsoring, please send me a PM for more details on sending an e-transfer and getting a receipt 🙏❤️.

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