



Veterans Emergency Transition Services

Easter Basket & Hamper for Veterans and their Families

FUNDRAISER & OPEN HOUSE



Dear Friend of VETS Canada,

Spring 2026

At VETS Canada, we are deeply committed to responding to the urgent needs of Canadian Armed Forces and RCMP veterans in crisis. Because food insecurity is one of their most pressing challenges, we are writing to ask you to partner with us in supporting our Food Pantry program—especially as we prepare for our Easter Hamper initiative for veterans and their families.

About Us

At VETS Canada, our Ground Support program is designed to address the most immediate needs of veterans who are homeless or at risk, providing practical and compassionate assistance. This includes food support, housing help, eviction prevention, utility assistance, transportation support, clothing, and more.

We are a federally registered non-profit charity with a national network of dedicated volunteers—many of whom are veterans themselves.

In addition to immediate support, our mission includes promoting long-term dignity, stability, and healing for those who have served.

Our Food Bank and the Easter Hamper Initiative

We established the Food Bank at our national headquarters—The Garrison—to meet a growing need. Many veterans are turning to us for grocery assistance and food card support, and the strain only grows as Easter approaches, when families also hope to provide holiday meals, small gifts, and special extras for their children and loved ones. Your support helps ensure no veteran or veteran family goes without during this meaningful time.

How You Can Help

We would be honored if you considered contributing in one of the following ways:

- A financial gift, which will allow us to purchase grocery cards or supplies. (We issue charitable tax receipts for donations over \$20.)
- Donation of food items for the pantry.
- Sponsorship of food cards or grocery vouchers
- Become a monthly donor
- Volunteer! Please join us for an open house and volunteer event - details enclosed.

Impact of Your Support

Your generosity will go directly into supporting the health and dignity of veterans this Easter - helping provide a special meal along with small gifts and festive extras that make the day feel special, while easing food insecurity and reminding them their service is truly valued.

Thank you for considering this invitation to stand with VETS Canada and the veterans we serve. Together, **we can make a real, meaningful difference** in the lives of those who have given so much in service of our country.

With gratitude and respect,

Jim and Debbie Lowther, Founders
VETS Canada, 1-888-228-3871

Donate today:
www.vetscanada.org



Food Pantry



Dartmouth, NS

211 Main Street

Food Bank opened in
March 2025

More than 368 food bank
visits since March 2025

To date, more than 12,656 lbs
of food has been distributed

60+ family Easter Hampers
needed this year

Easter Hampers, including
baskets and treats = \$300-500

Please help us reach our goal of

\$25,000

raised to support Veterans and
their families for Easter!



You're Invited!

Please join us as our guest for a private or group tour of The Garrison and Food Bank!

The Veterans Food Pantry was created in response to the growing number of veterans reaching out to us because they are unable to afford basic groceries for themselves or their families. Many of the veterans we assist are facing financial hardship due to fixed incomes, unexpected emergencies, housing instability, or difficulty transitioning back into civilian life. For some, accessing food through our pantry is the difference between going hungry and having a stable meal on the table.

-  **Book a private tour of The Garrison**
-  **The Garrison, 211 Main Street Dartmouth**
-  **See the impact of your support**

The Easter Basket & Hamper Initiative

You can help us make the Easter holiday special for veterans and their families with your generous donation of \$300 & \$500

**Easter Hampers:
Families 1-3**

- Age appropriate Easter treats
- Holiday snacks
- Gift cards

\$300

**Easter Hampers:
Families 4-6**

- Age appropriate Easter treats
- Holiday snacks
- Gift cards

\$500



Donate today: www.vetscanada.org

The pantry at The Garrison is stocked with a wide range of non-perishable foods such as canned proteins, soups, pasta, rice, vegetables, cereals, and pantry staples. We also stock perishable items, such as produce, meat, cheese and eggs. Additionally, we supply hygiene items, basic household necessities, and - when funding permits - grocery gift cards. These gift cards are especially important as they allow veterans to supplement their pantry items, ensuring they can maintain dignity and choice in their food preparation.

Veterans can access the Food Pantry through our Ground Support program, either by visiting The Garrison directly or by working with one of our trained volunteers across the country. Many veterans we serve struggle with mobility, transportation, or mental health challenges, so our team often prepares and delivers customized food packages based on the individual's needs and circumstances.

Leading up to the Easter holiday, demand grows significantly. Many veterans feel increased financial pressure, and families in crisis often fear they won't be able to provide the small but meaningful extras that make the holiday special for their loved ones. Our Easter Hamper initiative is designed to address this need specifically, and the Food Pantry plays a central role in ensuring that every veteran who reaches out can receive support with dignity, warmth, and respect.

Thank you for your support and we look forward to hosting you on a tour!

Ken Doucette, MMM, CD - Veteran

Volunteer, VETS Canada
kendoucette4@gmail.com, 902-982-3444

Shannon Shields

Volunteer, VETS Canada
shanloveslocal@gmail.com, 902-209-8696

Jim and Judie Edgar

Volunteers, VETS Canada
jandjedgar@eastlink.ca, 902-406-9548

Krista Anthony - Veteran

Volunteer, VETS Canada
info@cetscanada.org 613-853-5442

