



Veterans Emergency Transition Services

Holiday Dinner for Veterans
and their Families

FUNDRAISER



December 2025

Dear Friend of VETS Canada,

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 invite you to partner with us in supporting our Food Pantry program—especially as we prepare for our Holiday Dinner 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 Pantry and the Holiday Dinner

We established the Food Pantry 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 we know the burden only increases during the holiday season. Your support can help us ensure that no veteran or veteran's family goes without.

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 for veterans and their families.
- Become a monthly donor

Impact of Your Support

Your generosity will go directly into supporting the health and dignity of veterans—helping them sit down to a warm, stable holiday meal, providing relief from food insecurity, and reinforcing that their service is recognized and 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



Food Bank
Dartmouth, NS
211 Main Street



Food Bank opened in
March 2025

YTD More than 100
individuals supported

YTD Nearly 6800 lbs of
food distributed

Estimated 40+ family holiday
meals needed to distribute

Holiday Meal for a
family of 4 = \$130.00

Please help us reach our goal of

\$5,000

raised to support Veterans and
their families this holiday season.



The Garrison

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.

The pantry 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.



The Holiday Meal Plan

You can help us feed three families of 6 with your generous donation of

\$500

Meals will be available to serve individuals, as well as families and will include:

- 1-3 servings:
- 4 kg turkey
 - 1 box of stuffing
 - 1 pack of stewed vegetables
 - 10 lb russet potatoes
 - dinner rolls
 - pumpkin pie
 - butter and gravy mix

Estimated cost each:
\$80.00

- 4-6 servings:
- 8 kg turkey
 - 2 boxes of stuffing
 - 2 packs of stewed vegetables
 - 10 lb russet potatoes
 - dinner rolls
 - pumpkin pie
 - butter and gravy mix

Estimated cost each:
\$130.00

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.

During the holiday season, demand grows significantly. Many veterans feel increased financial pressure, and families in crisis often fear they won't be able to provide a holiday meal for their loved ones. Our Holiday Dinner 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.

From our Food Pantry Users:

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"I was treated with respect and dignity. I was not a burden. I appreciate the community and love that I was treated with. I am blessed!"



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"Chris was extremely helpful and accommodating to my needs. I came here with nothing and left with a backpack full and a smile on my face. Thank you for doing what you do."

Thank you for your support!

Ken Doucette, MMM, CD

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

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"Welcoming, non-judgemental and really made my family's month easier! Thank you for supporting our Veteran community."

Shannon Shields

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

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"Amazing from the time I was received until the time I left. I was over satisfied, more than expected. Thank you! Bless!"

