

# AAC: Combating Hunger Through Community Programs

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EINPresswire.com/ -- [AAC](#) is proud to spotlight three cornerstone programs: [St. Mary's Food Bank](#), [St. Joseph Community Kitchen](#) and the Meals on Wheels program. These initiatives are part of the charity's mission to alleviate hunger and foster community well-being.

St. Mary's Food Bank plays a critical role in addressing food insecurity by distributing millions of pounds of groceries and meals each year. Partnering with local supermarkets, food manufacturers and businesses, the food bank collects, sorts and delivers essential supplies to those in need. Volunteers and staff ensure that these resources reach families and individuals facing uncertainty. Based on the latest data from Statistics Canada's Canadian Income Survey, 8.7 million Canadians, including 2.1 million children, lived in food-insecure households in 2023. St. Mary's Food Bank is committed to reducing this number by providing reliable access to nutritious food.

At the Dundas location, St. Joseph Community Kitchen extends the charity's efforts by offering hot meals twice a week. Originally a modest soup kitchen, it has



St. Mary's Food Bank distributes millions of pounds of groceries annually to provide reliable access to food for vulnerable communities across the region.



St. Mary's Food Bank works tirelessly to reduce food insecurity, partnering with local businesses to ensure fresh and healthy food reaches families in need.

grown into a multifaceted community resource, complete with a welcoming dine-in area.

The Meals on Wheels program further expands AAC's reach by delivering nutritious meals directly to seniors and individuals with disabilities who are unable to leave their homes. This program ensures that vulnerable community members receive not only sustenance but also companionship through visits from dedicated volunteers. Each delivery helps prevent malnutrition while also addressing the social isolation often experienced by those who live alone.



Dedicated volunteers at St. Mary's Food Bank sort and organize donations, ensuring every box is filled with nutritious essentials for families in need.

Through these initiatives, AAC underscores the belief that food is more than sustenance — it is a symbol of care and community support.

#### About AAC Anba Abraam Charity

Since 1994, AAC has been committed to uplifting lives and creating brighter futures for vulnerable individuals and families. What began as a local initiative to provide food assistance has evolved into a global mission, addressing such critical issues as food security, education, healthcare and community empowerment. Through its diverse programs, the charity seeks to deliver more than just services — it aims to inspire hope, foster resilience and create sustainable solutions for the challenges faced by underserved communities.

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