

# NEWSLETTER



## SULADS Canada

**SULADS Canada, is committed to making a difference—one garden, one family, and one life at a time.**

## Growing Gardens. Growing People

One of our missions is to build strong, healthy communities—starting from the ground up. Whether you're new to gardening or looking to grow your own food for the first time, we believe that everyone deserves access to nutritious produce and the joy of growing it themselves.

### Get Involved

Do you want to start a garden? Support a family? Volunteer with us?

We welcome individuals, churches, and community groups to be part of this mission. Together, we can make a real impact—one garden, one person at a time.

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📺 **Follow us: Facebook: Sulads Canada**

*"Let us not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up." – Galatians 6:9*



## Our Program Goals

### ✓ Establish Organic Gardens

We help families and individuals set up raised bed gardens, using natural, chemical-free methods to grow food that's good for both people and the planet.

### ✓ Educate for Healthy Living

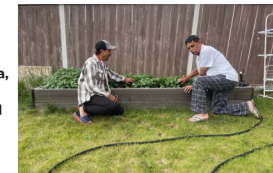
Workshops and informal learning opportunities are offered to teach how to grow, cook, and enjoy healthy, plant-based meals.

### ✓ Support Local Agriculture

We assist newcomers and community members with agricultural experience to adapt their skills to Canada's growing conditions.

### Testimonial Story: From Curious Visitor to Proud Gardener

One of our participants, a newcomer from India, had never gardened before. A former fisheries worker, he was eager to learn and often visited his neighbor's garden, (SULADS Volunteer) asking when the plants would be ready and how to cook the vegetables. Soon, he was observing daily, bringing his wife to see the plants, and joyfully telling others, "This is my gardener!" (Pointing to SULADS Volunteer). Though no formal lessons were given, he learned everything through the kindness, patience, and example of the SULADS Volunteer. Today, he has his own raised bed garden—something none of his friends have. He proudly shows it off and says, "I'm blessed to have good neighbors." Through the SULADS program, he's not just growing vegetables—he's growing in confidence, independence, and health.



*"Make a positive impact today."*