



Dear Supporter,

On behalf of UHC – Hub of Opportunities and the Culinary Federation of Windsor, we invite you to be a vital part of our upcoming **Pastabilities Luncheon** on Monday, October 20, 2025. This fundraiser aims to tackle hunger in Windsor and Essex County. The funds raised will support the UHC – Hub of Opportunities Plentiful Harvest Food Rescue Program.

Last year, over 235,000 visits were made to the Windsor Essex Food Bank Association. Among them, 30% were children.

Imagine working full-time, yet struggling to make ends meet, forced to choose between food, shelter, or heat. Picture walking through a grocery store, calculating each item against a shrinking bank account. With stagnant wages and rising living costs, thousands in our community are facing these challenges every single day.

The Unifor Local 200 People's Choice Pantry at the UHC – Hub of Opportunities currently serves over 1,500 families each week. Our shelves are bare, and our resources are stretched thin. **By coming together, we can build a stronger, brighter, food-secure future for everyone.**

**We are excited to invite you to participate in the Pastabilities Luncheon on Monday, October 20, at the Ciociaro Club. Here's how you can help:**

- **Event Details:** Prepare and serve a pasta dish at the luncheon. We will provide stations, linens, plates, utensils, and take-out boxes.
- **Arrival:** Please arrive between 9:00 am and 10:00 am for setup.
- **Event Time:** The luncheon runs from 11:00 am to 2:00 pm
- **Special Perks:** Each participant will receive a gratitude package, including a case of pasta (20 pounds), fresh produce, and a chance to win the People's Choice Award. You may also bring condiments for your table if you wish.

Tickets for the luncheon will be sold for \$20 for three samples, with takeout options available. Your support will be acknowledged on our AV system and across our media platforms, and media will also be present to cover the event.

We hope you will join us in this crucial effort. To confirm your participation or for more details, please contact Chef Adelina DeBlasis at [cfwindsorbranch@gmail.com](mailto:cfwindsorbranch@gmail.com). Thank you for considering this opportunity to make a difference.

Sincerely,  
June Muir  
CEO, UHC – Hub of Opportunities  
President, Windsor-Essex Food Bank Association



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Charitable Registration No.  
11927 5485 RR 0001





UHC - Hub of Opportunities in partnership  
with the Culinary Federation of Windsor  
present the 3rd Annual

# *pastabilities* LUNCHEON

Monday, October 20, 2025

11:00 am to 2:00 pm

Ciociaro Club, 3745 N Talbot Rd., Oldcastle

Tickets \$20

Sample pasta from 25+ restaurants, vote for the best,  
and help tackle hunger in our community! 100% of the  
proceeds go towards UHC food initiatives



[www.uhc.ca](http://www.uhc.ca)

For tickets, visit our website [www.uhc.ca](http://www.uhc.ca) or  
contact Sam at 519-944-4900 ext. 140  
Takeout options available!