



Making a Difference: Kettle of fish

By Shylo Adams, Global News

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St. John the Compassionate Mission is dedicated to helping Toronto families and individuals in need.

A mural of three angels is painted at their headquarters symbolizing their motto and mission.

“The three angels on the wall represent the three strangers Abraham welcomed to his table,” said Marie Drossos, director of operations at St. John the Compassionate Mission. “[He] fed them and took care of them. They turned out to be angels. Same thing here at the mission, we welcome all people here.”

For more than 25 years, the mission has reached out to the poor and marginalized of south Riverdale.

“A key part of poverty is families,” said Drossos

In order to serve families better St. John began the “Kettle of Fish” program, consisting of bi-monthly educational workshops and cooking classes.

“The Kettle of Fish program is our alternative to the food bank system here in Toronto,” said Ashley Grzybowski. “We wanted to create programs that not only gave a community to these families, but empowered them with life skills.”

This program helps to offset the challenge of insufficient nutrition and the stresses of feeding children on a stretched budget.

“My son is always asking for granola whenever he’s hungry after school,” said Iliana Arana, a participant of Kettle of Fish. “If I can do this at home in the oven, it will benefit me.”

“We talked about how to grocery shop on a budget,” said Kate Leinweber, a registered holistic nutritionist who instructed a Kettle of Fish workshop. “While still focusing on healthy food.”

Grzybowski said that when the program first started they had about a dozen families take part, that number has gone up to 200.

For more information, [click here](#).