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# Michelle Deschenes

For Michelle Deschenes, owner of Ace Nutrition and Diet Consulting, social responsibility holds considerable importance. With a history of being in the food system she firmly believes everyone deserves good food.

*"With food being so expensive, if people are going to cut things out of their grocery bill it will be good fresh meat and fresh produce which has all of the vitamins and minerals we need."*

When Michelle moved to Kingston, she was curious how the social support system worked in the city and how she could do her part. She then heard of Loving Spoonful.

*"I am always interested in what is going on in the community regarding healthy food. And what I liked about Loving Spoonful is that it is multi-faceted. It was a perfect fit. I have worked at mental health facilities, so not only do I know good nutrition, but I also know the people. Often people accessing soup kitchens are struggling with mental health."*

*One of the things that attracted me to Loving Spoonful was the Local Food Stands; I was very curious. The reach of Loving Spoonful providing fresh vegetables to all these community groups, soup kitchens and food banks meant the food was available to everyone. It is not only non-discriminating, but it is available to everyone with dignity and without judgement."*

*Loving Spoonful gives people hope. For the less fortunate people it gives them hope in mankind that someone cares. They provide companionship in their classes; they provide education with their GROW Project and Community Training Farm. It fills a social responsibility that we all should feel. It's the opposite of being self centered. It's about looking at the big picture."*

*I want people to know that we care. It's about the caring. I want the less fortunate people to know that we care about them. If they get up in the morning and think today if someone cares enough about me to give me an apple or a good meal, it's a good day. It's caring on so many levels, it's caring about people with mental health, its caring about people who are lonely. It is loving and caring without judgement. Its inclusive without judgement. It checks so many boxes for me."*

She believes that donors should cultivate curiosity, conduct research, and gain a comprehensive understanding of the community's needs.

*"If donors believe in the cause and they understand the vision and the mission, they can be proud to be helping such a caring organization. I want to give my money freely to Loving Spoonful for what their highest needs are at that time. I have total trust. Their reputation in this community precedes them. They will use the money to best of their ability for what they need at that time because their needs change from season to season."*

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