



## SSFPA News

**Did You Know?** Having a non-profit status can lead to discounts on a variety of products and services. Not only are there considerable tax benefits, but many businesses offer discounts on their products/services to those with this designation. So many SSFPA members started their businesses with the intent of bettering their community and increasing regional food security – you may qualify to be a non-profit and not even know it!

A non-profit organization is an association, club, or society that is not a charity and is organized and operated exclusively for social welfare, civic improvement, pleasure, recreation, or any other purpose except profit. To learn more about applying for non-profit status, click [here](#).



Some SSFPA partner organizations offer discounts to those with a non-profit designation. If your business is a non-profit, contact [Member Services](#) to learn more about taking advantage of further discounts.

## Industry Highlights

**Small Businesses Eligible for Free Energy-Efficient Equipment Upgrades:** Through Save on Energy's [Small Business Program](#), you may be eligible for free energy-efficient equipment upgrades! If you meet the qualifications, you are given a free on-site assessment to identify potential upgrades, which can include lighting, refrigeration, and smart thermostat technology. Save on Energy delivery partners then handle the contracting and installation free of charge. To qualify as a small business, the business must have 50 or fewer employees. Check out the program [here](#).



Having energy efficient equipment can lead to lower electricity bills and decreased operating/maintenance costs. If you do not qualify for Save on Energy's program, there are other various energy rebate programs across Canada. Energy hub has a list of [current national and provincial energy rebate programs](#). Or, check with your municipal energy provider for their current retrofit and rebate programs.



## President's Corner

*Monthly musings from SSFPA President Pam Baxter*

'Tis the Season! Last month I was ruing globalization with regards to the supply of food for Canadians. With international tensions and war, climate change disasters (floods, fires, droughts, hurricanes), and Covid effects on production and shipping – we Canadians have realized that food availability and rising prices are causing real hardship for many.

Let's step away from that doom and gloom for a minute. There are great advantages to globalization and the movement of people to Canada! Many religions and cultures have major celebrations in December. We in Canada are fortunate to have citizens with a plethora of traditions from around the world. Some traditions are secular, some are religious, and sometimes we have a mash-up. I think we are just about all wanting to have a celebration of some sort!

There's Yule, an ancient pagan celebration of winter solstice. Christmas on Dec. 25, having to do with the birth of Jesus. Kwanzaa, Dec. 26 – Jan. 1, a newish secular harvest festival. Hanukkah, Jewish, Dec. 18 – 26 is a dedication. Las Posadas Dec. 16 – 24, is a Mexican and Spanish speaking religious festival. The ancient Iranian Zoroastrian religion remembers the death of its prophet on Dec. 26.

We growers and processors supply the yummy everyday food for all cultures, and the specialty food for celebrations. Merry \_\_\_\_\_ everybody!



## Affirmation Station

*Each month, we will be posting something new to remind food processors how incredible their tenacity and work ethic are, even in the face of incredible challenges.*

While the holidays are a time of joy, they can also be a time of stress, especially for busy entrepreneurs! Below are some tips to preserve your mental health during the hectic holiday season.

- **Unplug:** We are addicted to our phones! Even a couple of hours away from your phone or laptop can make a world of difference. If you are worried about missing a text or email, consider setting up an [autoresponder](#) during your holiday.
- **Set dedicated times to work, and dedicated times to relax:** You don't have to completely take time off in order to have a relaxing break; and often, it just isn't feasible for entrepreneurs. Instead, during your week or even your day, dedicate blocks of time to both relaxing and to working. And stick to them! This will allow you stick still get work done, but also enjoy some well-deserved off time.
- **Burnout is real:** No matter how much you love your business, if you don't take time off to do other things you enjoy, you will eventually fall victim to burnout! Burnout will not only negatively impact your mental health, but also your productivity – so remind yourself that taking time off is an investment in your long term success.
- **Get outside:** Spending time in nature has been proven to [boost both mental and physical health](#). Carve some time out of your busy schedule to breathe some cold Canadian air and spend some time outdoors.
- **Be open:** Often, entrepreneurs can feel isolated by their struggles with their businesses. It is important to remember that you are not alone! COVID-19, natural disasters, supply chains disruptions, and so much more have made it increasingly difficult to be an entrepreneur. Reaching out to your fellow ssfp's to share stories and experiences can be incredibly cathartic. And if you have specific questions about a challenge you are having, or have a tip you feel others could benefit from, consider posting it on the SSFPA Listserv (SSFPA members only).

