

HUNGER ERODES HUMAN DIGNITY, LESSENS HUMAN ENERGY AND IMPAIRS POTENTIAL.

**HELP FIGHT
COMMUNITY
HUNGER**



Most-needed food items:

Canned fish, meat, and stews
Canned vegetables and fruit
Cereal (whole grain)
Cooking oil
Dry pasta and sauce
Baby diapers
Baby formula
Household products
Juice (boxes or cans)
Legumes (canned or dried)
Macaroni and cheese
Peanut butter
Personal hygiene products
Rice
Snacks (think nutritious!)
Soup

- The Ottawa Food Bank collects, stores, and distributes food to its 140 Member Agencies serving people in need in the Ottawa area.
- The Ottawa Food Bank provides emergency food to 50,000 people a month – 37% of those being children.
- In 2014, the Ottawa Food Bank distributed 5,258,060 lbs of food.
- In 2014, approximately 3,000 caring volunteers donated 24,697 hours of their time.
- With its food industry partnerships and bulk purchasing power, the Ottawa Food Bank turns \$1 donated into \$5 worth of food into the community.

Thank you for your generous support.

www.ottawafoodbank.ca 613 745-7001



Ottawa Food Bank

The Ottawa Food Bank is a Recommended Charity by Charity Intelligence Canada. Details at charityintelligence.ca