



Ottawa Food Bank

# Feeding the Need

Fall 2017

## I never dreamed I'd need a food bank

When Bert got laid off from his government job, you were there to help.

\*Representative photos are used and are not of the actual clients.

**I got laid off four years ago from the federal government.** It was a very disappointing and depressing time. I remember one week I found it difficult to buy food. Fortunately, I met a friend who was nice enough to tell me about the food bank.

I have applied and applied and applied for positions. I've applied for probably over four hundred positions over the last four years, and I've received just one callback in all that time. Now, it could be because I'm overqualified. With two masters degrees, all of it in science and business, most people don't want to look at me. **But it's difficult to survive. Food can be so expensive.**

Everything the food bank offers is so helpful. Everything they provide is appreciated. The canned stew and sauces are great. They also provide fresh fruits and vegetables.

Beyond the food itself, there's such a friendly atmosphere. You get to keep your dignity. At my

“ Beyond the food itself, there's such a friendly atmosphere at the food bank. You get to keep your dignity. ”

community food program, there's even a place where you can come in and sit down for coffee and a chat. I don't chat with a lot of people, but **I like having that place to go where I can sit down and listen to people talk** and listen about all the news that they're talking about and things like that, because I don't have a lot of that at home. That, for me, is kind of like a day out. It really is a fantastic community of support.



Ottawa Food Bank

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# Food for Thought

“Thanksgiving is a time to count our blessings.”  
Michael Maidment, Executive Director



Thanksgiving is a time to count our blessings. One of the things I was grateful for this Thanksgiving is your support of the Ottawa Food Bank. The kindness and generosity of people like you helped us provide thousands of meals to hungry neighbours. It also helped us deal with an especially challenging growing season.

This summer’s heavy rains really took their toll on our Community Harvest program. Vital to our efforts to provide more nutritious and fresh foods to our clients, the Community Harvest program grows and collects fresh produce for the community food programs we serve across the capital region. **Last year we distributed 138,641 lbs of fresh produce, over 90,000 lbs of which we grew ourselves.**

Unfortunately, this year’s unusual weather made it difficult to grow some of our crops. Fields were inundated with rain for days, resulting in waterlogged crops and the need to purchase fresh vegetables from

other sources. Your support helps fill the gap and ensures we can continue to supplement our deliveries of non-perishable food with the fresh vegetables so vital to health and nutrition.

**As we head into the colder months, your support is even more crucial. Many of our neighbours face heart-breaking choices – pay the heating bill or put food on the table?**

Get the kids winter boots or buy groceries? The difficult task of balancing competing costs such as rent, hydro, daycare, and food is one of the main reasons families turn to us for help. Please help us continue to be there for people in need. **Every \$1 you give helps us deliver \$5 worth of food.**

With thanks,

*Michael*

## How You Help Feed the Need:

THANKS TO YOU, LAST HOLIDAY SEASON WE PROVIDED HUNGRY NEIGHBOURS WITH:



**30,650 lbs.**  
meat



**18,975 lbs.**  
milk



**26,425 lbs.**  
fresh eggs



**29,775 lbs.**  
Baby items (ie. diapers; formula, food)

Get in Touch



## Starting Over

When an abusive husband forced Kim to flee with her two young children, you were there to help.



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“I first heard about the Ottawa Food Bank after I was physically abused by my ex-husband. I found myself alone with two young children and I didn’t have a choice. It was like financially starting over. My kids were four and six at the time.”

My kids are older now and one of my sons has high functioning autism. It’s helped to be able to get food for him, like the peanut butter he goes through so fast. He also has a condition called Osteopenia. It’s a bone sensitivity, like osteoporosis, so dairy in my house is a necessity. **Getting milk and eggs from the food bank has helped a lot.**

I don’t need the food bank as much anymore, just every now and then. Occasionally I do have to kind of swallow my pride and go, okay, I need some help. **But I know there is no judgement.** Everyone is amazing and the volunteers are so friendly. When I see people in our community who need some help, like single

parents, I recommend they come in. It’s not easy out there and the food bank can also help connect you with a lot of different services in the community.

“ A bag of pasta can go a long way for a family. Every little bit helps. ”

I try to give back by volunteering my time in the community. I try to teach my kids that life should be a give and take. I feel, if you get something, you should give back. I’ve seen a lot of kids out there that don’t get breakfast and lunch. There’s a lot of single people out there too that rely on food banks, and even seniors are starting to need the support. Every little bit helps. Even if it’s just a ninety-nine cent bag of pasta, you are seriously helping people. A bag of pasta can go a long way for a family.

## Thanks to You:



112

local agencies can count on us for food support for their vital programs



47%

of the food we deliver is fresh



41,500

people each month are served nutritious food



# Holiday Food Drive



The holidays should be a time of comfort and joy but for our neighbours facing hunger, the holiday season can be especially hard.

During the cold winter months, heating costs rise, transportation gets more challenging and budgets must stretch to include warm winter clothes and boots. **Families with children face additional expenses and stress.**

The food and funds raised during our Holiday Food Drive help provide food to 112 community food programs serving over 41,500 people each month. From schools to shelters, food banks to meal programs, your contributions help alleviate hunger in your city and provide hope to people who need it the most. Please give as generously as you can.



The 33<sup>rd</sup> Service Battalion volunteers collecting food donations from the Holiday Food Drive

Every \$1 you give = **\$5 worth of nutritious food!**

Our purpose is simple: **Help people move beyond hunger.**

**WAYS TO GIVE:** There are lots of ways you can help end hunger in Ottawa this holiday season. Here are three ways you can help feed neighbours in need.



## DONATE MONEY

Every \$1 you give provides \$5 worth of food for men, women and children in need! Just think of all the lives you can change this holiday season with your generous gift.



## DONATE FOOD

Your donations of non-perishable, nutritious foods are always welcome. Or call us to schedule a pickup of perishable items such as fruits and vegetables.



## HOST A FOOD DRIVE

Bring your co-workers, neighbours, or friends together to host a food or fund drive this holiday. We can help you have fun while helping a great cause.

For more information go online to [ottawafoodbank.ca/holiday-food-drive](http://ottawafoodbank.ca/holiday-food-drive)

## MOST NEEDED ITEMS:

Canned Vegetables & Fruit  
Canned Fish & Meat  
Cereal (Whole Grains)

Dry Pasta & Sauce  
Baby Formula & Food  
Legumes (Canned or Dried)

Peanut Butter  
Rice

To learn more about how you can help, visit [ottawafoodbank.ca/donate](http://ottawafoodbank.ca/donate)

