



Ottawa Food Bank

Spring 2018

You Feed the Need

HELPING PEOPLE MOVE BEYOND HUNGER

FROM FARM TO FAMILIES

West of Ottawa, just outside the suburb of Stittsville, fresh hope is growing. Nestled on 8 donated acres of the Black Family Farm, the Ottawa Food Bank's Community Harvest Program has taken root. We interviewed farmer and Community Harvest Manager, Jason Gray, to get an inside look at how your support helps the farm grow.

Continued on page 2...

WHAT'S INSIDE?

- YOUR GIFTS IN ACTION
- YOUR SUPPORT MAKES OUR GARDEN GROW
- PLANT THE SEEDS FOR A HAPPIER MOTHER'S DAY



Ottawa Food Bank

1317 Michael Street Ottawa ON K1B 3M9 (613) 745-7001 ottawafoodbank.ca

Continued from page 1...

How your support helps tackle hunger at its roots: Q & A with Jason Gray, Ottawa Food Bank's Community Harvest Manager.

Q: How many kinds of crops do you grow at the farm?

A: Last year we grew 17 types of crops on 5 of the 8 donated acres of land on the Black Family Farm.

Q: What have been some of the challenges?

A: Two years ago, we had one of the worst droughts in decades. Last year, we faced severe flooding and record rainfall. In fact, we had to get a sump pump in the field to drain it! In a good year, we can grow 20,000 pounds of potatoes but last year we got less than 8,000 pounds. Losing a staple crop like this is difficult because potatoes are in such high demand at our member agencies.

Q: How does the farm help people get beyond hunger?

A: I believe no one in our society should go hungry and it's important to me that healthy food is accessible to all people. I get a lot of satisfaction from the fact we can deliver healthy, no-spray fresh produce to people who would otherwise not have the means to get this amazing food.

Q: How important is community support to the farm?

A: We run the farm in a really lean way and community support is vital. Volunteers are critical to our farm operation and we need donor support to purchase seeds, tools and supplies and ensure our crops get delivered where they are needed most.



Harvet Manager Jason Gray posing with fresh produce from the Community Harvet program.

“In a good year, we can grow 20,000 pounds of potatoes but last year we got less than 8,000 pounds.”



Food for Thought

A message from Michael Maidment, Executive Director

As the Ottawa Hunger Report 2017 revealed, more people are using food banks today than they were before the 2008 recession. A fresh approach to hunger is desperately needed.

Our Community Harvest program is one of the many ways you help us fight hunger at its roots. This program is a key reason we are able to deliver such a high proportion of fresh food to our 114 community food partners across the city.

Not only has the Community Harvest program been successful in providing fresh produce to our partners, the quality, quantity and diversity of the produce has also continued to increase since we first piloted the program in 2010. Fresh is best – that's our approach to raising and delivering food and it wouldn't be possible without your support. Thank you for helping people move beyond hunger.

With thanks,

Michael

Your Support makes our Garden Grow



Thanks to you, in 2017 we grew:

CABBAGE	10,838 lbs.
CUCUMBERS	9,915 lbs.
ONIONS	7,974 lbs.
POTATOES	7,846 lbs.
PEPPERS	7,274 lbs.
CARROTS	5,947 lbs.
SQUASH	5,792 lbs.
CANTALOUPE	5,009 lbs.
TOMATOES	4,672 lbs.
WATERMELONS	4,560 lbs.
ZUCCHINI	2,836 lbs.
BROCCOLI	2,313 lbs.
BEETS	2,286 lbs.
EGGPLANT	1,363 lbs.
KALE	956 lbs.
BEANS	827 lbs.
PATTY PAN SQUASH	265 lbs.
CAULIFLOWER	148 lbs.
GROWING TOTAL:	80,821 lbs.



In 2017, **1,027** people volunteered at the farm.

Your gifts in Action

Heron Emergency Food Centre:

Your generosity helps the Ottawa Food Bank provide food to 114 community food programs across the city. The Heron Emergency Food Centre (HEFC) is a lifeline to people in South East Ottawa, distributing food to about 1,800 people in need each month. Many of the centre's clientele are new immigrants and refugees. *"The Syrian refugees that seek food at HEFC are so grateful,"* says Louisa Simms, executive co-ordinator at HEFC. *"They are so eager to help in any way they can to give back."*

Your gifts help ensure HEFC receives regular deliveries of fresh vegetables, fruit, eggs, milk and other food staples – protein is especially appreciated.

"People who never received ground beef or fish before may now add this wonderful protein to their diets, which will aid in their struggle to be healthy," explains Louisa. *"It's amazing to see the transformation from sadness and grief to joy and delight from offering fish, ground beef and extra fresh vegetables and fruit."*

"We really appreciate the hard work of the Ottawa Food Bank and its donors to seek and obtain the much needed extra food to build strong new Canadians, as well as strengthen Canadians already living in this amazing country," says Louisa.

↑ 5.6% INCREASE
of Ottawa community food bank clients from 2016.

16 OUT OF OUR 28
community food bank members
SAW AN INCREASE
in people receiving food in 2017
compared to 2016.





Plant the seeds for a **Happier Mother's Day**

Living in poverty can be especially difficult for new mothers, babies and children.

You can help make life a little easier by making a special Mother's Day gift. **Here are just a few of the essential items your gift will help purchase:**



Formula



Baby Food



Cereal



Diapers

Other **most needed items** your donations help us purchase:

- Canned Vegetables & Fruit
- Canned Fish & Meat
- Cereal (Whole Grains)
- Dry Pasta & Sauce
- Legumes (Canned or Dried)
- Peanut Butter
- Rice

To help the most vulnerable among us, donate now at ottawafoodbank.ca/donate
EVERY \$1 YOU GIVE = \$5 WORTH OF NUTRITIOUS FOOD!



DONATE MONEY

Every \$1 you give provides \$5 worth of food for men, women and children in need!



DONATE FOOD

Call us to schedule a pickup of perishable items such as fruits and vegetables.



HOST A FOOD DRIVE

Host a food or fund drive. For more information go to: ottawafoodbank.ca/food-drive



TOMORROW'S HARVEST | **LA RÉCOLTE DE L'AVENIR**

If you would like to leave a gift to us in your will, please contact Tricia Johnson, Major Gift and Planned Giving Officer at **613-745-7001 ext. 119** or at tricia@ottawafoodbank.ca.

Get in Touch
@OttawaFoodBank

