



Ottawa Food Bank

Spring 2019

You Feed the Need

HELPING PEOPLE MOVE BEYOND HUNGER

FRESH IS BEST!

You're giving more fresh produce to Ottawa's hungriest.

You know how important eating fresh produce is to your overall health and quality of life. And yet, the sad truth is: if you've ever been on a limited budget, you also know how expensive it is to purchase fresh fruit and veggies. They're often one of the first items left out of the grocery cart.

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Ottawa Food Bank

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At the Ottawa Food Bank, one of our goals is to increase the amount of produce provided to people in need across the city. And with your help, we're doing it!

You've heard that we grow fresh fruits and vegetables on our Farm. In fact, greenhouse planting is underway already! Last year we harvested over 136,000 lbs of nutrient rich food from June to October. **A record year, thanks to donors like you and over 4,400 hours of volunteer support!**

With your generous support, we also purchase produce in the lean months of the year. This ensures that those we support receive a consistent supply of produce. Last year our member agencies were able to distribute potatoes, carrots, onions, oranges and apples from November to April.

But we knew we needed to do more.

With help from generous friends like you, we're now delivering 6 new fresh items each week. And for more months.

Through our reFresh program, clients at our partner agencies now regularly have these additional produce options: **sweet potatoes, cucumbers, pears, tomatoes, green peppers, and zucchini.** The response from clients and agencies alike has been overwhelmingly positive, particularly about the increased variety of produce available.

Thank you for giving hungry people the ability to make fresh, healthy food choices!



Families can expect to spend **\$411 more on food in 2019** due to more expensive fruits and vegetables.

“ Giving fresh produce should not be a sometimes option. Fresh should be available all year round. ”

- Chris Kennedy, Operations Manager

Food for Thought

A message from Michael Maidment, Chief Executive Officer

Thank you! As you read the articles in this newsletter, I hope you realize just what an incredible impact your generosity has on so many people across this city.

Because of you, more than 37,500 people gained access to fresh, healthy food each month in 2018! More than one third of those were children.

Because of you, we were able to send out an additional 10,000 hampers to those affected by the tornados last September. It was a time when many in the community needed our help immediately.

You're helping improve the health of people living in *your* community! You're helping reduce some of the struggle for people already dealing with so many other challenges in their lives.

Thank you. Thank you. Thank you!

Thanks to You:



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



43% of the food we deliver is fresh



37,524 people each month are served nutritious food

Plan Your Giving

Tax savings for you = food for the hungry

Rick* has been a loyal supporter of the Ottawa Food Bank for years. He gives to help those less fortunate, simply because he has been quite fortunate in life. He supports the Ottawa Food Bank because *"I've always been impressed with them and the fact that if you give \$1 you can buy \$5 worth of groceries. Plus, they were particularly impressive with their Tornado response last year. It was very prompt and positive."*

Last year, Rick asked his financial advisor for ways to increase his tax savings. His advisor suggested a gift of life insurance, with the sole beneficiary being an organization he believes in: the Ottawa Food Bank. This becomes a tax saving for Rick now, but will benefit hungry people later.

"If someone is making use of the food bank, they are fighting some sort of challenge. To do that on an empty stomach makes it even harder. I give to help reduce their struggles just a bit if I can."

Are you keen on finding a way to gain tax savings and make a bigger impact on hungry people in Ottawa? Rick says, *"Talk to your financial advisor. I had no idea these sorts of options were out there until my advisor explained it."*

**Name changed for privacy.*

Summer Lunches For Kids!

Hands-on education

The summer can offer our children a wonderful chance to learn and play. Some families -- often the ones that need their children in summer programs the most -- have a really tough time with the extra expense.

36% of our clients are children. That's why the Summer Lunch Program is one of our most important pieces. Last summer you helped us provide 9,772 lunches to 17 programs.

This summer your compassionate support will provide nutritious lunches to summer programs once again. The kids will make their own food while learning about nutrition. Without this program, many children would be going without regular meals during the summer.

Thank you for providing kids with a much-needed meal during the fun summer months!



Your Gifts in Action

6 Months after the devastation:

On September 21st, 2018 six tornadoes left 200,000 people without power.

Thanks to you, the Ottawa Food Bank was there to provide extra food for those in need.

An estimated extra **9,489 people visited a food bank in the affected areas**, with more than 10,000 food hampers delivered in the weeks following.

Most people are back to normal, but some are still out of their homes. There's a long road still ahead. For many the rebuilding process is just underway. Some have a place to stay and insurance. Others haven't been so lucky.

Your Tornado Relief donations helped provide **\$200,000 in grocery cards** to affected families and individuals through their community food programs -- helping feed the most vulnerable.

Thank you! With you by our side, the Ottawa Food Bank will be there when the next emergency strikes to ensure hungry people get the food they need.

Your donations give hope - and continue to show results.



Providing for Your Baby Shouldn't be a Struggle

We can make Mother's Day happy for all.

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 donation this spring.

Here are just a few of the essential items your gift will help purchase through the Baby Basics program:



Formula



Baby Food



Cereal



Diapers

Your donations also help us purchase much needed pantry staples:

- Canned Vegetables & Fruit
- Canned Fish & Meat
- Whole Grain Cereal
- Dry Pasta & Sauce
- Canned & Dried Legumes
- Peanut Butter
- Rice

Chances to Meet

Ever wondered what the Ottawa Food Bank looks like on the inside? Your generosity has helped build a place where food purchases and donations are stored, sorted by volunteers and shipped out to our 114 member agencies.

We would love to meet you. Come see your gifts in action:

Planned Giving Tea – May 17th, 10-12 pm

Talk and Tour – Jun 4th, 6-8 pm

Family-oriented Warehouse Talk and Tour – upcoming

Farm Open-house – early Summer

To register, please contact Tricia Johnson at 613-745-7001 or email tricia@ottawafoodbank.ca.

To see our complete calendar of events, please visit ottawafoodbank.ca/events.



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

To find out other ways you can become involved by donating food, time or other supplies, please call us at 613-745-7001 ext. 222 or by email at foodbank@ottawafoodbank.ca.



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.