



Ottawa Food Bank

# Feeding the Need

Spring 2017



## Helping Hannah

*Thanks to you, Hannah knows she won't go hungry today.*

**H**unger hasn't always existed in 8-year-old Hannah's home. She remembers when, not long ago, dad had a good job. Mom had the money she needed to shop for groceries. And she and her sister always had three square meals a day.

Then, things changed. Hannah's father severely injured his back to the point where he could no longer work. Suddenly, the family's income was slashed, food became a precious commodity, and Hannah discovered what it meant to be hungry. She also found that it's hard to focus on school when your stomach is racked with hunger pangs. That's when her mother turned to their local food bank.

"We make do," Hannah's mom said. "But we learned what it's like to have very little food and children who rely on it. That's when the worrying comes in."

Through the support of caring friends like you, Hannah's family began receiving nutritious foods from their local food program, including the fresh fruits and vegetables the girls need to grow strong and healthy. Your support will be especially important when school lets out in the coming months and Hannah can no longer rely on school-supplied meals.

**“Hannah discovered what it meant to be hungry.”**

On behalf of Hannah and other vulnerable children like her, thank you for your continued support of the Ottawa Food Bank.

*\*To protect her anonymity, "Hannah's" name has been changed, and a representative photo has been used.*



Ottawa Food Bank

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# Food for Thought

by Michael Maidment, *Executive Director*

We are excited to share this issue of *Feeding the Need* for a couple of reasons . . .

First, you are having a life-changing impact on hungry neighbours across Ottawa, and we want you to meet a few of them. I hope you are inspired as you read about Mohammed, Hannah and Denise – people your generosity has touched deeply.

“You look past the problem and see the person. You take action and give generously.”

Second, this issue places special emphasis on the importance of reaching those in our community who are most at-risk when it comes to hunger . . . *the children*. From infancy through the teen years, children suffer most from the devastating effects of hunger.

Thankfully, with support from good friends like you, we are working to meet the food needs of kids of all ages, through wonderful programs like our *Baby Basics Program*, the KickStart After 4 snack program and summer lunch program.

Thank you for helping to reach these at-risk children and, if you are able, please continue your support today. School will be out in a couple months, and that means school-provided meals will end too. The children will need your help more than ever. Thank you for caring and sharing!

Gratefully,

**P.S.** I recently became a monthly donor myself. Please consider becoming a monthly donor too to help ensure Ottawa's at-risk children are fed every day. See page 4 to learn more!

## Oh, Baby!

*Baby Basics Program* gets little ones off to a great start!

Through your support, our *Baby Basics Program* is ensuring the most vulnerable among us receive the nutritious food and care they need to grow strong and healthy. This includes:

- Baby food
- Cereal
- Formula
- Diapers
- Wipes

Thank you for partnering with us for the sake of these little ones!

## Children & Hunger

**Proper nutrition**, especially during the first 3 years of life, is crucial to a child's physical and emotional development.

Children who struggle with hunger are more likely to:



Repeat a grade in elementary school



Struggle with delays in motor and language skills



Experience more social and behavioral problems



## Starting Life in Canada

*When Mohammed\* and his family arrived, you welcomed them by helping meet their most basic need for food.*

**They were able to breathe easier, knowing their children would have the nutritious food they needed.**

**M**ohammed, a husband and father of two, knows firsthand the difficulties of starting a new life in Canada, and meeting his family's most basic needs.

"I know immigrants are suffering," Mohammed said. "I came here two years ago. It's hard to find a job quickly when you first come. I applied everywhere, but I couldn't find a job."

Mohammed and his wife searched and searched, but after months with no job and no income they were desperate. "We heard about this thing called a food bank from other people, so we came here," Mohammed said.

At their local food bank, the struggling couple received milk and high-protein meat and eggs. For the first time in what seemed

like an eternity, they were able to breathe easier, knowing their children would have the nutritious food they needed.

Mohammed is deeply grateful for caring people like you who have made this assistance possible, and he's looking ahead to the day his family will no longer need help.

"I just finished school," he said. "So I have plans to work full-time and make money. Then I will not come here anymore. I will leave the food for other families to have assistance."

Thank you for all you do to bring food and hope to families like Mohammed's in their time of great need!

*\*Photo is representative of Mohammed.*

## Your support of the Ottawa Food Bank helps fight childhood hunger through:

- Snacks for after-school homework and cooking programs
- Summer lunch programs for day camps
- *Baby Basics Program* which provides essential baby items to new parents



## Denise says, "A million thanks!"

I wasn't raised to think I would ever use a food bank. Not because we were rich but because my parents were farmers, and if there was enough food for six there was enough for 12.

Growing up as the only girl in the family, my mom taught me to do the washing and ironing, and I've always worked with my hands. I used to work as a home helper for people with psychiatric problems, and I've never been afraid of hard work. But I cannot do that kind of work anymore because I'm too old and my lungs can't tolerate the strong chemical smells.

**"I get by on the Ontario Disability Support Program (ODSP), but it's very difficult to make ends meet on so little."**

Now I get by on the Ontario Disability Support Program (ODSP), but it's very difficult to make ends meet on so little.



That's why I appreciate the Ottawa Food Bank so much. Through the food bank, I can get things like eggs, lettuce, bread, and other good foods . . . healthy foods. Of course, I'm grateful for whatever I receive.

I would like to say a million thanks to all the good people who support the Ottawa Food Bank. It's so good what you do for the community, for everyone who needs help.



**\$1 = \$5**  
**Worth of Food**

**Every dollar you share has 5 times** the power to feed hungry neighbours. That's because we're able to purchase food items in bulk quantities from our exceptionally generous food industry partners. Imagine all the good you're doing . . . all the people you're feeding!

## Make Sure She's Fed Every Day of the Year

*Become a monthly donor – imagine what \$15 a month could do!*

Hunger isn't seasonal. Many families across Ottawa face it daily. That's why our family of monthly donors is so important. These are caring folks like you who have committed to give each month. This dedicated support ensures hungry people receive the food they need every day, regardless of the season.

**Become a monthly donor today by checking the appropriate box on the enclosed reply card. Thank you!**

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