



Ottawa Food Bank

Fall 2018

# You Feed the Need

HELPING PEOPLE MOVE BEYOND HUNGER

## UP FOR THE CHALLENGE

We all know that life sometimes gives us a greater challenge than we're ready for. Thanks to you, the Ottawa Food Bank is there as a safety net when people like Roger need a little extra help finding a path forward. Inside, learn more about Roger's journey and how your support has helped him succeed.



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### WHAT'S INSIDE?

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Representative photo's are used and not of actual client.



Ottawa Food Bank

1317 Michael St. Ottawa ON K1B 3M9 • ottawafoodbank.ca • 613-745-7001



## Your support lets us be there

For years, Roger worked hard and raised his young children. His family was happy and healthy. He didn't even consider using a food bank. He didn't need to.

He began to struggle the week he and his girlfriend both lost their jobs. He was a furniture mover, and as a recession set in, he wasn't able to find new work. They used all of the money they'd saved to keep their rent paid and the lights on in their apartment. He didn't know where their next meal was going to come from, until he remembered the food bank. "I was so happy they were there," he says. "I was just happy not to be hungry."

We all face life's challenges with as much resiliency and strength as we can. It's when those challenges get a little more difficult that, thanks to donors like you, the Ottawa Food Bank is there. Roger has returned to his community food bank occasionally since that first trip years ago. Once, he came back when the home he shared with his mother flooded and their emergency money went to repairing the mold damage left behind. Another time, he returned when his health required him to stop working and rely on government assistance.

The support he receives from the government today doesn't always leave him with enough money for food after the costs of life's other essentials. Right now, he's trying to save up to buy a freezer to keep the food in his home fresh and a new bed to replace the weathered, dimpled mattress he's sleeping on. "I'm always anticipating and planning ahead," he says.

Roger knows as well as anyone that life doesn't always go exactly as planned. And when he needs it, the Ottawa Food Bank is there. "It's a safety net for me," he says.



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## Fresh is best

A message from Michael Maidment, Chief Executive Officer

Ottawa's hungry and vulnerable need your support more than ever before. This year, we've focused not only on quantity but on quality. We're ensuring the food we provide to our clients is the healthiest we can provide.

Because of your generous support this year, we doubled the amount of ground beef and milk we distributed. We expanded our distribution of much-needed fruits and vegetables in the winter months. We added fish to our offerings. And we're choosing products like whole wheat bread, whole wheat pasta and brown rice, because we know that healthy food is crucial to moving people beyond hunger.

There is so much dignity in receiving a fresh, nutritious meal, and we're committed to getting the best food that we can into families' homes. Thank you for giving your neighbours a hand up and a path forward.

With my thanks,

*Michael*

# Your support in action

Your gifts offer a way forward to the most vulnerable among us. Here are some of the essentials that your community received from October 2017-August 2018, thanks to your generosity:

**980,400  
pounds**

**fresh produce**

**69,000  
cases**

**non-perishable food**

**8,950  
cases**

**baby food and diapers**

**32,345  
litres**

**fuel for the delivery  
trucks**

**2X**

**more cooler space  
thanks to new  
industrial shelving**

**40,000  
boxes**

**to collect and distribute  
all donated items  
(continually re-used)**

## Upcoming Events

We have so much in store as we move into our busiest season of the year. See our complete calendar of events at [ottawafoodbank.ca/ottawa-food-bank-events](http://ottawafoodbank.ca/ottawa-food-bank-events)

### Holiday Food Drive

*November 1<sup>st</sup> – December 31<sup>st</sup>, 2018*

At participating local businesses

The perfect way to usher in the holiday season and to help our neighbours in need.

Check it out at [ottawafoodbank.ca/holiday-food-drive](http://ottawafoodbank.ca/holiday-food-drive) or call our Events Team at 613-745-7001



### Events in support of the Ottawa Food Bank

#### CBC Project Give

CBC will host a special live broadcast, from sunrise to sundown, with stories, live music, contests, and more. Last year, listeners and viewers raised more than \$130,000 in a single day, proof of the incredible warmth and generosity in the hearts of the Ottawa people.

Watch for more information on our website to see what this year's CBC Project Give has in store!

#### CTV Holiday Helpers

*December 6-7, 2018*

Various drop offs throughout Ottawa

The CTV Holiday Helpers Food and Fund Drive is a fun way for your group or workplace to make a difference in our city. Participation is easy: collect donations of either food or money (or both!) and bring them down to one of the drop off locations on the morning of the CTV Morning Live broadcast.

Last year's event raised over \$129,000 and 12,100 pounds of food. Watch for more information on our website and Facebook pages.

**MAY YOU  
NEVER  
HUNGER,  
MAY YOU  
NEVER  
THIRST.**



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# Stock the Shelves

A gift of stocks allows you to save more and give more!  
Consider donating your stocks directly to the  
Ottawa Food Bank.

Shares of publicly traded securities are easy to transfer.  
*And it eliminates capital gains taxes.*

## Easy as 1-2-3

1. Decide which shares to donate “in-kind”.
2. Contact the Ottawa Food Bank’s Major Gifts Officer, Tricia Johnson at 613-745-7001 ext. 119 or at [tricia@ottawafoodbank.ca](mailto:tricia@ottawafoodbank.ca).
3. Send the Donation of Securities Form at [ottawafoodbank.ca/donation-of-securities/](http://ottawafoodbank.ca/donation-of-securities/) to your broker and the Ottawa Food Bank.



## Most Needed Items

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

- Canned Fish & Meat
- Canned Vegetables & Fruit
- Dry Pasta (Whole Grain) & Sauce
- Legumes (Canned or Dried)
- Peanut Butter
- Rice (brown)
- Stews & Chili
- Baby Diapers
- Baby Food & Formula

To help the most vulnerable among us, donate now at [ottawafoodbank.ca/donate](http://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](http://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](mailto:tricia@ottawafoodbank.ca).