



Ottawa Food Bank

Fall 2019

# You Feed the Need

HELPING PEOPLE MOVE BEYOND HUNGER

## THERE ARE TOUGH DAYS AHEAD

But your support ensures people have the food they need to get through.

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### WHAT'S INSIDE?

- KEEPING KIDS FED THIS SUMMER
- YOUR GIFTS IN ACTION
- HEALTHY KIDS = HAPPY MOMS



Ottawa Food Bank

1317 Michael Street Ottawa ON K1B 3M9 (613) 745-7001 [ottawafoodbank.ca](http://ottawafoodbank.ca)



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**You are a vital member of a close-knit community of people who are willing to pitch in and do what it takes to help our neighbours in their time of need. Thank you!**

You help kids like Rachel\* and James\* who received healthy lunches and snacks at their community day camp this summer. And you help give their mom, Renata,\* peace of mind.

When school is out and school meal programs end, there is an added stress on families. This is why your support of the Summer Lunch Program has such a great impact. Daily nutrition — like sandwiches prepared by children combined with crisp apples and calcium-rich yogurt — makes stronger kids.

*Renata says, "It really means a lot because it helps us. A lot. If I didn't have this help, I would struggle. My kids, they eat so many fruits and vegetables at camp. And having fresh fruits and vegetables there makes it easier for them and us to eat enough. Once we do groceries, that's it. There's not often money left to get more fruits and vegetables later, between pay periods."*

They say it takes a village to raise a child. Thank you for being a part of our "village" and doing what you can to give moms like Renata a helping hand in raising happy and healthy children who grow up to be thriving adults.

**Thanks again for being such a caring and compassionate member of our community!**

*\*names have been changed.*



## Keeping Kids Fed this Summer

With 37% of our clients being children, your support of the Summer Lunch Program is an essential part of the year-long services we provide to Ottawa's most vulnerable families.

Thank you for helping provide healthy lunches and snacks to more than **500 kids each day** at 16 summer camps. Along with Hydro Ottawa's generous support, your thoughtfulness made their summer happen. Food included make-your-own sandwiches, wraps and pizzas, along with a whopping **10,500 apples** and **17,500 yogurts**!



**500**  
kids/day



**10,500**  
apples



**17,500**  
yogurts

These children had a blast playing in their summer camps, while their parents were able to head off to work knowing their children were being taken care of — and learning how to make healthy and nutritious food.

**Thanks for helping ensure the next generation has the nutritious food they need to grow up into healthy, happy and thriving community members.**

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# Healthy Kids = Happy Moms

Like many moms, Sandra wonders if she's feeding her kids enough healthy food. Going back to school and taking an employment readiness program, Sandra has tough days that are made better — thanks to your generosity!



*"There's always going to be unexpected bills, or something happens, and you have to use your last bit of money to save the day. You know what I mean? And then we can't buy fresh fruits and vegetables... so I go here in the hopes that there's going to be fruits and vegetables."*

**Thanks to you, we now provide fresh fruits and vegetables for 12 months of the year.**

What does Sandra love most about the Ottawa Food Bank?  
"There's no judgement. They are very understanding and that's what I love about coming here. There's no stress."

**Thank you for giving moms like Sandra a safe place to get fresh, healthy food for their kids!**

## Your gifts in Action

### TORNADO UPDATE:

It's been a full year since **six tornadoes touched down in Ottawa, cutting power to thousands of homes.**

With your help, the Ottawa Food Bank is doing what we can to prepare for a similar natural disaster or emergency in the future. We're investing in a back-up power generator for our warehouse location. This will keep perishable food cold even if power cuts out. We're also looking into portable power generators that could be loaned out to community food bank locations across the city should the need arise again.

**When an unexpected emergency hits, with your support, we will be ready to help right away in the community. Thank you!**





# You can keep our **shelves stocked**

Hunger does not stop to celebrate a season. You can help strengthen your community by making a special gift.

## **Most needed** baby items:



**Formula**



**Baby Food**



**Cereal**



**Diapers**

## 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

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

### Easy as 1-2-3:

1. Decide which shares to donate "in-kind."
2. Contact the Ottawa Food Bank's Major Gifts Officer, Tricia at **613-745-7001 ext. 119** or at **tricia@ottawafoodbank.ca**
3. Send the Donation of Securities Form at **ottawafoodbank.ca/donation-of-securities** to your broker and the Ottawa Food Bank.



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**

Get in Touch  
@ OttawaFoodBank

