



Ottawa Food Bank

SUMMER 2020

You Feed the Need

SPECIAL UPDATE:

HOW YOU'RE HELPING MEET THE INCREASED NEED DURING THE CURRENT CRISIS.

A FRESH START: FRESH IS BEST FOR EVERYONE

"I got zucchini today," says Andrea*, "That means I can make a zucchini loaf for the kids to snack on this week."

These days, even small things like receiving a fresh vegetable in a food hamper can make a big difference to a single mom with two growing children at home.

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WHAT'S INSIDE?

• YOUR GIFTS DURING A CRISIS

• A MESSAGE FROM MICHAEL

• WHAT WILL THE SUMMER BRING?



Ottawa Food Bank

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

Before the coronavirus pandemic, Andrea worked hard, full time, earning minimum wage. Even then, it was a struggle to pay all the bills, let alone have enough fresh fruits and veggies for her growing pre-teen son and daughter. Now, with two kids at home not able to access school lunch programs – it's virtually impossible.

Andrea's saving grace is her community food bank, supplied with fresh, healthy food, by YOU – one of the Ottawa Food Bank's very kind and generous friends.

Thanks to an incredibly generous outpouring of heartfelt support, we're doing our best to feed those families, like Andrea and her children, whose lives have gotten even more challenging since the pandemic. You're feeding hungry school children – plus the many men and women who have lost their jobs across Ottawa.



Thank you again for stepping up to help Ottawa's most vulnerable during this crisis!

**name changed to protect privacy.*



75: Number of hours a person earning minimum wage would have to work each week to **afford a two-bedroom apartment in Ottawa.**



Message from the CEO:

Dear Caring Neighbour,

I am so honoured to work with amazing and compassionate friends like you. When we asked for help during this crisis, YOU were there. And, you have continued to be there for Ottawa's most vulnerable – and those who have been negatively impacted by the pandemic.

Whether you're feeding a hungry child who is missing their school lunches, a hardworking father recently laid off, or a struggling senior unable to leave the house, please know that your generosity IS making a difference.

With gratitude,

A handwritten signature in black ink that reads "Michael".

Michael Maidment

What Will the Summer Bring?

In a typical year, we would be planning for our Summer Lunch Program right now, to provide lunches and snacks to kids during the summer months.



So many kids across Ottawa depend on the food they get through their school lunch programs during the school year. Summer can bring a lot of uncertainty. Unfortunately, Ottawa's school kids are not in the schools so they are missing their school lunches. Plus, many parents have lost jobs or could lose their jobs as the economic impacts of the COVID-19 crisis become more apparent.

We will be there for children. You have made sure of that. We are currently working with our partners to ensure that those children in need receive the Summer Lunch Program.

With summer programs being held in limited numbers, we know that there will be a lot of hungry and vulnerable kids who continue to need food, now and throughout the summer months.

You trust us to deliver. And we will. With your continued support, we can give these amazing kids the best chance - throughout the summer and all year round.

Thank you for giving hungry kids the energy they need to enjoy a fun-filled summer day.



37% of clients who visit an Ottawa Food Bank member agency are children under the age of 18.

Your Gifts in Action

COVID-19 RESPONSE:
THE FIRST WEEKS

FOOD TO THE COMMUNITY:

665,450 POUNDS OF FOOD PROVIDED TO THE COMMUNITY THROUGH OUR MEMBER AGENCY NETWORK IN THE FIRST 5 WEEKS OF RESPONSE

271 DELIVERIES DIRECTLY TO PEOPLE IN THEIR HOMES WHO HAD TO SELF-ISOLATE

43,000 HAMPERS OF NON-PERISHABLE AND FRESH FOOD BEING DELIVERED

CLIENT INFO:

15% OF PEOPLE WHO TURNED TO A FOOD BANK IN APRIL WERE NEW CLIENTS

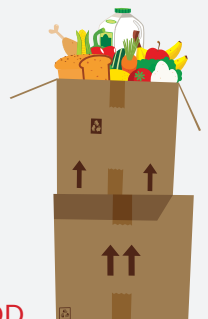
528% INCREASE IN VOLUME OF CALLS FROM PEOPLE IN NEED OF FOOD

THE COMMUNITY RALLIED:

GI♥ING TUESDAY | NOW

\$202,071 FROM DONORS
\$150,000 MATCHED
\$352,071 TOTAL

17,603 HAMPERS WITH 1 WEEK'S WORTH OF FOOD



You Change Lives

Betty* and her husband are both retired. She receives disability payments and he's getting a pension. Even though they worked hard all their lives, they didn't expect the troubles they're facing now.

"By the time the rent is paid, the hydro is paid, and our phone... there's no money left."

When you ask Betty about the fresh produce she receives from the Ottawa Food Bank, she says, *"It's a treat. I'm a lot healthier. I'm off my blood pressure medication. This has an ongoing impact. This happened by eating [well]."* Thank you for helping make people healthier!



4,463: Number of hours volunteers donated at our Community Harvest farm

Ways to Give

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**



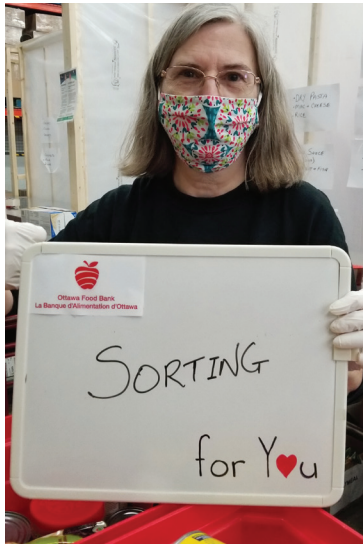
TOMORROW'S HARVEST | LA RÉCOLTE DE L'AVENIR

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



Giving back as a way to say “thanks”!



“I consider myself very lucky to be able to help support our community and country in this small way.”

A volunteer’s love is an inspiration to many

Patricia Tanner started giving to the Ottawa Food Bank many years ago when her 18-year-old son was living on the street with nowhere to go.

“I asked God to take care of him, and I would help take care of another mother’s child by donating monthly to the Ottawa Food Bank. I’m happy to say, my son is doing fine now and I continue to contribute monthly.”

As a retiree, Pat decided to volunteer with the Ottawa Food Bank back in 2018. She loves attending her Monday morning volunteer shift, and says, “The staff and volunteers are amazing, from all walks of life, and extremely hardworking and dedicated. I look forward to going in each week.”

When the COVID-19 crisis hit, Patricia noticed that the number of volunteers on duty was shrinking. Many of the Ottawa Food Bank’s volunteers are seniors who are part of the group most vulnerable to COVID-19.

“I wondered if the other shifts were having the same experience. I started coming in other mornings to help. For half of March and all of April, I worked four mornings a week. One shift I was the only volunteer, several shifts there were only two or three of us. But everyone worked with the same dedication and effort.”

When asked about the changes made to the warehouse to accommodate social distancing, Pat says, “At first it was new and uncomfortable, but we adapted to it and continued to process as much food as our numbers allowed. I began to notice other volunteers were signing up for extra shifts to help. We changed gloves more often, disinfected more often and wore personal masks.”

A huge thank you to Pat and our other monthly donors and dedicated volunteers. You sustain us. You help us sort and distribute food throughout this crisis and in the days to come! We couldn’t do it without you.