



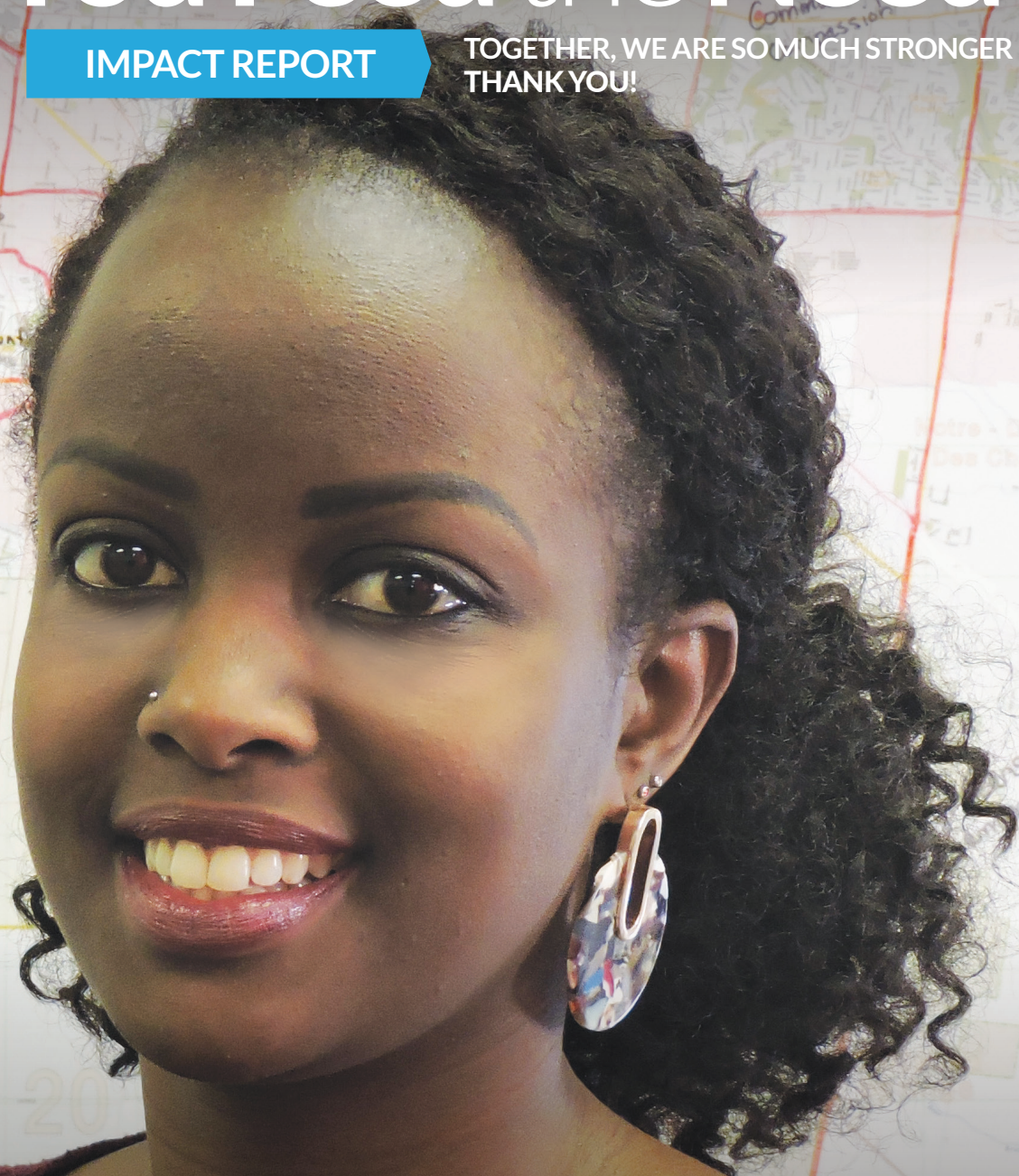
Ottawa Food Bank

SPRING 2021

You Feed the Need

IMPACT REPORT

TOGETHER, WE ARE SO MUCH STRONGER –
THANK YOU!



INSIDER POV:

Our valued receptionist, Melodie, shares her personal food bank experience – and the reason why she answers every call with a big smile and an even bigger heart.

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WHAT'S INSIDE?

• YOUR GIFTS IN ACTION

• TRUE LIFE STORIES

• MEETING THE INCREASED NEED



Ottawa Food Bank

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



Melodie loves speaking to OFB clients!

Proud to give back to lift others up **out of hardship.**

Melodie Mfuranzima is one of our kind and compassionate receptionists. One of her jobs is to speak with people who need emergency food.

Interviewer: What kinds of calls do you receive?

Melodie: I speak to people who desperately need access to food. Sometimes it's a senior with limited mobility or someone who is immune compromised. It might be a single dad or mom who just can't get to a food bank because they are working during the day and their local member-agency is not open at night. Most are alone and have no other way to get food. I can hear the fear and worry in their voices as they call the first number they can find on the website. I can hear the children crying in the background.

Interviewer: I understand you've used a food bank before?

Melodie: Yes, I came to Canada as a refugee four years ago. My husband and I found it very tough when we arrived. Thankfully someone told us about the Caldwell Family Centre – a member-agency with the Ottawa Food Bank. The people there were so welcoming! In addition to food, we were directed to other helpful resources, such as health support. The staff saw my pregnant belly and made sure to customize my hamper. I received food tailored to my needs, making sure I got fresh protein, as well as eggs and milk and fresh greens. They also gave me baby food and formula. I was so grateful to connect with others who were going through the same experiences that we were.

Interviewer: Is there anyone who has called back to share how much you've helped them?

Melodie: Absolutely. I'll always remember the call I took from a woman, Ramone*, who only had a microwave to cook with at the time. She was staying at a temporary residence while she got back on her feet. I was able to customize her hamper to meet her cooking needs while making sure she had fresh food. She called back a few days later to thank us. It meant so much for Ramone to prepare a warm meal with the potatoes and vegetables and meat we were able to provide. It reminded her of good memories gathering with her family.

Interviewer: Is there anything else you'd like to tell Ottawa Food Bank's generous donors?

Melodie: Our donors should be proud of what they help do. There are many calls that are hard to hear but we are all making a difference. Every dollar, every cent, is meaningful. Your impact is very direct. You give people food and help them through a difficult time in their life so they can get back on their feet again.

**names changed to protect privacy*

Your Gifts in Action

We simply could not have made it through this past year without the support of our generous community of friends. **We truly are so much stronger together.**

FOOD TO THE COMMUNITY:

7 DAYS OF EMERGENCY FOOD
AVAILABLE TO CLIENTS

\$136,000

FOR ETHNOCULTURALLY-SPECIFIC FOODS
NOW PROVIDED TO CLIENTS ACROSS THE NETWORK



OVER 2,200
HOME DELIVERIES TO DATE

1,801,575 LBS

WORTH OF FOOD
DISTRIBUTED TO OUR
NETWORK (OCT-DEC)

4 TRUCKS
DELIVERING **14 TONNES**
OF FOOD DAILY



\$113,866

OF FRESH FRUITS AND VEGETABLES
PURCHASED (OCT-DEC)

True Life Stories:

Featuring a few of the many families you help every day.

"I found it helpful when social distancing was first imposed because it was hard to get out, especially with my daughter. [The Ottawa Food Bank through] the Youth Services Bureau helped make sure I had enough food during the week so I didn't have to bring my daughter out and risk her getting sick."

- Molly, young mom of a 2-year-old daughter

Thank you to the Ottawa Food Bank, if it was not for this service; my children would have gone without food countless number of days. May God bless you all for doing what you are doing in this community.

"It helps alleviate the stress... helps a little bit with the bills for the month, and part of that is groceries ...it definitely helps to have some help from the Ottawa Food Bank that way. Nobody wants to see a hungry child. I don't think anyone wants that." - Lee, grateful wife and mother of three



You're helping us grow to meet increased need.

A lot has changed in the over 35 years the Ottawa Food Bank has been around. Generous friends like you helped us increase the amount of fresh and healthy food provided to hungry people. Plus, you stepped up to help provide even more food during times of crisis.

The events of the past year showed us that your hungry neighbours need access to even more emergency food. **Thankfully, with your generosity, we've been able to provide each person with enough fresh and non-perishable food to last for 7 days instead of 3-5 days.**

However, this means that we need to expand our storage capacity for bulk, fresh and frozen foods. Stay tuned over the coming months for more information on what we have planned and how you can help!



Delivering food to those in need.

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**