



Ottawa Food Bank

SPRING 2022

# You Feed the Need

## TOGETHER, WE ARE SO MUCH STRONGER

**"I FEEL GOOD ABOUT THE  
FOOD I RECEIVE NOW."**

You may have fond memories of certain meals that bring you comfort or remind you of family gatherings. And yet, the foods that you find tasty, comforting and familiar are not always the same foods that feel the same for those from different cultures or ethnic backgrounds.

*Continued on page 2...*

### WHAT'S INSIDE?

• YOUR GIFTS  
IN ACTION

• YOUR COMMUNITY  
HARVEST UPDATE

• HOW YOU HELP  
MOMS AND BABIES



Ottawa Food Bank

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



## FEATURE:

# A nourishing meal looks different for everyone.

Thankfully, your generous support provides foods that are familiar, comfortable and healthy by offering choices.

For instance, you've helped us increase the amount of legumes and halal meat we can provide to our clients who are Muslim or focusing on plant-based proteins. Many of our clients also very much appreciate receiving oil, eggs, fish and yogurt options, as well as a variety of fresh fruit and vegetables.

We recently heard from hardworking mother, Nadia\*, on shift work. She was finding it overwhelming to manage three children learning at home while isolating. Having culturally appropriate meals really helped her feel better about what her kids were eating during the day. Plus, being able to eat familiar and comforting foods is important to children who are struggling with a lot of extra stress and worry these days.

Nadia\* says, *"Thank you for asking about the type of foods we want to see more of and then responding. I feel good about the meals I receive now. I can give my kids healthier options to eat when I go off to work."*

*\*Name changed to protect privacy*



Photos are representative of the story, not the actual person.



## 2022 Ethnocultural Crops:

With your continued support, we'll increase the number of ethnocultural foods grown on the farm in 2022 as well as supported through the community food banks. In addition to the 20 varieties of crops already being grown, here's what's going in the ground for 2022:

- Eggplant and okra will be added.
- Garlic production will increase by 50%, with a goal of 2,000 lbs.
- Sweet potato production will continue, after last year's successful pilot.

**Thank you for helping provide culturally diverse food that brings nourishment — body and soul! — to the wide variety of clients we serve.**

# Your Support makes our Gardens Grow



Over **167,000 lbs** grown in 2021 thanks to you!

From farm to table:

POTATOES	26,120 lbs.
CABBAGE	15,829 lbs.
ONIONS	15,239 lbs.
WATERMELON	15,096 lbs.
SQUASH	13,199 lbs.
CARROTS	11,108 lbs.
CANTALOUPE	10,988 lbs.
PEPPERS	8,844 lbs.
CAULIFLOWER	8,497 lbs.
BROCCOLI	8,104 lbs.
CUCUMBERS	6,399 lbs.



## DID YOU KNOW THAT

- The Ottawa Food Bank grows fresh produce on our own **8-acre farm** near Stittsville
- This farm plays an important role in helping us deliver such a high proportion of fresh food to our **112 agency partners**.
- In 2021, we grew additional **ethnoculturally appropriate** foods, including: 1,911 lbs of sweet potatoes, 1,312 lbs of garlic and 216 lbs of garlic scapes.

# Your Gifts in Action

Your kindhearted support makes such a tremendous difference to hungry people in your community!

## Here's how you've helped:

### FOOD TO THE COMMUNITY:



**198,462 LBS.**  
HARVESTED FROM  
THE COMMUNITY  
HARVEST FARM



**3,271**  
HOME DELIVERIES  
PROVIDED



**14,602** HOURS  
OF VOLUNTEER  
SUPPORT



**7,134,875**  
LBS. OF FOOD  
DELIVERED TO  
MEMBER-AGENCIES

## 2022 GRATITUDE UPDATE

*"We very much appreciate all the amazing work The Ottawa Food Bank does for us and the community, you are all heroes!"*

- Shepherds of Good Hope



*"You have been there for us like none other during the pandemic. Thank you!"*

- Banff Ave.  
Community House



*"Partnering with you has so many advantages besides food. Today we received the Rapid test Kits. This is a life line to our agency since we were having so much trouble finding them for our staff and clients."*

- Empathy House



THANK  
YOU!



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# Your donation's Journey:



**\$1 = \$5**  
DONATED OF FOOD

## Collection:

Donations get collected from the community & delivered to our warehouse. **Monetary funds are used to purchase fresh foods and other staples.**



## Sorting:

Ottawa's best volunteers sort donated food into different categories.



## Delivering:

Our Operations team prepares and delivers orders to 112 food programs across the city.



## 112 Food Programs:

Member agencies across Ottawa help your neighbours offering food, support, and care.



## Tables across Ottawa:

Healthy, wholesome food enriches the lives of **those who need it.**

# Providing for Your Baby Shouldn't be a Struggle

We can make Mother's Day happy for all.

Living in poverty can be especially difficult for new mothers, babies and children. You can help make life a little easier by making a special donation this spring.

Here are just a few of the essential items your gift will help purchase through the Baby Basics program:



Formula



Cereal



Diapers



Baby Food



## Other 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](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.

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)

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](mailto: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](mailto:tricia@ottawafoodbank.ca)

Get in Touch  
@ OttawaFoodBank

