



Ottawa Food Bank

FALL 2022

You Feed the Need

GRATITUDE REPORT

TOGETHER, WE ARE SO MUCH
STRONGER - THANK YOU!

"I'M SO GRATEFUL TO BE A PART OF THE TEAM!"

One of our amazing volunteers, Christine, shares why she gives her time and why YOU matter so much to the work we do each day.

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- A BOUNTIFUL COMMUNITY HARVEST AT BLACK FAMILY FARM
- CHRISTINE AUBRY: HAPPY TO MAKE A DIFFERENCE.



Ottawa Food Bank

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

Your Gifts in Action

Your kindhearted support makes such a tremendous difference to people in your community! **Here's how you've helped:**



**OVER 167,000
POUNDS**
HARVESTED FROM
**THE COMMUNITY
HARVEST FARM
IN 2021**



6,500 HOURS
OF **VOLUNTEER**
SUPPORT MAY-SEP



858,625
POUNDS OF
FOOD DELIVERED TO
**MEMBER-AGENCIES
EACH MONTH**



**DOUBLING THE
SIZE OF OUR
FUTURE HOME**

You can help with relocation and renovation costs for our new home on Bantree Street. Please visit www.healthierfuture.ca to learn more.



**THANK
YOU!**

FEATURE

Happy to make a difference!

Christine can tell you that volunteering with the Ottawa Food Bank is a terrific way to build a strong sense of community and have fun doing it!

Interviewer: Can you tell me about your volunteer role?

Christine: I am a volunteer at the main warehouse where I help sort and box donated food from all over the city. My company had a volunteer day about five years ago. The experience was so beneficial I became a weekly volunteer and have since added extra shifts now that I'm retired.

Interviewer: What do you love about volunteering with OFB?

Christine: The organization is top notch. We have a great team of volunteers that all work together in a fun and relaxed environment. We have volunteers from all different backgrounds and it's interesting to hear all the different stories. Plus, the work is so enjoyable and a wonderful way to make a difference. You always finish your shift feeling happy. I feel lucky to be a part of this!

Interviewer: What would you like to say to our amazing OFB donors?

Christine: First of all, THANK YOU! Every \$1 you give becomes about \$5 worth of delivered food such as fresh produce and frozen meats. That money also helps to buy other healthy non-perishables and baby products.

Interviewer: Is there anything else you'd like to share?

Christine: The people at the OFB really are amazing – and they do such wonderful work. I am so grateful to be part of the team – which includes amazing donors like YOU!



Christine shown above in the Ottawa Food Bank warehouse.



Your gifts help the OFB play a key role in Ottawa. As a central hub for food distribution, the OFB's reach is almost immediate and helps residents in many difficult situations. You help people who are affected by extreme weather events like floods and tornadoes, as well as people simply trying to keep up with rising inflation.

The need for food is growing at a record pace.

You've undoubtedly heard it all over the news. Prices are skyrocketing: food, gas and housing costs are significantly higher than last year. Inflation is rising. Families are struggling to make ends meet.

We're seeing the impact of this at the Ottawa Food Bank! **March 2022 was the busiest month on record in our 38-year history, with a 20% increase in people seeking food supports over the previous year.**

Thankfully, we have you by our side! With your help, we've been able to keep up with the demand so far – but more needs to be done to help reduce food insecurity in Ottawa.

To achieve food security, we need commitment and predictable support from municipal, provincial, and federal governments. "Food security is about more than improving access to healthy food – we must continue to advocate for systemic changes that put food banks out of business," says Rachael Wilson, CEO of the Ottawa Food Bank. "There is a critical need for government intervention. Legislated poverty can end by making housing affordable, ensuring social supports keep pace with the cost of living, and providing decent jobs for all."



With your continued generosity we can advocate for these changes, while also helping to meet the increased demand for emergency food assistance. One other way you can help is by supporting the move to **our new, bigger, home on Bantree street.** You can learn more at www.healthierfuture.ca. Thank you!

You make sure “a little becomes a lot” at Care Centre Ottawa!



at 1,058 families accessing services each month! That's a 380% increase in the number of families needing emergency food support.

Care Centre's executive director, Lisa Fabian says, "It has been so incredible to see how our community has pulled together during the COVID-19 pandemic and the recent storm. Our motto at the Care Centre is: Little by Little, A Little Becomes A Lot. It's been amazing to see the way that so many have contributed in their own way and the impact that has enabled us to have for our guests when they needed us most."

When asked what she finds heartwarming about her work,

Lisa says, "to watch our staff and volunteers engage our community in such a compassionate and dignified way. I love when we are able to say that we are here to help in the land in between – in between where you find yourself today and where you hope to be."

Lisa finds it especially rewarding when previous guests come back to share their stories of success and transformation. **"They often say that having a warm, welcoming place to land on some of their darkest days made all the difference,"** says Lisa.

Thank you again for being there to ensure that families in your community have access to fresh, nutritious food!

Holiday Food Drive

Your chance to fill fridges for families in need!

Mark your calendar for the annual Holiday Food Drive, presented by Mosaic.

Each November, we challenge you and other members of the community across Ottawa to help fill fridges and ensure families in need have enough to eat during the holiday season.

The funds and non-perishable food raised will help the Ottawa Food Bank provide emergency food service to our community food programs and their clients well into the winter months.



Last year friends like **you** helped fill more than **2,300** fridges - each enough to provide **one** week's worth of food for families of four. We're hoping to fill even more this year, and hope you'll join us! You'll even have the option of creating your very own easy to set up online donation page.



For more details visit
ottawafoodbank.ca/holiday-food-drive

Black Family Farm:

Providing a bountiful Community Harvest for the community.

Tom recalls back in 2012 when he first offered some land to the Ottawa Food Bank and we thought we'd only be able to manage one acre at the time. Now, 11 harvests later, by the time you read this article, the harvest will be almost complete at Black's Family Farm, where **8 acres of land** are dedicated to growing fresh produce for the Ottawa Food Bank through the Community Harvest Program!

We are so very grateful for the farming support and knowledge Tom Black and his family have provided. They've helped with everything from the irrigation system to building a greenhouse to loaning out farming equipment

and so much more. Volunteers who come out and work on the farm have likely met Tom, as he loves to be involved and offer advice where he can.

Tom says, "it's been a great pleasure being involved. The volunteers are really the backbone of it all, but the donations that come from the community are also key."

Our tireless and hardworking volunteers planted and harvested 167,000 pounds of produce in 2021. Fresh fruits and veggies that are then provided directly to people in our community!

Your donation's Journey:



To help those who need it most, donate now at ottawafoodbank.ca/donate
EVERY \$1 YOU GIVE PROVIDES ABOUT \$5 WORTH OF NUTRITIOUS FOOD!



DONATE MONEY

Every \$1 you give provides about \$5 worth of food for men, women and children in need!



DONATE FOOD

Drop your non-perishable items in our red bin at the front of your local grocery store or bring them to the Michael St. warehouse.



HOST A FOOD DRIVE

Host a food or fund drive. For more information go to: www.ottawafoodbank.ca/ottawa-food-bank-events/register

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



for a child in need.