



Ottawa Food Bank

SPRING 2023

You Feed the Need

TOGETHER, WE ARE SO MUCH STRONGER

WHAT'S INSIDE

Why our new home
on Bantree St. will be
GAME-CHANGING

Your exciting
FARM UPDATE

**HOW YOUR
SUPPORT**

helps moms and babies
in our community

PLUS

Your special update on
the *Moving To A Healthier
Future* campaign

"Thank you! Our Team is so excited about the new building on Bantree St. We talk about it every day... the fact that we'll finally have the space we need to provide even more support to the community." - Drew Conroy, Director of Operations



Ottawa Food Bank

2001 Bantree Street Ottawa ON K1B 4X3 • ottawafoodbank.ca • 613-745-7001

Moving To A Healthier Future - Thanks to YOU!

Q&A WITH DREW CONROY, DIRECTOR OF OPERATIONS

You give so that people in your community have access to fresh, nutritious food – no matter their life circumstances. You've heard a lot over the last year about the vastly increased need for food support here in Ottawa. And, you've also likely heard about the new warehouse space the Ottawa Food Bank has secured to help meet the increased demand.

We sat down with Drew, our Director of Operations, to get his perspective on how the new warehouse will benefit people living with food insecurity across Ottawa.



Our HUGE cooler in the new warehouse will store fresh food for the community!

Q: What is your role with OFB?

A: I'm responsible for food collection and distribution, and warehouse operations at the Ottawa Food Bank.

Q: What do you love about your role?

A: I love working with arguably the most intelligent and compassionate people on the planet! That includes our staff, partner agencies and volunteers, along with our incredible donors.

Q: How will the new building impact the work you and the operations team do?

A: The new building on Bantree St. will provide the operations team with the space they've badly needed for over ten years, due to the increasing need of our community. It will have state-of-the-art equipment and vastly increased capacity to store dry, fresh and frozen foods. Plus, there will be more space for sorting and distribution, which will make us faster and more efficient in loading up trucks for delivery. This means we can better serve the increasing needs of people in our communities.

Q: Anything else you'd like to share with our amazing supporters?

A: Thank you so much. With zero to limited funding from all levels of government, your gifts are vital to the work that we do to keep serving this community. And please continue to donate if you can!

We'd like to sincerely thank you for your kind and compassionate gifts. And, a huge thank you to everyone who has donated to our Moving To A Healthier Future campaign so far.

Your gifts in action

Thank you for reaching out your hand and your loving heart to help people in Ottawa who are struggling with the increased cost of living. Here are some of the ways your gift has been put into action:



179,706 lbs harvested from the Community Harvest Farm



4,317 home deliveries provided



17,486 hours of volunteer support



8,806,715 lbs of food delivered to member agencies



FARM UPDATE



Our hardworking Community Harvest team at a farm celebration. The pictures below highlight some of the amazing fresh food grown at the farm.

You help plant the seeds and harvest nutritious crops

2022 was ANOTHER record-breaking year on the farm, despite some early season challenges and the devastating derecho storm in May. Your generosity supported the planting and harvesting of **179,706 lbs** of fresh produce on our 8-acre farm on donated land, near Stittsville. And thank you to the volunteers, who completed 5,449 hours helping on the Community Harvest Farm!

This record-breaking crop included:

Cabbage	23,897	Sweet potatoes	5,533
Potatoes	23,309	Broccoli	4,549
Watermelons	16,148	Zucchini	4,294
Carrots	12,685	Eggplants	3,925
Onions	11,815	Lettuce	3,561
Peppers	11,708	Leeks	1,919
Cucumbers	10,799	Beans	1,812
Cantaloupe	9,943	Beets	1,731
Squash	8,875	Okra	966
Tomatoes	8,802	Garlic	964
Kale	6,173	Garlic scapes	226
Cauliflower	6,075		

All figures listed in lbs



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A campaign for the new home of the Ottawa Food Bank



With more people in Ottawa turning to community food programs than ever before, having more room for healthy, fresh food is essential to meet growing need across our city. This makes moving to a larger warehouse space among the Ottawa Food Bank's highest priorities.

It is an honour for the Ottawa Food Bank to recognize the individuals and organizations in our community who are making leadership gifts that make it possible to build the capacity of our network while maintaining service to the community.

We
COULDN'T
have done
it without
YOU!

INNOVATORS

Chicken Farmers of Canada
CLV Group
Hydro Ottawa Limited
Leacross Foundation
Malhotra Family Foundation
Ontario Trillium Foundation

INVESTORS

The MacAskill Family
Daniel & Kim Theriault

CULTIVATORS

Architects DCA Inc.
Evolugen
The Garrett Family
Taggart Parkes Foundation
The Tokarski Family

CHANGE MAKERS

Goodkey, Weedmark & Associates Ltd.
Otto's Ottawa Group
Sarah & Glen Tremblay



The Ottawa Food Bank also wishes to thank our anonymous and committed donors who supported this campaign generously and from the heart. Thank you for responding to our request for help with encouragement, and contributions at all levels. **You are deeply appreciated!**

Moving To A Healthier Future

The Ottawa Food Bank's campaign to help fund our move and retro-fit of a bigger and improved warehouse space.



The Ottawa Food Bank network has been seeing record high numbers of people turning to us for help. During our last fiscal year (Oct 1, 2021-Sept 30, 2022), **more than 400,000 visits** to food bank programs within our network were reported. **That's an increase of 37.5%** compared to pre-pandemic levels in 2019.



More than 1/3 of people served by agencies in the Ottawa Food Bank network **are children**.



With **300% more space for cold storage**, the Ottawa Food Bank's new warehouse gives more room for healthy, fresh food that is extremely expensive right now, and difficult for many in Ottawa to afford.



Through the *Moving To A Healthier Future* campaign, \$1.3 million was received and pledged from the community towards the \$6 million relocation and retro-fitting costs of our new, larger home.

The Journey Begins! ...And Continues!



DEC. 2021 BUILDING SECURED

After an extensive search, we found a building to suit our needs.

JUL. - AUG. 2022 BREAKING GROUND

Construction begins!



OCT. 2022 INTERIOR WALLS ROUGHED IN

The beginnings of our office space in the building.

NOV. 2022 SPACE PREPPED FOR BACK-UP GENERATOR

All costs waived by Latcon 2009 for work to install generator pad! Thank YOU!



NOV. - DEC. 2022 FREEZERS INSTALLED

We will have 300% more space for cold storage!

DEC. 2022 - MAR. 2023 IN PROGRESS

Use your smartphone camera to scan this QR code to see our current progress



Providing for Your Baby Shouldn't be a Struggle.

Will you support moms and kids this Mother's Day?

Your generous gift to the Baby Basics program can help make life a little easier for moms and babies this Spring.

You'll help a single mom like Franca*, who really appreciates the formula and baby food she receives from her local food bank.

"I used to worry about how to make sure my baby got the nutrients she needed. I'd sometimes have to leave some of the food in my cart just so I could afford the formula. It's so expensive! Now I know I'll get formula from the food bank, I can buy a bit more at the grocery for me."

Your amazing support gives a bit more peace of mind to moms doing everything they can to care for their precious children during these incredibly challenging times. **Thank you!**

**Name and details changed to protect privacy.*

With your generosity, the Baby Basics program can provide items such as:



Formula



Diapers



Cereal



Baby Food

To help families in need, donate now by visiting ottawafoodbank.ca/donate.



Tungasuvvingat Inuit: *Connecting the Community to Culture, through Food.*



Members of Tungasuvvingat Inuit's Food Crew (not pictured: Hayley Shown & Sherina Strus)

Your compassionate support provides fresh, culturally familiar food to more than 110 partner agencies across Ottawa, including Tungasuvvingat Inuit (TI). TI provides social support, cultural activities, employment and education assistance, youth programs, counselling, and more – to Inuit in Ontario.

During the pandemic, TI became very aware that food insecurity was a major need in the Inuit community and something they could help with. With your support, TI has

been connecting the community to culture, through food. The Ottawa Food Bank provides TI with staple grocery foods, which allows them to use other funding they receive to source country foods. These traditional foods are provided free to the community, and include arctic char, caribou, seal, and beluga.

Rhonda Huneault, Manager of the TI Food Crew, says, “We receive about half of our food from the Ottawa Food Bank. The food is delivered, which saves us time to go and shop. With this time savings, we are able to purchase the other 50% of the food and items that we need every two weeks to feed the community.”

“This has been our number one priority, as we know that country food is soul food; it helps nourish the body and the mind.” – Rhonda Huneault

Every two weeks, people come together to connect and share stories about life, family, culture and food. **Thank you! Your generosity is helping to strengthen community relationships.**

GRATITUDE UPDATE

“Partnering with you has so many advantages besides food.”

– Empathy House, partner agency



“For people to want to give, that’s amazing... It’s love. That’s just it. It’s love. It comes from deep within them.”



“It helps alleviate the stress... helps a little bit with bills for the month, and part of that is groceries... it definitely helps to have some help from the Ottawa Food Bank that way.”

– Lee, grateful wife and mother of three



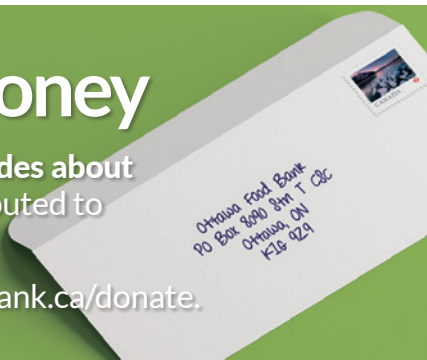
Other Ways to Help

There are many ways to help the Ottawa Food Bank and no matter which way you choose, your support is greatly appreciated!

Donate Money

Every **\$1** you give provides about **\$5** worth of food distributed to our neighbours!

Donate at ottawafoodbank.ca/donate.



Host a Food Drive

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



Donate Food

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



Donate Stocks

A gift of stocks allows you to save more and give more! Consider donating your stocks directly to the Ottawa Food Bank. If you would like to donate stocks, please download and follow the instructions on the Donation of Securities form. Use your smartphone camera to scan this QR code to easily access the Donation of Securities form online.



Leave a Gift in Your Will

If you would like to leave a gift in your Will to the Ottawa Food Bank, contact **Jenn Graves, Major Gifts and Planned Giving Officer**, at 613-745-7001 ext. 114 or at jenn@ottawafoodbank.ca.



TOMORROW'S
HARVEST

LA RÉCOLTE DE
L'AVENIR



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.

