



Ottawa Food Bank

FALL 2023

# You Feed the Need

## TOGETHER, WE ARE SO MUCH STRONGER

### WHAT'S INSIDE

A conversation  
with Nic Hupé, our  
**WAREHOUSE  
COORDINATOR**

Partner Corner:  
**LIFECENTRE  
FOOD BANK**

2023  
**ADOPT A CROP  
UPDATE**

**PLUS**  
so much more!

*After many months recovering from a back injury, Nic determined that he needed a job that was more fulfilling, and less dangerous! With a background in logistics and agriculture, Nic was familiar with the issue of food insecurity, so the Ottawa Food Bank was a natural, and welcome, fit!*



# Grateful to give back to the community... and thankful for supporters like you!

## Q&A WITH NIC HUPÉ, WAREHOUSE COORDINATOR

Your gifts support Ottawa Food Bank staff and volunteers working hard behind the scenes to get food distributed to over 100 agency partners. Staff like Nic Hupé, Warehouse Coordinator extraordinaire.



Nic Hupé

### Q: What is your role with OFB?

A: I train and supervise daily volunteer groups that come to volunteer, as well as aiding with shipping and receiving, and keeping an accurate inventory.

### Q: What are you grateful for in your work?

A: So much! I know our team has each other's backs. I can say with confidence that these

are the best coworkers and managers I've ever had the pleasure of working with. And at the end of the day, it feels great knowing I actually did some good.

### Q: How has the new building impacted your work, and how the volunteers work?

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.

Now receiving and picking product is much more streamlined, and we're able to work with increased speed, accuracy, and efficiency. Volunteers have a lot more space to work as well which has been quite popular! It's exciting looking to the future as we're always cooking up new ways to engage volunteers in this space, so stay tuned!

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

A: "Thank you!" for starters! Donors like you make all the difference in the world. I'd also love to remind you that if you would like to make a donation, monetary donations are the most helpful. The Ottawa Food Bank has excellent relationships with vendors that we can use to purchase food we need in bulk, which just makes the money go further than it would at a local grocery store chain, but... every little bit helps!

**Thank you again so much for your kindness and compassion. A big shout out to everyone who donated to our Moving to a Healthier Future campaign!**

# Your gifts in action

You're helping meet the rapidly increasing need for food support throughout Ottawa. You're making sure people have access, to fresh, healthy food when they need it. Here are some of the ways your gift has been put into action:



**4,317** home deliveries provided



**17,486** of volunteer hours sorting and delivering food



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



### Lifecentre Food Bank

Your amazing gifts support local community food banks across Ottawa, like Lifecentre Food Bank, which serves the needs of Blakburn Hamlet residents.



*"The needs keep on growing and we cannot do it without the generosity of donors. Our foodbank could not offer the same service if we did not have the support of the Ottawa Food Bank." – Julie Frerault*

She goes on to say, "We are offering a community breakfast program 3 days per week to break isolation and offer some respite to families who cannot afford summer programs for their children. We have games, and full meals. Last Wednesday we served 61 people!"

Thank you again for your compassionate gifts, which support individuals and families at community food banks like Lifecentre, all across Ottawa. Your gifts really do make a difference!

Lifecentre Food Bank recently expanded after seeing an increase in families looking for support. They created a more welcoming space that provides honour and dignity to clients seeking help.

### ADOPT A CROP

Support from kind friends and community members like you allows the Ottawa Food Bank to continue growing fresh produce on an 8-acre farm, located near Stittsville, ON.

The farm plays an important role in helping us deliver fresh food to more than 100 agency partners. In 2022, your generosity helped plant over 20 crops and **harvest over 178,000 lbs of fresh food** providing healthy, nutritious food to tables right across our community.

Our Adopt A Crop program invites local businesses to get involved with our annual community harvest. Each Adopt A Crop Ambassador chooses a crop to support and "champions" it over the course of the growing season. Here are the crops and their Adopt A Crop Ambassadors from this year:

Tomatoes	Ciena	Carrots	LeverageTek
Watermelon	Cisco	Peppers	Evolugen
Sweet Potato	Mondeau Bathroom & Kitchen	Beans	Your Credit Union
		Broccoli	Nutrition International



**Thank you** to our 2023 Adopt A Crop Ambassadors, our Community Harvest Presenting Sponsor, Mechanical Contractors Association of Ottawa, Tom Black and Family, and all of you, our wonderful Ottawa Food Bank supporters! Together we're providing more fresh, healthy food to people in our communities.

You can learn more at:  
[ottawafoodbank.ca/adopt-a-crop](https://ottawafoodbank.ca/adopt-a-crop)



# 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 is stretched further, thanks to our incredible industry partners. This means more food to our neighbours!

Donate at [ottawafoodbank.ca/donate](http://ottawafoodbank.ca/donate).



## 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.



## Host a Food Drive

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



## 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



TOMORROW'S  
HARVEST

LA RÉCOLTE DE  
L'AVENIR

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](mailto:jenn@ottawafoodbank.ca).



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).



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