

# **VOLUNTEER BEFORE IMPACT 2024**

*Information and statistics reported represent the Ottawa Food Bank's fiscal year from October 1, 2022, to September 30, 2023.*



Ottawa Food Bank  
La Banque d'alimentation d'Ottawa

# A MESSAGE FROM OUR CEO

**In March 1984, a group of community volunteers came together to create the Ottawa Food Bank.**

These were 11 people who saw a need in our community, rallied together, and made a historic impact on the city of Ottawa. Using their passion and skills, they created a new way of working together. A way of working together that is connected, builds on strengths and allows everyone to participate - something we aspire to 40 years later.

I am incredibly grateful and honoured that so many volunteers have chosen the Ottawa Food Bank and the network to share their time and talent. The power and impact of volunteers are felt every day in our network. Not only in the day-to-day work but because of your commitment, compassion, and kindness for the community.

As the need in the community continues to grow at historic levels, the impact of volunteers is felt so deeply. Thank you for sharing your gifts with the Ottawa Food Bank and the thousands of people who access a food bank every month.

**We can't be the Ottawa Food Bank without Ottawa!**



**Rachael Wilson**  
Chief Executive Officer  
Ottawa Food Bank



# MESSAGES FROM OUR VOLUNTEER RESOURCES TEAM



**Jo-Anne Turple**  
Manager,  
Volunteer Resources

While Ben Franklin said, “lost time is never found again”, I believe that time donated by Ottawa Food Bank volunteers, multiplies exponentially.

Looking at the 40-year history of the Ottawa Food Bank, I would be remiss not to point out that this organization was started by a group of volunteers coming together to better serve our community members. Volunteer time is a powerful thing. Ottawa Bank volunteers have been supporting our community for 4 decades and counting.

Who volunteers at the Ottawa Food Bank? We are so fortunate to have a mix of long-time dedicated volunteers as well as those who can spare a few hours per year. Our volunteers are humble, funny, insightful, skilled and experienced, and simply the best ambassadors the Ottawa Food Bank could ask for. We have #OttawasBestVolunteers!

We would like to extend a special thank you to the corporate and community groups that continue to support volunteering by organizing and attending with team members. These groups return year over year to work in a warehouse, as well as our farm as well as provide support with sponsorships, grants and participate in our signature fundraising events.

Due to the passion, support and dedication to the Ottawa Food Bank, each volunteer truly makes every moment matter.



**Adam Janes**  
Coordinator,  
Volunteer Resources

It was the end of March 2023, new building, new coordinator (me) and a challenging need ahead due to inflation and cost of living crisis. Since that time, we have been in awe of the care and response of our volunteer community. It has been an absolute pleasure to engage with hundreds of people and help to set up hundreds of volunteer opportunities across the city for so many amazing people.

When we called out for regular weekly sorting volunteers to sign up for another year of weekly shifts, we were delighted when 95% returned an emphatic ‘yes, I will be back’. Then we looked at the farm where 228 individuals gave us 3,237.5 hours of care for our plants.

We recognize the 9 amazing souls who drove all over Ottawa to make thousands of deliveries of emergency hampers. We are grateful for the extra welcoming smile and helpful hands and voices in our reception and behind the scenes, the Ottawa Food Bank becomes that much more caring and helpful because of you.

Looking out at a Food Drive Saturday, we see over 150 people across the city helping, caring for and encouraging others to give us the food we need to distribute back to those who need it most.

Your individual care in curation, welcome, delivery, engagement, cultivation and more make us a more caring organization. To also borrow from the national theme, you make every Ottawa Food Bank moment more meaningful and more impactful.











# WHAT'S YOUR VOLUNTEER IMPACT?

## HOURS CONTRIBUTED

8,920

FOOD  
SORTING

429

OFFICE VOLUNTEERS

5,662

COMMUNITY  
HARVEST

1,420

HAMPER  
DELIVERY

187

DELIVERY  
ASSISTANT\*

*\*role discontinued*

820

EVENTS

264

BOARD OF  
DIRECTORS

Volunteers join our work in every department of the Ottawa Food Bank and at every stage of our food security efforts.

From helping food grow in the ground – to welcoming people to our office. From making and logging deliveries to raising food, funds and awareness at community events. At the sorting tables, on phones, and around the board table; volunteers showed up and were essential to our efforts in 2022-23.

**#OTTAWASBESTVOLUNTEERS CONTRIBUTED**

**17,500 HOURS**

**THANK YOU TO ALL  
2,300 VOLUNTEERS**



# CORPORATE & GROUP VOLUNTEERS

## COMMUNITY HARVEST



## FOOD SORTING



**688 Total Corporate Volunteers**



**973 Total Corporate Sorting Volunteers**



**85 Farm Groups**



**121 Total Sorting Groups**



**2,100 Hours Given**



**2,504.5 Sorting Hours Given**

**1661 CORPORATE VOLUNTEERS SHARED  
4604+ HOURS OF THEIR TIME.**

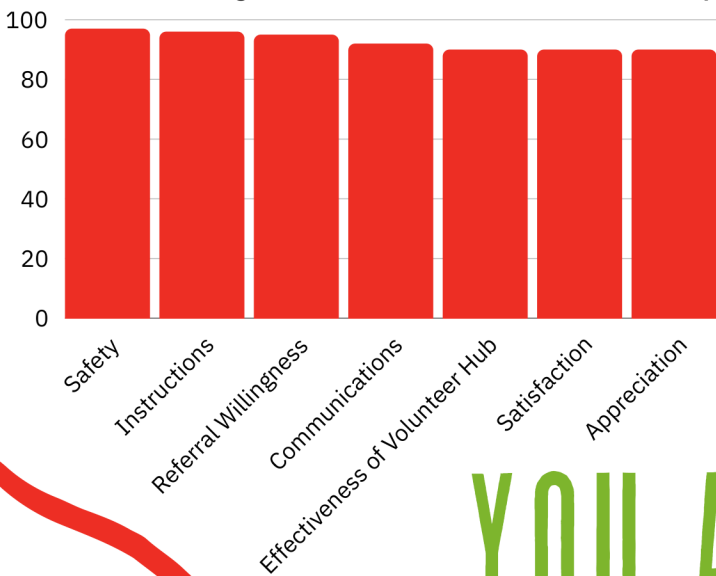
**EQUALS  
TO OVER**





# YOU GAVE US TOP MARKS IN OUR ANNUAL VOLUNTEER SURVEY!

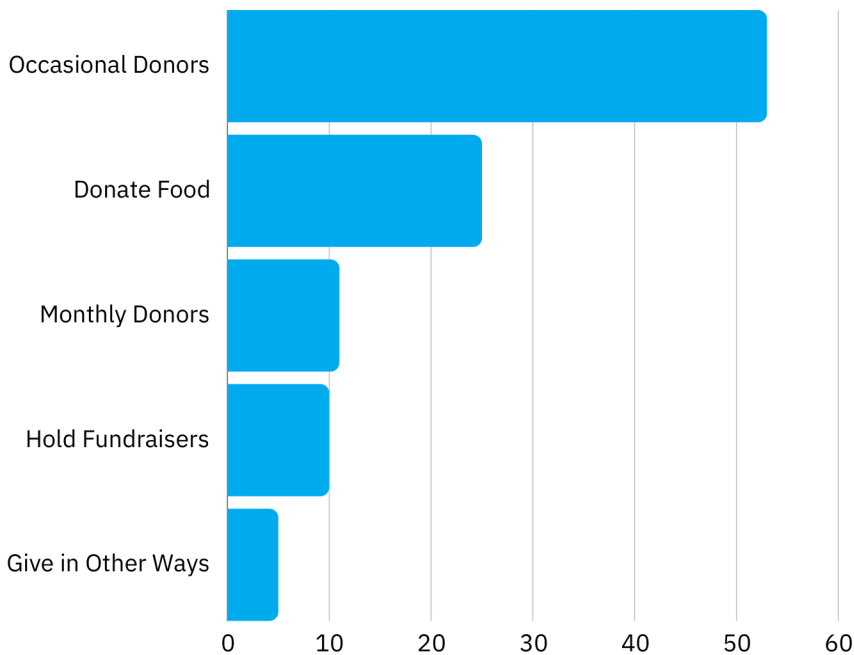
Overall Ratings from 2022-2023 Volunteer Survey



YOU ARE GIVING!

AND WE APPRECIATE YOU FOR IT

Donor Status of Volunteers





Our regular volunteers, about 75 people, give us 50% of our total volunteering. These volunteers are truly a core part of the OFB community.

## AN EXTRA THANKS FOR YOUR DEDICATION!

### How your volunteer support helped people in our community

- **Supported over 493,000 visits for food** – a 22% increase over the previous year.
- Helped **purchased over \$9 million in food**.
- **Sorted and helped distribute over 9 million pounds of food** to 112 member agencies.
- **Grew over 140,000 pounds of produce** from our Community Harvest Farm to share across our network.
- **Hamper Delivery volunteers drove over 10,000 km's**.
- **Volunteer hours equated to over 10 full-time employee-equivalency** (over \$500,000 saved) and you have contributed so much more in care, positivity, advocacy, donations and more to the Ottawa Food Bank community.





# THANK YOU FOR SUPPORTING THE OTTAWA FOOD BANK AND OUR COMMUNITY.

Lara Nadia Nitya Pruthi  
Chiedi Shannon Jason  
Amy Crest Rahma Anthony  
Jenn Serena  
Apirah Solene Rukh  
Michelle CD Kennedy Nicholas Dawn  
Ame Frank  
Vivette Achille Cindy  
mae Kayla Adam Tom  
Sofia Heather Kuz Rashid  
Iria Noor Noelle Jessica

The OFB staff thanks all of its volunteers who come from across Eastern Ontario.

