



Ottawa Food Bank

FALL 2026

You Feed the Need

GRATITUDE REPORT

TOGETHER, WE ARE SO MUCH STRONGER



**A Note From
John, Board
Chair of the
Ottawa Food
Bank**

I know every one of my colleagues on the Board would agree: choosing our next CEO was one of the most important decisions we've ever made. We looked across the country, but in the end, the right leader was someone we already knew, trusted, and had the privilege of working alongside for more than 15 years.

Natalie Spooner has played a key role in shaping the Ottawa Food Bank into the trusted, collaborative organization it is today. She lives our values, is deeply committed to our mission and understands the importance of building strong relationships with network agencies and key partners across our community.

As our community continues to face rising food insecurity, I am confident the Ottawa Food Bank is in exceptional hands. On behalf of the Board, thank you for walking alongside Natalie and our entire team as we look toward the future together.

John Ariyo
Chair, Board of Directors

WHAT'S INSIDE:

Let's Go Far Together:

Meet Natalie, the new Ottawa Food Bank CEO

Your Gifts in Action:

How you're making a difference

CTV Your Morning Ottawa Holiday Food Drive: Bringing our community together to fill tables

Your gifts in action



98%

of what we do is funded by caring supporters like you.



588,866

food bank visits were made across the Ottawa Food Bank network this year.



Nearly 100

food programs across Ottawa are supported thanks to you.



7.9M lbs

of food distributed to families throughout our city.

LATEST UPDATES

Let's Go Far Together

When Natalie Spooner first arrived in Ottawa more than 20 years ago, she discovered something that has stayed with her ever since: a community that believes in showing up for one another. Today, as Ottawa Food Bank's new CEO, that spirit continues to shape her vision for the future.

Long before she became CEO, Natalie Spooner was simply someone looking for a way to get involved in her new community.

After moving to Ottawa from Ireland, she began volunteering at the Ottawa Food Bank. Soon, she realized there was something special about this city.

"When I landed here, I thought, 'This is it,' Natalie recalls. "The community spirit in Ottawa is incredible. People here don't sit on the sidelines. They step up and get involved."

That feeling has stayed with her throughout her 15 years at the Ottawa Food Bank.

As Director of Programs and Planning, Natalie worked closely with the Ottawa Food Bank's city-wide network of member agencies and community partners to meet the growing and changing needs of households across Ottawa. Along the way, she learned one of the most important lessons of her career: meaningful change happens when people work together.

"We never do this work alone," she says. "Everything we do depends on our community being beside us."

Now, as CEO, Natalie is bringing that same spirit of collaboration to the future of the Ottawa Food Bank. Her priorities are clear: continue to provide fresh,



healthy food when our neighbours need emergency food support, while working alongside partners to build a future where fewer of our neighbours need to rely on the food bank in the first place.

It's an ambitious vision, but one she believes Ottawa is ready for.

Natalie is incredibly grateful for the community's ongoing support. "Thank you for being a part of everything we do. Because of your generosity and commitment, we're not just helping neighbours through today, we're building a stronger Ottawa for tomorrow."

As Natalie likes to say: "If you want to go far, you go together."



Most Needed Items

You can donate these items by bringing them to donation bins at drop-off locations across the city.

Pasta & Pasta Sauce

Canned Chicken & Fish

Nut Butters

Baby cereal

Diapers

Canned Fruits & Vegetables

Dry legumes

CTV Your Morning Ottawa Holiday Food Drive 2026



FOOD DRIVE

Every November and December, our community comes together with one shared purpose: ensuring households across Ottawa have healthy food on the table for the holidays. *Will you join us?*

The CTV Your Morning Ottawa Holiday Food Drive is a great way to kick off giving season. Whether you're organizing a fundraiser, collecting food, or making a donation, your generosity will help support families, neighbours, and friends across Ottawa who are facing food insecurity this holiday season and into the new year.

Mark your calendar for broadcast day on Friday, December 11, at 87 George Street. Join us in person or tune in to CTV Your Morning Ottawa from home as we come together to help ensure everyone has healthy food on the table this holiday season.



Neighbours Helping Neighbours

Forty-two years ago, the Ottawa Food Bank was founded by volunteers.

Today, they continue to be at the heart of everything we do.



2,670

volunteers share their time and talents to help put food on neighbours' tables



21,330

hours dedicated to help grow, sort, and deliver food to neighbours in need

15%

more organizational capacity made possible through volunteer support



Over

12

full-time staff — that's the equivalent impact of our incredible volunteers

20+

crops grown at the Community Harvest Farm thanks to our volunteers



To all of our incredible volunteers, thank you for everything you do for our community. We couldn't do this work without you. Interested in making a difference? Learn about our current volunteer opportunities at ottawafoodbank.ca/volunteer

Ways to Give

Wonderful Ottawa Food Bank supporters like you uplift our neighbours in times of challenge.

There are many ways to get involved as we work towards a city free from hunger by 2050:



Commit to a monthly gift

for maximum efficiency and make a difference year-round



Leave a legacy

by including the Ottawa Food Bank as a beneficiary in your will. For more information, email leadershipgiving@ottawafoodbank.ca



Donate food

by bringing healthy wish list items to one of our drop-off locations



Become a volunteer

Visit ottawafoodbank.ca/volunteer to learn more about volunteering



Questions?

Please reach out to our donor care team at foodbank@ottawafoodbank.ca or 613-745-7001 x 222.



Make a one-time gift today

Donate online at: ottawafoodbank.ca/donate or scan the QR code with your smartphone



Ottawa Food Bank

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