

**Gloucester
Emergency
Food
Cupboard**

**Centre de
secours
Alimentaire de
Gloucester**

2013 Annual Report



Years of Community Support

From Our Board Chairman



As the Gloucester Emergency Food Cupboard commemorates 25 years of providing sustenance, support and hope to our community, we acknowledge that hunger has an appetite and it won't be denied. It consumes self respect, swallows the spirit and feeds on indifference. You see hunger in a child's eyes. You feel it in a senior's hand. You hear it in the rumbling of an empty stomach of an unemployed mom or dad who is going to a job interview.

Food is our most fundamental need. Yet for some, eating three meals a day is a luxury. Changing that reality requires commitment, a commitment of ongoing, active concern. The concept of a community response to hunger is as effective and vital today as it was 25 years ago.

Again this year, the Gloucester community has responded generously to this need by providing thousands of pounds of food for thousands of individuals and families.

As we enter another year of service, the Gloucester Emergency Food Cupboard will continue to work with partner agencies, volunteers and community members to offer emergency support and encouragement to our neighbours as they weather tough economic times.

All the expressions of support have been greatly appreciated!

Sincerely, **Don Collar - Board Chairman**

Board of Directors

Don Collar - **Chairman**

Jim Bagues - **Treasurer**

Directors:

Tim Comerford

Marjorie Gardner

Vern Greenshields

Linda Lalonde

Grace Skowronski

Tracy Martineau - **Secretary**

Ann Frederking

Genevieve Gazaille

Valerie Hall

Zalmay Rahmini

Colin Webster

From Our Executive Coordinator



How do we measure success in the work that we do? Is it by how many people we are able to help over the course of a month or a year? Is it by how well our many donors rise to the occasion to meet the needs of the people who come to us for assistance? Is it by how many volunteers we have and how smoothly our program runs on a day to day basis? While all of these things are vitally important, and will be reported on in these pages, ultimately, our program is about people.

Part of our mission statements says that we will treat all persons involved in our program with respect and dignity regardless of sex, gender, race, age, ability, religion and sexual orientation. Providing for those in need in our area through the generosity from others in that same area is one of the foundational principles by which we were founded and continue to operate.

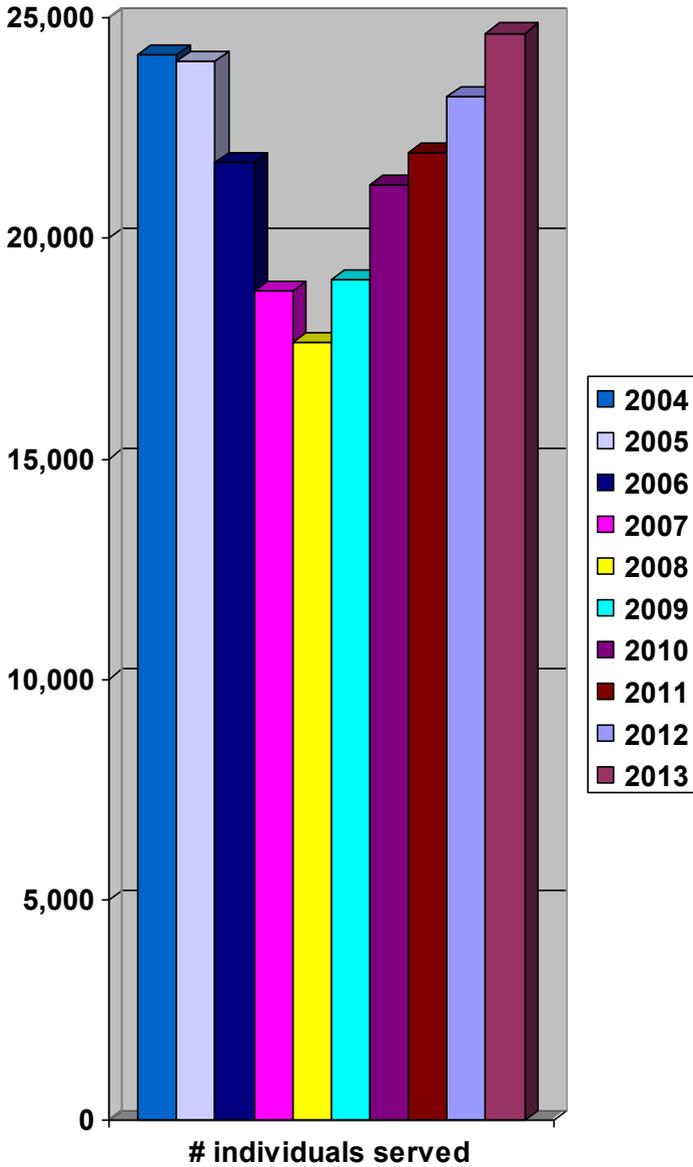
As we see that the needs for basic fundamentals of life for families in our community have not lessened, we are committed to providing the same level of service that we have for the past 25 years, regardless of the fact that the needs are always increasing. The stories of the people who touch our program, whether clients, churches, schools, service clubs, businesses, or individuals, are unspoken and are interwoven into every aspect of what we do on a daily basis. We must generalize for brevity and report statistics and lists but we are committed to never lose sight of every individual behind the scenes and behind every number.

The task of providing for those in need can seem insurmountable but when a community works together, so much is possible. Together we can make a difference, however small, in the lives of our neighbours and friends but we do not do this alone!

Thank you to everyone who helps to make those individuals matter!

Gwen Bouchard - Executive Coordinator

Client Usage Stats last 10 years



Note - Blackburn Hamlet began being served by Joseph Storehouse (now called Lifecentre Foodbank) in 2006

Those we serve

Each family group and individual has a unique story and though statistics don't tell the whole story, they do help to begin to paint a word picture of those we serve. The numbers demonstrate that there has been a rising increase in our program usage since 2008, while we also know that, for many, income has not kept up with the increase in the cost of living.

Client Statistics 2013	
Numbers	
Avg. # of persons / mo	2,054
Total # individuals served	24,656
Avg # families / mo	583
Avg. # of persons per family	3.52
Percentages	
Adults	55.10%
Children	44.90%
Singles	5.80%
Single Parents	30.30%
Seniors (over 60)	1.94%
Families with repeat visits	21%

Client Success Story

The Singer* family had a number of children aged 13 and under immigrated to Canada 2 years ago. Unfortunately, Gary, the husband, had unexpected health issues and so was only able to find work part-time, because of his health. After a long, exhaustive search, Sally, the wife, was able to find a casual part-time job which eventually lead to full-time job over a number of months. They have had many challenges and had to use the services of the GEFC regularly for about 2 years. Having the extra help with food while in this tight economic situation helped them to get through a very difficult time.

They have not had to come for emergency food for more than 18 months or so. The children are enjoying school and this family has even begun to make small food donations, to help out other families like themselves, who needed the extra help in a very trying time. When we have the privilege of meeting them in the community, we are greeted with a hug and a beaming smile and we are so encouraged to see the way this family has moved through a very difficult time in their lives!

Volunteers

Our volunteers are the backbone of our organization. We would not function without the countless hours that are contributed to make our program work. The range of tasks that are completed is extensive and often changes. Whatever the task, someone can always be found who is willing to take it on. One of the strengths of our volunteers is the sense of ownership they take with their responsibilities. The job gets done and gets done well!

We maintain a waiting list for those who would like to volunteer and the current wait time continues to be about a year. When a need for extra help arises, our volunteers are there. It is a privilege to work with those who are so committed.

Number of Volunteers in 2013	
Adults	81
Students	24
Total	105
Number of volunteer hours	
Adults	10,662
Students	199.25
Total	10,861

Supporters

These faithful families, groups and individuals, are who we must thank regularly. They are diligent about finding out what are most pressing needs are and then coming though time after time. This is truly a community organization where so many come together to help those in need in our local area. Thank you to all who make this possible.

1. Churches and Faith Groups

Annunciation of the Lord Parish	Rothwell United Church
Church of Christ	Rothwell United Women
Greenbelt Baptist Church	Epiphany Anglican Church
Orleans United Church	Bethany United Church
Resurrection Lutheran Church	St Helen's Anglican Church
Pine Grove Bible Church	Riverview Park Church of Christ
St. Gabriel's Parish	Fusion Youth
New Covenant Apostolic Church	The Meeting House
St. Mary the Virgin Anglican	Unitarian Universalist Fellowship
St. Peter's Parish	

2. Businesses

Telesat - Major Sponsor (\$5000 and over)

Macartney Farms	Bulk Barn
Starbucks	Tim Hortons - Gloucester Centre
Canadian Tire	Kettlemens Bagels
Orleans Bakery	Beacon Hill Dental Centre
Centurion Dental Centres	Dove Tale Collections
Shopper's Drug Mart	No Frills
Curves on Shefford Rd.	Loblaws - Gloucester Centre
Herb and Spice on Wellington	Gloucester Centre
Canada Post	Giant Tiger
Cora	HFS (Health Food Services)
Hop 'n Vine	Clinique de medicine St. Joseph
Zellers - Gloucester Centre	NRC - HR Branch
Dr. G. Gay	Enbridge Gas Distribution
Walmart	Solicitor General
Rogers Communications	BPS Health Canada
Johnson Insurance	Metro
Health Canada	Leisureworld Madonnci
JA-Doc Holdings, Inc.	RBC
Ministry of Finance	Connexion Family Health team
Myers Chev, Buick, GMC	Jim Keay Ford Lincoln
PCL Construction	Public Safety Offices

3. Schools and Child Care Programs

Colonel By Secondary School
Lester B. Pearson Catholic Secondary
Ashbury College
Forest Valley Elementary School
Robert Hopkins Elementary School
John Paul II Catholic School
St. Kateri Tekakwitha Catholic School
Henry Larsen Elementary School
La Cité Collegiale
Thomas d'Arcy McGee Elementary School
École catholique élémentaire la Vérendrye

Gloucester High School
Henry Munro Middle School
Convent Glen Elementary School
Terry Fox Elementary School
St. Brother Andre Catholic School
Le Phare Elementary
Glen Ogilvie Elementary School
Herzig College Student Council
Elmridge School Age Program

4. Other Supporters

Numerous service clubs, community groups, scouting and guide groups, government offices, business offices and other groups held food drives, raised money for the GEFC, donated time and other resources, donated funds, non perishable food items, made letter drop deliveries, donated to us in honour of a birthday, anniversary or death of a loved one and donated vehicles and manpower to pick-up and deliver food on our behalf. These groups cover the whole spectrum of age and demographics, and are many and varied. It is difficult to name them all without missing some but please know that we are so grateful for your support.

Of **special note** are:

***Gloucester North Lion's Club** who donated \$4000 from the **Magical Village**

***Paul Miller of Nerds on Site** for **volunteering time and expertise** with matters relating to GEFC computers and technical support. And holding an annual Fill a Beetle to Feed the People event held at a local grocery store.

***Orleans Choirfest** also supports us faithfully every year and we received **\$1895 from them as a result of their annual event.**

Elected Representatives

We would like to express appreciation to our elected representatives for their efforts on our behalf in 2013.

Councilor Tim Tierney of Ward 11 Beacon Hill - Cyrville invited us to be one of the beneficiaries of his third annual 'Celebrate Summer' which was a very successful event.

MP Royal Galipeau for Ottawa – Orleans. We appreciate his efforts in promoting the eligibility of nonprofit organizations to receive a Canada Summer Jobs Grant for 2013 and for honouring two of our volunteers at his annual Hearts of Gold Ceremony.

Government Funding

The GEFC receives an annual funding grant from the City of Ottawa, which in 2013 was \$44,476. We are also grateful to the City for the efficient and prompt support and care of our physical building and the fact that we do not have to pay rent or utilities. That support is vital to our program!

We received a federal job subsidy from Canada Summer Jobs to offset the cost of hiring a university student for the summer. This enabled us to hire our student, Anne Mckay, for 14 weeks from May through August.

Fundraising

A number of fundraising activities took place in 2013

1. The autumn Direct Appeal Campaign, which targets previous donors, was our largest fundraiser, as it is every year.
2. Our general letter campaign was distributed, this year, through a flyer distribution company which targeted households within our catchment area.
3. Fill-A-Beetle to Feed-the-People. This is sponsored by Nerds on Site, on our behalf, every May. They collect food and donations at a local grocery store.
4. Giant Tiger BBQ. Also held in May where we provide the volunteers who then cook food (provided by the store) and distribute to patrons. All donations toward the BBQ are for our use in the program.
5. Third Party fundraisers - Various groups and individuals hold individual food drives and fundraisers that also benefit us both monetarily and with food donations.

Cooperative Efforts

1. Ottawa Food Bank

We receive 20-25% of our food for distribution through the **Ottawa Food Bank**. We are thankful for this cooperative relationship and are proud to be one of their member agencies. They provide invaluable support and through them we are able to have access to products that would be more difficult for us to access as an individual food program.

Each March we also participate in Hunger Count, where statistics are collected from food programs across Canada and then compiled into one document that can be found on the web - just search for Hunger Count 2013.

2. Parade of Lights

We would like to thank the Parade of Lights organizers (the Ottawa Firefighters Assoc.) for organizing the annual Parade of Lights. We were a part of the Nerds On Site float in the parade handing out candy and allowing us to have exposure, in our community, to over 150,000 people.

3. Jardins Arrowsmith Gardens

This community garden is located right beside the Food Cupboard building. The gardens are organized and run by a separate Board of directors but clients of the Food Cupboard are given priority to grow a plot for a very minimal cost.

4. Other Programs

Throughout the course of the year we have worked cooperatively with a number of other programs referring clients for services through the **Snowsuit Fund**, the **Caring and Sharing Exchange (formerly Christmas Exchange)**, the **Eastern Ottawa Resource Centre**, the **City of Ottawa Public Health Department**, the **Salvation Army**, **Helping with Furniture**, and other local food agencies when clients have come to us from out of our geographic area. We also receive extra donations of popular, non-perishable food items from the **Orleans-Cumberland Food Program** which is a great asset to our food distribution.

**GLOUCESTER EMERGENCY FOOD CUPBOARD /
CENTRE DE SECOURS ALIMENTAIRE DE GLOUCESTER**

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