



The yard sale has been cancelled!

Because we have a number of key volunteers who have moved on or will be away during the time of our yard sale, we have decided not to hold our yard sale this year in 2013. If you have been holding on to things for the yard sale, here are some suggestions for places where you could donate items to:

Helping with Furniture - helpingwithfurniture.org. They take new and gently used furniture and equip households for people who are displaced, refugees or have a roof but no furniture or next to none. They will also contact you and make arrangements to do a pick-up. Can also call 613-745-1348 and leave a message.

Canadian Diabetes Association - <http://www.diabetes.ca/get-involved/supporting-us/clothesline/>. They will take clothes and other items and a truck comes around to do a pick-up at your home. They also have a truck that will also pick up furniture. Can also call 613-746-4633

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

-Maya Angelou

"If you cannot do great things, do small things in a great way."

-Napoleon Hill

Back to school!

The Eastern Ottawa Resource Centre is once again, helping to provide backpacks and school supplies for those returning to school in our local area. If you have anything that you would like to donate, please drop it off either, here, at the Food Cupboard or directly to their location at the Beacon Hill Shopping Centre at 2339 Ogilvie Rd.

Dates to Remember

- We are closed Monday, Aug. 5th for the Civic Holiday
- We are closed Labor Day, Monday September 2nd

Gloucester Emergency Food Cupboard

2040 Arrowsmith Dr.
Ottawa, ON
(613) 749-4728

Mon 6:30-8:30 pm

Wed 12:00-2:00 pm

Fri 9:30-11:30 am

Where does our fresh produce come from?

We receive fresh produce three times a week from McCartney farms and Herb and Spice . They give us fruits and vegetables that would be thrown out. Our wonderful volunteers then go through the produce and decide what is still good to be distributed to our clients! Thanks for your willingness to do these less appealing tasks.



Message from Arrowsmith Gardens

Sheila says, & we can all agree, that the GEFC garden is growing very well. Chard & lettuce have been submitted to date & a bumper crop of tomatoes & cucumbers are expected soon. We appreciate all the volunteers who stop by to visit with their compliments.

In the Arrowsmith Thyme-less plots, in contrast to last year when cool weather & local "critters" repeatedly ravaged produce, this year has been stellar. Individual gardeners planted the 11th plot, each with a row of a different vegetable. We have harvested from several of these rows. As well, our gardeners are generously donating their own bumper crops to GEFC. The herb garden cuttings also spice up the "freebie" table. Thank you all for sharing 2040 Arrowsmith with us!

Ruth T.

Lost and found!

- We found a pair of black glasses in the kitchen. If they belong to you, come pick them up in the office.
- A diamond-like stud earring was found in the office.

June Statistics 2013/2012

Adults (18 - 64) - 1138/1020

Single Parents - 184/148

Seniors (65+) - 48/32

Singles - 113/95

Children (3 - 17) - 745/735

Families - 580/521

Infants (0 - 2) - 106/155

New families - 34/38

Families with more than one visit/month - 132/109

Total Individuals - 2037/1910

**Note - The age ranges for adults, children, and infants changed in November of 2012 so certain age comparisons are not completely accurate.*