

VOLUNTEER NEWSLETTER

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



Volume 53

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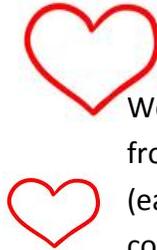
Bits and Bites

"Be kind for everyone you meet is fighting a battle you know nothing about"

-Wendy Mass

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."

-Helen Keller



Volunteer Needed to do a Pick-Up

We **urgently** need a volunteer to pick up plastic bottles once/week from the Cora on St. Joseph Blvd on either Monday or Tuesday (early morning or at around 2 pm when things are quiet). Please contact Gwen for more details.

AGM

You are invited to attend our Annual General Meeting on **Wednesday, April 30, 2014 at 7:00 pm** at 2040 Arrowsmith. Kaitrin Doll, who is the co-chair of the Ottawa Poverty Reduction Network will be our special speaker. She is very knowledgeable about hunger-related issues in the City of Ottawa and will share some of her experiences with us.

Dates to Remember

- ◆ Closed Monday, Feb. 17, for Family Day
- ◆ Closed Friday Apr. 18, Good Friday
- ◆ **We will be open Easter Monday, Apr. 21**
- ◆ AGM - Wed., Apr. 30, 7 pm

Comparative Yearly Stats

Year	2011	2012	2013
Total # clients served	21,935	23,212	24,801
# families who visited	6,299	6,555	7,004
Avg # families/month	524	546	583
% Families coming for repeat visits	19.9	18.9	21
% Adults	54.62	54.69	56.9
% Children (0-17)	45.38	44.8	43.1
% Seniors	2.25	1.94	2.0
% Singles	6.20	5.83	5.76
% Single Parents	8.47	8.56	8.7



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



We have companies that donate their products to us on a regular basis. These companies could throw these products out but instead take the time to put them aside and store them until volunteers pick them up. It is an extra effort and we want them to know how much it is appreciated and what a difference it makes to the service we offer.

1. **Herb and Spice** donate produce and bakery products three times a week. These boxes are a treasure trove of assorted fruits and vegetables. Volunteers are always learning about new and exotic produce as they sort and bag.
2. **McCartney's** wholesaler gives us fruit and vegetables twice a week. We receive many kinds of produce but we're especially happy when we get lots of bananas.
3. Cora on St Laurent and St Joseph Blvd save their small plastic juice bottles for us. We use them for repackaging assorted liquids.
4. **Tim Hortons** and **Starbucks** (both at Gloucester Centre) donate their baked products three times a week. Both companies provide us with an amazing array of delicious treats.
5. **Bulk Barn** (Gloucester Centre and others) give us lots of seasonal candies. Gary, the owner, delivers this himself. He also gives us an exceptional deal on bulk oatmeal and candy canes for our participation in the Parade of Lights.
6. **Dove Tale Collections**, a gourmet food distributor, call us every few months to say they have stock to donate. This call always causes great excitement to the volunteers as we wonder what tasty gourmet delicacies we'll be getting from all over the world, teas, cookies, sauces, spices, chips, chocolates--? Everything is given out in great profusion to our clients.
7. **Shoppers Drug Mart (Shoppers City)** call us several times a year to pick up. These boxes are full of a variety of items the store sells, from personal hygiene products to Halloween costumes. We never know what they are going to give us. Each delivery feels like Christmas.
8. **HFC (Healthcare Food Services)** is a hospital/institutional food manufacturer. Every few weeks Jocelyne, who works at HFC, delivers a variety of the frozen meats, prepared meals and baked goods that the company sets aside for us.

Kindness makes a difference!

Feb. 14-21 is kindness week in Ottawa. Why not take a moment to do something kind for someone else or visit the Kind Ottawa website for more ideas and activities happening in Ottawa!

