



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

Volume 48

September 2013

### Thank you to our student volunteers!

This summer, we have had the generous help of 13 high school students to prepare letters for our fall fundraising campaign. During seven days in August, they stuffed 25,000 envelopes; an average of 150 envelopes per hour. We appreciate their time and dedication!

### Message from our summer student.

Thank you to everyone for giving me the opportunity to work in such a great environment. The volunteers make this place very unique and unlike any other. Every single person has taught me something and has made me feel extremely welcome. I will continue to come in as a volunteer during the year, therefore will see you all regularly! **Anne**

### A baby is born!

Congratulations to Nicole. She is a first time grandmother to Jules who was born at the beginning of August weighing 6 lbs, 1 oz.

### New Executive Director appointed to Ottawa Food Bank

Michael Maidment brings wealth of social services, operations management and media experience to food support organization. He has been serving as Area Director of Public Relations and Development for the Salvation Army in the National Capital, Kingston, Quinte and Eastern Ontario Regions for the last 7 years.

---

*“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has”*

*-Margaret Mead*

*“No act of kindness, no matter how small, is ever wasted.”*

*-Aesop*

---

### Dates to Remember

- We are closed Labor Day, Monday September 2nd . Enjoy your weekend!
- Volunteer pot luck is coming up in October! Specific date to come.

## Gloucester Emergency Food Cupboard

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

**Mon** 6:30-8:30 pm

**Wed** 12:00-2:00 pm

**Fri** 9:30-11:30 am

### Where do most of our sweets come from?

1. Two different volunteers pick up at Starbucks and Tim Hortons at the Gloucester Centre on Mondays, Wednesday and Fridays.

2. We often receive sweets from Orleans Bakery and from Costco (delivered through the Ottawa Food Bank)

3. We also receive some breads and smaller muffins from the Food Service that prepares meals for the Ottawa Hospitals, delivered by one of our volunteers who works there.



## A note on food distribution

We appreciate everyone who participates in food distribution. We know this job can be rewarding and challenging at the same time. We need your help in the following way: as much as possible, please try to follow the food distribution charts when guiding clients to make their food choices. If we make changes or give extras, it can be difficult for the volunteers who are guiding the same clients, at a later time, who do not know what has happened before. Follow the guidance written on the sheet by the interviewers as well. Most exceptions are written there and established at the time of the interview. When in doubt, please check with the interviewers first. **Just remember that when we say yes to one person, we may be saying no to someone else later on!** Thanks everyone!

## Requesting your input please!

There have been a few minor changes that have occurred around the Food Cupboard lately, as a trial, to see if there might be a way to increase the flow when people are choosing their food and decrease some of the congestion as our numbers continue to rise. We welcome your input on these points:

- A) What do you think of the present change trial? Specifically comment on positives, negatives and do you think this change will decrease congestion.
- B) Do you have any suggestions on how we can improve the flow during food distribution?
- C) OR would you prefer we don't change anything?

## August Statistics 2013/2012

**Adults** (18 - 64) - 1159/1031      **Single Parents** - 185/179

**Seniors** (65+) - 45/32      **Singles** - 111/100

**Children** (3 - 17) - 820/756      **Families** - 589/546

**Infants** (0 - 2) - 123/129      **New families** - 30/50

Families with more than one visit/month - 132/94

**Total Individuals** - 2147/1948

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