



GLOUCESTER EMERGENCY
FOOD CUPBOARD

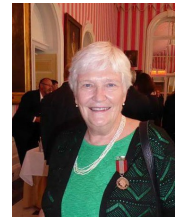
ANNUAL REPORT 2018



From Our Board Chairperson

It is with pride and a strong sense of accomplishment that we present to you the 2018 Annual Report for the Gloucester Emergency Food Cupboard (GEFC).

When the GEFC was being organized in 1988, we hoped that we would no longer be needed by the end of 2018. But having now completed our 30th year we are still helping over 3,500 people in our community.



In 2018 the GEFC explored a number of new initiatives with other community agencies. These initiatives help Erin fulfill the second part of our mandate, “to support and encourage discussion on reform and social change that would eliminate the need for emergency food assistance”. The Board was also pleased to approve the creation of a part-time position of Office Manager and we were pleased to hire Heather Kimbell for that position.

Every day we are reminded that our ability to provide for those in need requires strong partnerships. The commitment of donors, volunteers, network partners, and business and civic leaders to work together is the only way we can realize our vision of a hunger free community. Unfortunately, with the rising costs of food, insufficient incomes and a lack of affordable housing, many of our neighbours will continue to require our support.

The Board of Directors is keenly aware that it was only with the help of an amazing team of committed volunteers that we were able to continue to serve over 525 families a month. Without our dedicated volunteers who faithfully work stocking shelves, dividing food, checking dates, providing fresh foods, serving on the board and much more, the GEFC simply could not function.

Our promise is to continue to grow these relationships and build new ones that will enable us to better serve men, women and children from our community in their time of need.

Thank you to our supporters for all that you do. We are indeed fortunate to live in such a caring community where helping your neighbour comes naturally.

With your ongoing support and confidence we will continue to build a more food-secure future for everyone in our community.

Ann Frederking

From Our Executive Director

Our 30th year was a time of reviewing, renewing and laying the groundwork for the future.

A registered dietician reviewed our food distribution protocol in light of changes to the **Canada Food Guide** and we have adjusted our food service protocol accordingly—keeping our focus on providing fresh fruit and vegetables and lots of healthy choices. We are also redrafting our volunteer, interview and food dividing manuals. Figuring out how to do our work in dignified, health enhancing, financially sound and environmentally sustainable ways are guiding principles.



We have been working on changes outside of the Food Cupboard too. An ongoing conversation among east end service providers has led to the development of a new community food bank to serve the western Orleans area starting in late 2019. While we can't celebrate the opening of yet another food bank, the people who live in the K1C area will have a much more accessible resource.

Thanks to the support of the **Ottawa Community Foundation** we held conversations to build a **Community Food Assessment** which identifies strengths and gaps in our local food system. This, plus research conducted for the Ottawa Food Bank (preliminary results were presented at last year's AGM), will provide input as our Board of Directors embarks on a strategic planning exercise in 2019. Our engagement with **Just Food**, the **Ottawa Community Food Partnership**, and other networks ensures that we are working in collaboration with the broader community to identify needs and gaps, and best practices to address them.

We know our time is limited in the “temporary” building that we have been occupying for 30 years, so planning for the future is critical. The need for our services isn't going away, and we seek additional ways to provide and promote community food security together with our partners. We seek ways to give hope.

Erin O'Manique

Those We Serve

We are not yet down to the numbers we were seeing before the influx of refugees in 2016, but our visits have decreased for the second year in a row. Let's hope this trend continues! We are seeing more children, and are responding by making sure we always have fresh fruit and healthy snacks on hand as a supplement for families with children.

This Year's Accomplishments

- * We adopted a new "look" that we used for postcards, thank you cards, social media and the website etc.
- * We conducted a thorough analysis of food spending and food distribution with the assistance of a registered dietician in light of the new **Canada Food Guide**, which led to some immediate changes to both, such as replacing juice boxes with fresh fruit for children's snacks.
- * In partnership with **Just Food** we cultivated a .25 acre plot at the Just Food Farm to grow vegetables, and provided space for eight refugee families to grow food for their families as part of the "New Roots" program.
- * We obtained a grant from the **Mazon Foundation** to purchase healthy children's snacks such as low-sugar granola bars, string cheese, and fresh fruit. We also use this grant to purchase vegetables from a local farm that supports refugees.
- * We obtained a grant from the **Ottawa International Airport Authority's Project Clear Skies** to buy a new freezer.
- * A new funding pot from the **Ottawa Food Bank** provided us with a new commercial dishwasher.
- * In addition to directly helping 320 families with Christmas extras, we referred 374 families to the **Caring and Sharing Christmas Exchange Program** and 200 families to **Toy Mountain**. We moved our Christmas Corner, a place where clients can select gifts for themselves and their families, to the **Gloucester Centre** in collaboration with the **Eastern Ottawa Resource Centre**. The community, including **University of Ottawa** staff and **Boom Savings**, came through in a big way providing toys and gifts.
- * Our new part-time Office Manager, Heather Kimbell started in November.
- * 14 volunteers attended our First Aid and CPR training.
- * We completed the first year of three-year grant from the **Ottawa Community Foundation** "to identify and rally community assets for a more integrated, socially nourishing approach to food security." In total about 40 people participated in six sessions of **Where's the Food** to help us build our **Community Food Assessment** of our local food environment, including where to grow food, school food programs and other food assets and gaps. Participants included staff from Councillor's office, EORC and Library, political candidates, the Health and Nutrition class at **Gloucester High School**, community members and volunteers. We modified the methodology to do public sessions at **Celebrate Summer** and with GEFC clients. A report with findings will be drafted during the second year. The grant also enables us to facilitate partnerships and in addition to engaging **Hidden Harvest Ottawa** to map harvestable trees for the Community Food Assessment they conducted training and we received over 50 kilos of freshly harvested fruit.

Year End Statistics			
	2018	2017	2016
"Services"	23,965	24,545	25,853
Individuals	3354	3618	3490
Under 18	1593 (47%)	1587 (44%)	1463 (42%)
Households	1084	1082	1080
Household visits	6562	6558	6985
New to us	438 (40%)	443 (41%)	522 (48%)



Our Partners

The GEFC provides the space for people and organizations to ensure that no one goes hungry in our community. In addition to many individuals and families, over 70 organizations including local schools, churches, clubs, teams and businesses work with us by donating food, services and funds, conducting food drives and volunteering.

Telesat did their first food drive for us when we opened in 1989. We are thankful for their continuing faithful support of the GEFC. We received \$5,500 from them this year.

We were also delighted to receive a donation of \$5,000 from Urbandale Corporation in honour of their 60th Anniversary.



Government Funding

The GEFC receives a yearly community funding grant from the **City of Ottawa** which in 2018 was \$47,885. We are also grateful to the City for the maintenance of our building, which is provided to us rent-free. This support is vital to the sustainability of our program! We received a federal job subsidy from **Canada Summer Jobs** to offset the cost of hiring two university students for the summer months. This enabled us to hire Meriem Mezdour and Bronwynn Bradley.



Special initiatives

* The Ontario Government announced that it was lowering the amount that beer could be sold for to \$1 in fulfilment of an election promise.

The Dominion City Brewing Company, asserting that it is impossible to sell a beer for a dollar without compromising quality, responded to Ontario's buck-a-beer challenge in their own way: "by inviting our customers to help refugees build a new life in Ottawa. After all, nothing pairs better with a cold beer than a warm welcome." They donated \$1 for every can of **Dominion City "Buck-A-Beer Blonde Ale"** to support refugee welcome in Ottawa, we were thrilled to be selected, along with **Helping with Furniture**, to received these funds - over \$3,100!



* **Loblaws** offered customers a \$25 gift card as a goodwill gesture after admitting the company participated

in an industry-wide bread price-fixing arrangement. A social media post that went viral suggested applying for the cards and sending them to a foodbank. We received \$1,300 in gift cards.

* **Ottawa Artisan's Guild** holds two craft shows every year at Lester B. Pearson High School and collects food and monetary donations on our behalf.

Businesses and Organizations

180 Fitness

Action Martial Arts

AIM Fitness

Airzone Hvac Services

Alstom Power Canada

Bank of Montreal (Staff)

Bearbrook Farms

Chapel Hill North Community Association

Dominion City Brewing Company

Dr Geoff Gay, Dentist

Dr Michel Guay, Dentist

Finance Canada Employees

Flying Squirrel Trampoline Park

Ford and Associates Management Consultants

Gaudreau's International Transport Consulting Agency

Gloucester North Lions Club

Gloucester Senior Adults Centre

Groomer's Touch

Health Canada Employees

Herb and Spice Wellington

JaDoc Holdings Inc.

Key Comm

Kurdyla Physiotherapy

Ladies Auxiliary Branch 632

Businesses and Organizations (cont'd)

Macartney Farms

MPAC Employees

National Research Council
Employees

Ontario Public Service
Employees

Ottawa Artisans Guild

Ottawa Firefighters

Ottawa Police

Preceptor Delta Epsilon

Pineview Community
Association

Quality Meat and Foods

Quilty Pleasures Inc.

Rogers Group of Companies

Royal Canadian Legion
Branch 632

Starbucks (Ogilvie &
Ogilvie Chapters)

Sun Shon Chinese Group

Sutton Place

Taoist Tai Chi Society

TD Canada Trust

Telesat Canada

Top Generation Club

Tryumph Gymnastics Academy

University of Ottawa
Professors

Urbandale

* **Greenbelt Church** did a massive garage sale for us and raised over \$1,000!

* **Orleans Choirfest** also supports us faithfully every year and we received \$1,243 from them as a result of their annual event.

* **Dominion City Brewing Company** held it's annual **Christmas Market** and collected food and funds for us once again this year.

* **Gloucester North Lions Club's** annual **Magical Village** at Place d'Orleans raised \$4,000 for the GEFC in 2018.

* **The Pineview Community Association** also held a special Christmas Market in their new community hub—we are looking forward to exploring community food programming ideas with them.



* Every year a group of Professors from the **University of Ottawa** conduct a stocking drive to gather Christmas gifts for the children of families who come to the GEFC in December. They always astound us with their generosity!



Elected Representatives

We would like to express appreciation to our elected representatives for their efforts on our behalf in 2018. We appreciate the ongoing support of our local MP Mona Fortier and MPPs Nathalie Desrosiers and Marie-France Lalonde.

We were once again the beneficiaries of the sixth annual **Celebrate Summer**, resulting in \$2,000 for the GEFC. This event is organized every year by Councilor Tim Tierney of Ward 11 Beacon Hill - Cyrville. He holds regular pancake breakfasts in the community where food and funds are collected for us. We enjoy working with him and his staff on **Vision Jasmine** activities, and we appreciate his help communicating our message via his newsletter and social media. We also look forward to working closely with the newly elected councilor of Innes Ward, Laura Dudas.



Community

* In 2017, in partnership with **Just Food** we established **New Roots** Farm for refugees with farming experience, and helped eight farm families from Congo, Burundi and Syria this summer.

* Two **Grow Towers**, part of the **Growing Futures** program, are at the **Ottawa Public Library North Gloucester Branch** and we are benefiting from the fresh greens and herbs harvested

* **Arrowsmith Thyme-less Community Garden** is located right beside the Food Cupboard building. The gardens are managed by a committee and we benefit from the **Plant-a-row Donate-a Row** program. We also received fresh produce from **Action Martial Arts Community Garden** at **La Vérendrye** school. **Lester B Pearson High School** students also provide us with fresh veggies from their garden!

* **Vision Jasmine** came together in 2016 as a result of some devastating events. We organized marches, held barbeques, movie nights and winter festivals to create a space for residents to come together to celebrate and reaffirm their community as





a peaceful and safe place to be. The **Vision Jasmine Committee** was recognized for our contributions to our community with a **Community Safety Award** from **Crime Prevention Ottawa** at a ceremony at City Hall in November.

* **Ottawa Community Food Partnership** of eight foodbanks (funded by a three year Ontario



Trillium Foundation grant coordinated by Parkdale Food Centre) started in May. The goals are to share best practice, support community food programming across the network that fosters more access to fresh food, and use our collective voice to tell the stories about those that need our services, in order to stimulate change. In 2018 we hired a coordinator (2 days a week) and developed a workplan. Year one focused on supporting access to healthy and culturally appropriate food with support for growing and cooking; we were able to purchase halal meat, dried beans and seeds for **New Roots** with the funds.



Memberships

* We receive approximately 25-30% of our food for distribution through the **Ottawa Food Bank** as a member agency. Every March we participate in **Hunger Count**, in which statistics are collected from food programs across Canada and compiled into a report that can be found on the internet - search for Hunger Count 2018. We also participated in their first Community Food Security Conference.

* We are a member of three other organizations:



Food Secure Canada, a pan-Canadian alliance of organizations and individuals working together to advance food security and food sovereignty through three inter-locking goals: zero hunger, healthy and safe food, and sustainable food systems

Sustain Ontario, a province-wide, cross-sectoral alliance that promotes healthy food and farming



Volunteer Ottawa, which builds community by strengthening the non-profit sector through a focus on building expertise, fostering collaboration and promoting volunteerism.



Other Programs

Throughout the course of the year we have worked cooperatively with a number of other programs referring clients for services through the

Eastern Ottawa Resource Centre, the **Snowsuit Fund**, the **Caring and Sharing Exchange**, the **City of Ottawa Public Health Department**, the **Salvation Army**, and **Helping with Furniture**. 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.



Schools

Ashbury College
Beacon Hill Baha'i Children Class
Beacon Learning Centre
Colonel By High School
Gloucester High School
Henry Larsen Elementary School
Henry Munroe Middle School
Lester B Pearson High School
Louis Riel High School
Samuel Genest High School
St Matthews High School
Glen Ogilvie School Council
Our Lady of Mount Carmel School
Robert Hopkins Public School
St Kateri Tekakwitha School

Churches and Faith Groups

Annunciation of the Lord
Calvary Church
Epiphany Anglican Church
Greenbelt Baptist Church
Orleans United Church
Pine Grove Bible Church
Resurrection Lutheran Church
Riverview Park Church of Christ
Rothwell United Church
St Gabriel Church
St. Helen's Anglican Church
Worship and Restoration Ministries

Fundraising

The **Direct Appeal Campaign**, which targets previous donors, brought in \$47,885 (\$42,277 in 2017). A number of fundraising activities took place in 2018, including third party fundraisers are held by groups and individuals, and these generated \$69,874 (\$74,495 in 2017). Many are outlined within these pages. The creativity and generosity exhibited by these events, ranging from diaper drives to birthday parties to family sleigh rides, is wonderful and creates a space for everyone to contribute.



A note on our Financial Statements

Our 2018 fiscal year was successful, and are very grateful to our community for continuing to help us accomplish our mission. To see a complete summary, please consult our audited financial statements prepared by the firm of Roger Millette, Professional Corporation.

Volunteers

Our volunteers are the backbone of our organization. They contribute many hours to keep our program functioning; 102 volunteers worked 12,684 hours in 2018— the equivalent of 6.5 full-time staff! We welcomed 14 new volunteers, bringing with them new skills, energy and enthusiasm. Twenty-two volunteers will receive service awards at our 2018 Annual General Meeting, celebrating one, five, ten, and twenty years! We have six volunteers who have been with us for more than 20 years.

We are grateful for the partnership with the special education classes at **Gloucester High School** and **Lester B. Pearson Secondary School** who send students over weekly to help out with shredding confidential information and washing plastic tubs. We are seeking volunteers, especially those interested in working at our plot at the **Just Food Farm**, with **Hidden Harvest**, and supporting the **New Roots** refugee farm (in partnership with **Just Food**).



Board of Directors

Chairperson:

Ann Frederking

Treasurer:

Jim Bogues

Secretary

Georgina House

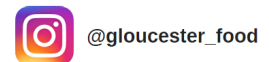
Directors:

Vern Greenshields
Andrea Balfour
Linda-Lou McQuinn
Geoffrey Chapman
Sui-Ling Leung
Abubaker Marif
Sofi Blazeski
Timothy Cullen

We Thank our Sponsors and Funders



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@gloucester_food



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