

GLOUCESTER EMERGENCY FOOD CUPBOARD



ANNUAL REPORT

2019



From Our Board Chairperson

It is with mixed feelings that I write my final message for the 2019 Gloucester Emergency Food Cupboard (GEFC) Annual Report. While I have a strong sense of accomplishment for its achievements, it also marks the end of my 32 year involvement that has included virtually every role in the organization. It is an amazing program that hooks its volunteers and staff and keeps them involved for extended periods of time.

2019 was our Executive Director Erin O'Manique's third complete year with us, and we continued to explore new initiatives with other community agencies. To help Erin to 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," we are pleased that Heather Kimbell continued in the position of Office Manager. The value of Heather's contributions became even more apparent as we dealt with completely restructuring the program due to Covid-19. But that's really the 2020 story; so I'll leave it to be told next year.

The most exciting undertaking has been the Strategic Planning initiative with consultant Mike Coxon, begun in 2019 and continuing well into 2020. With the prospect of a move in the next few years, we are taking a very serious look at where the program is going, what new programs we might be able to offer and new community involvements we might forge that will help alleviate food insecurity.

We are constantly reminded that our ability to provide for people requires strong partnerships. The commitment of donors, volunteers, network partners, business and civic leaders to work together is the only way we can hope to realize our vision of a hunger free community. Unfortunately, with the rising costs of food, insufficient incomes, lack of affordable housing and effects of Covid-19, many of our neighbours will continue to require our support.

We are 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 500 families a month. This number is slightly reduced because some of our former clients are now being helped by a new program in West Orleans. 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. And only time will tell what long-term challenges Covid-19 brings us.

Thank you, 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



2019

Board of Directors

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Ann Frederking

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Sui-Ling Leung

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Vern Greenshields

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Executive Director:

Erin O'Manique

Office Manager:

Heather Kimbell

Summer Students

Keely Tierney

Linzi Redekop

From Our Executive Director

If 2018 was a year of laying groundwork for the future, 2019 was a time to celebrate. The 30th Anniversary Gala and Multicultural Food Festival were wonderful events that brought our community of supporters, donors, volunteers and food bank users together over good food.

Those of you who attended the Gala will recall that Councillor Tierney announced the plan to replace our building with a low-income seniors' residence where we would occupy the ground floor. Our building at 2040 Arrowsmith Drive has been declared surplus and the land was redesignated for the purpose of meeting the City's affordable housing targets in this term of Council. The Board of Directors has initiated a strategic planning process as the proposal for a new building opens up the possibility of additional programming (ideally with a kitchen). This process will be completed in 2020.

We are innovating with other ways to address food security in our community. Growing food provides the community with a great opportunity to get involved, and adopting a community garden and sponsoring refugees to grow food in larger plots at the Just Farm are other ways that we can support families to get good healthy food beyond picking up groceries.

We still have a challenge on our hands. Last summer Feed Ontario (previously Ontario Association of Food Banks) released a report on food bank usage across the province. The study found that hunger and food bank use exist in every single electoral riding in Ontario, but Ottawa-Vanier, where we work, is the riding with the highest per capita rate of food bank use, at 15%. This demonstrates the continued need to find ways to help our neighbours get food on the table and to address the systemic reasons they have trouble doing so.

We need to believe that a community without poverty and hunger is possible and we will be spending the next year exploring how we can empower our community to help everyone thrive, through the power of good food.

Meanwhile, we have an amazing team of committed volunteers, donors and partners continuing to work together as they have for over 30 years!

Erin O'Manique



The Numbers

We are not yet down to the numbers we were seeing before the influx of refugees in 2016, but our visits have decreased for a third year in a row. This year the number of households accessing the food bank has also declined. About 15% of our use came from West Orleans so most of our reduced numbers can be attributed to the opening of a new community food bank at the **Community Pentecostal Church**. We saw fewer new families too. We are still seeing 10% more children than the city and national average. We have responded by making sure we always have fresh fruit and healthy snacks on hand as a supplement for families with children.

Financially we had a successful year. We are fortunate to enjoy support from a variety of sources—the **City of Ottawa** and the **Canada Summer Jobs Grant**, private foundations, the general public and a variety of schools, churches, businesses and other organizations, as the pie charts below demonstrate.

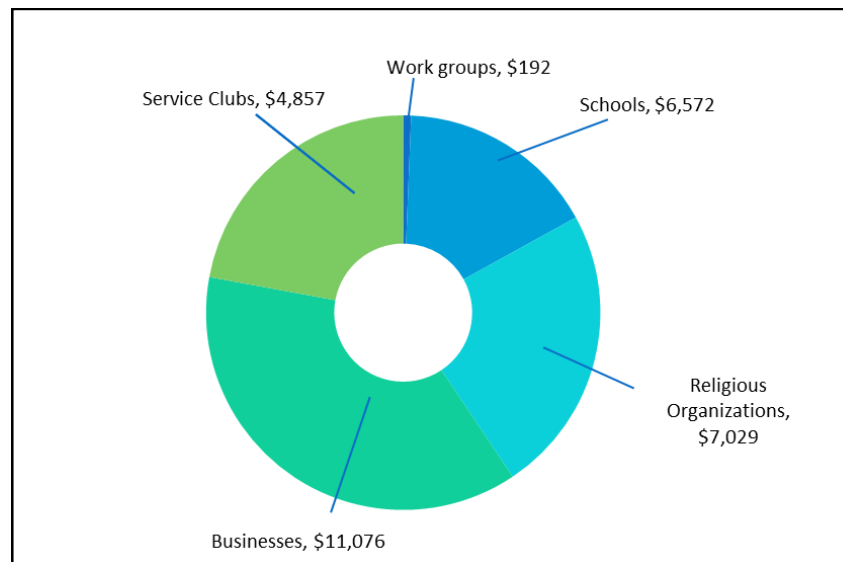
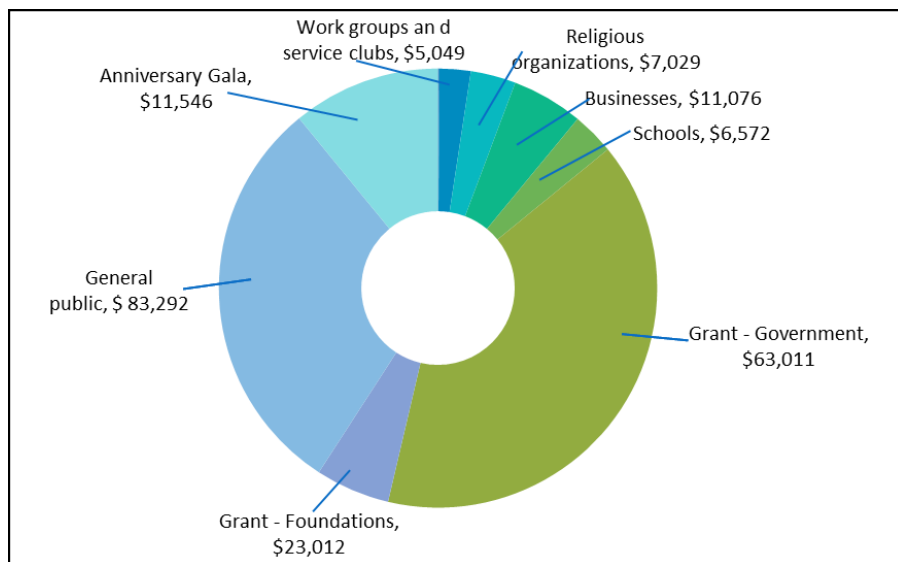
We received \$5,500 from **Telesat** as our last sponsorship contribution. They have moved downtown and are reallocating their charitable giving elsewhere. We are very grateful for their 30 years of support.

We received \$4,000 from the **Mazon Foundation**: \$2,000 for food (from the refugee farm) and \$2,000 for our farm plot, which we used to purchase a wheelbarrow, compost and drip irrigation equipment among other things.

A donor who died earlier this year has left us a significant bequest - the amount of \$150,000 has been invested for 18 months and the Board of directors has restricted it for equipment and furnishings for our new space.

To see a complete summary, please consult our Audited Financial Statements prepared by the firm of **Roger Millette, Professional Corporation**.

Year End Statistics			
	2019	2018	2017
"Services"	22,043	23,965	24,545
Individuals	3,118	3,354	3,618
Under 18	1,432 (46%)	1,593 (47%)	1,587 (44%)
Households	937	1,084	1,082
Household visits	6,069	6,562	6,558
New to us	294 (31%)	438 (40%)	443 (41%)



30th Anniversary Gala

GEFC's 30th Anniversary Gala was held on April 26th at the **Santo Cristo Banquet Hall**, which was decorated with black balloons to signal our mixed feelings around this milestone anniversary. A retrospective slideshow displayed photos that went back 30 years. The bartenders were cheery. The food was delicious and there were wonderful silent auction items to bid on. **Deputy Mayor Laura Dudas** presented the GEFC with a Certificate of Appreciation from the **City of Ottawa**, and **Councillor Tim Tierney** presented founding volunteers **Don Collar** and **Ann Frederking** with awards of recognition for their service and volunteerism in the community. We were also presented with a cheque for \$1,150 from the students at **Lester B. Pearson Catholic High School** who had organized a fundraiser for the Food Cupboard. A selection of international fare was provided by **Palki Cuisine of India**, **El Mazaj Restaurant**, and **Kool Runnings** representing Indian, Lebanese and Middle Eastern, and Jamaican cultures. **Dominion City Brewing Company** provided and poured the beer and **Orleans Bakery** provided us with delectable desserts. Everyone who attended the event had a good time and the event raised close to \$5,000. Thank you to all those who organized the evening; we are especially grateful for support from Councillor Tierney's office. Thanks also to those who attended and bought or procured items for the silent auction.

30th Anniversary Multicultural Food Festival

The Multicultural Food Festival was another event to celebrate the GEFC's 30th Anniversary. It was held on Friday evening, June 21st as part of the annual community event, **Celebrate Summer**. It was a free event for people to come and sample different cuisines. Everyone who came to the food bank the month before was given an invitation to attend. We fed over 300 people with food representing eight different countries and we also had a large celebratory cake. Our summer student **Keely Tierney** did a great job of organizing the event and pulling together all of the small local businesses that provided food for the evening: **All Seasons**, **Rico Peru**, **Greek on Wheels**, **Falafel on Wheels**, **Angry Dragonz**, **Rickmela Catering**, **Alhuda**, **Delightful Tastes**, and **Fettucine's Fine Foods**. The Food Festival was made possible with funds from both the Gala and the **Ottawa Community Food Partnership**. It was a fun evening for everyone and we also collected over \$1,000 in donations.



2019 Highlights

- **Dominion City Brewing Company's High Five 5th Anniversary Party:** We were one of three causes that Dominion City brewed special anniversary beers for—ours was a Canada Gose on Concord Grape reflecting our commitment to good food - and we received the proceeds from it - \$1,000. They also collected food for us at their anniversary event. In addition, they collected food and funds for us at their Annual Christmas Night Market too.
- The price of entry to the **Forest Park Food Truck Rally** at Chapel Hill Park was a food or money donation to GEFC. They collected \$1,300 in addition to the food donations.
- **Action Martial Arts** holds many fund and food raising events in addition to growing fresh food.
- Our **Christmas program** helped 332 families by inviting them to our pop-up boutique at the **Beacon Hill Mall**. There they had the opportunity to select gifts and stocking items for each member of their families at no cost to them. **Metcalf Realty** generously provided the vacant retail shop. Volunteers spent several weeks preparing and stocking it, and we received lovely gifts from the community, including **University of Ottawa**, **Boom! Savings! Charity**, and the people who responded to our **Reverse Advent Calendar Initiative**. We referred 362 families to the **Caring and Sharing Exchange** and over 200 families to **Toy Mountain**.
- We completed the second year of a three-year grant from the **Ottawa Community Foundation** “to identify and rally community assets for a more integrated, socially nourishing approach to food security.” Our **Community Food Assessment** is being used as input into our strategic planning, which was initiated in late 2019 and will continue into 2020. The grant also enables us to facilitate partnerships with organizations such as **Hidden Harvest Ottawa** from whom we received over 50 kilos of freshly harvested fruit, and to support our farm program and community garden.
- See page 9 for a list of the businesses, churches, schools and other groups that collected food and/or funds for us, made donations-in-kind, or contributed to our silent auction at the Gala.



Partnerships

We receive approximately 30% of the food we distribute from the **Ottawa Food Bank** as a member agency. Every March we participate in the **Hunger Count**, in which statistics are collected from food programs across Canada and compiled into a report. You can see the results of the Hunger Count 2019 on the internet at www.hungercount.foodbankscanada.ca

We are a member of several other organizations, including:

- **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.
- This year we became a **Good Food Centre**, (a **Community Food Centre's Canada** program) committing ourselves to a set of principles toward achieving a healthy and fair food system.
- **Ottawa Community Food Partnership**, (funded by the **Ontario Trillium Foundation**) is a collaborative effort of nine emergency food providers to support transformative change away from the traditional charitable model towards a model based on community food security. We are working to improve our ability to serve healthy, culturally appropriate food to our communities in away that prioritizes dignity and respect, by hosting cultural celebrations across the city (including our **Multi-cultural Food Festival**) and by increasing access to healthy food, that is familiar to people coming from a variety of ethnic backgrounds. In the fall of 2019, we also had an opportunity to journey together to a farm and help with the harvest.
- We are also members of **Sustain Ontario** and **Volunteer Ottawa**.

Throughout the course of the year we have worked cooperatively with a number of other programs, for example referring clients for services through the **Eastern Ottawa Resource Centre**. This year we were thrilled to work with **La Leche League** to support pregnant and nursing moms. Hilary Johnston is available to offer advise to moms every Wednesday, while they are already in our waiting room.

Volunteers

Our volunteers are the backbone of our organization. They contribute many hours to keep our program functioning; 122 people contributed 13,251 hours. This is the equivalent of 7.3 full-time staff! In 2019 we welcomed 14 new volunteers, bringing with them new skills, energy and enthusiasm.

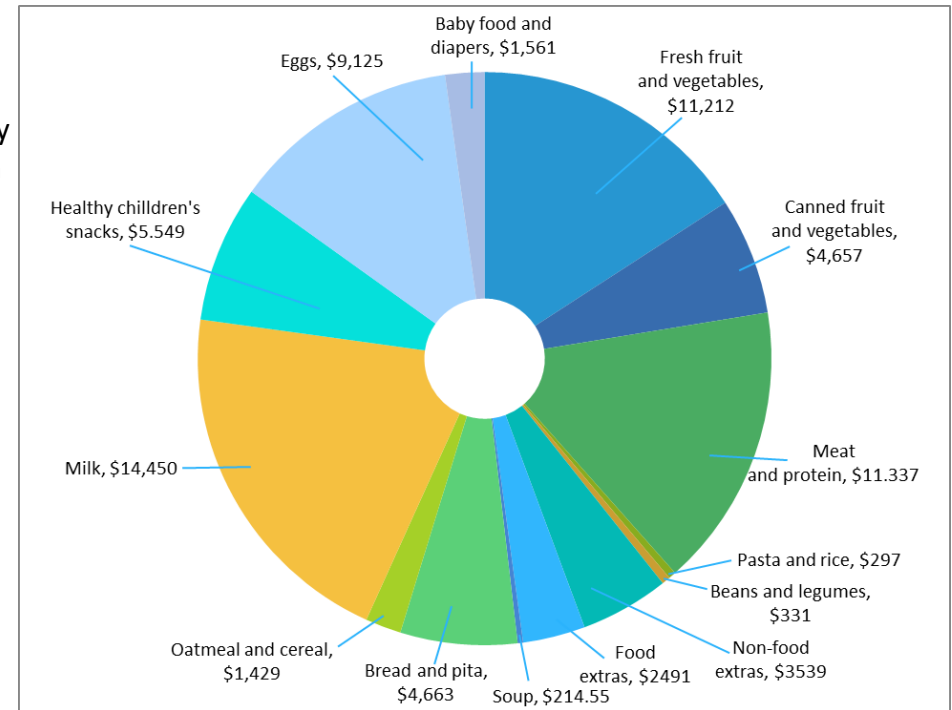
We are grateful for the partnership with the special education classes at **Gloucester High School** and **Lester B. Pearson Secondary School** who send students over several times a week to help out with shredding confidential information and washing plastic tubs.

We also benefited from the internship program at **La Cité Collégiale** and hosted three interns from the Social Work program in 2019.



Good Food for All

- Over the past three years we have tracked our food spending so that we could better understand where we are investing the donations that we are entrusted with and redirect those funds to healthier, more nutrient dense foods. This year we have completely eliminated purchasing juice boxes for children's snacks (in line with the school breakfast program and **Canada Food Guide** guidelines) and have increased purchasing fresh fruit and vegetables for both kids snacks and general consumption. In the past we relied heavily on donated produce. We continue to welcome donations from local community gardens and are increasingly growing our own!
- PARDAR** is the acronym for Plant-a-Row, Donate-a-Row, the program that encourages community gardens across the city to grow food for their local food program. We are now using that name for our quarter acre plot at the **Just Food Farm** as a model of community support. In the summer of 2019 we had 20 volunteers who prepared the beds, planted, weeded, and harvested good food under the skillful coordination of our Summer Student Linzi Redekop!
- In partnership with **Just Food** we continue to provide farm space for refugee families from Burundi, Congo, Myanmar and other far-off places to adapt to the Canadian climate and grow culturally appropriate food for their families and communities. These are farmers who had to flee from their lands and are delighted to have this safe place to grow vegetables.
- GEFC assumed the coordination of the **Arrowsmith-Thyme-less Community Garden** right beside us and we already have a small team of volunteers to help. We look forward to enabling more families to assume a more proactive role in their own food security, while contributing to community food security by ensuring that more food is being grown locally.



Our Community of Supporters

The GEFC provides the space and the infrastructure for community members and groups to ensure that no one goes hungry in our area. In addition to many individuals and families the following schools, churches, clubs, teams and businesses work with us by donating food, funds, conducting food drives and volunteering.

180 Fitness	Frontier Apartments	Orleans Choirfest
2020 Jasmine -Sutton Place	Fruits Express Ltd	Orleans Family Dentistry
40th Orleans Brownie Pack	Glen Ogilvie Public School	Orleans United Church
42nd Brownie Pack	Gloucester High School	Ottawa Firefighters
Action Martial Arts	Gloucester Horticulture Society	Pine Grove Bible Church
Alex Wolfe Real Estate	Gloucester North Lions Club	Paroisse Saint-Gabriel
Allegro Music School	Greenbelt Church	Pineview JY Group
Annunciation of the Lord Parish	Groomers Touch	Quality Meats and Foods Ltd
Bank Of Montreal Employees	Herb & Spice Wellington	Quilty Pleasures Inc.
Big D's Dog House	Holiday Inn (Orleans)	Resurrection Lutheran Church
Boom! Savings! Charity Shopping Club	Johnsons Taekwon-Do School	Retired Skiers
Brother Andre Catholic Church	Judy's Nails	Ritchie Feed and Seed
Cairine Wilson High School	Katherine Kurdyla Physiotherapy	Riverview Park Church of Christ
Carson Grove Elementary School	Ladies Who Garden	Rothwell United Church
Centre éducatif Séraphin-Marion	Launa McIntyre Bookkeeping Inc	Royal Canadian Legion- Branch 632
Chapel Hill North Community Ass'n	Lester B. Pearson Secondary School	Royal Oak (Blair Rd)
CHEO Autism Unit	LRL Associates Ltd	Russell Hendrix
Colonel By Secondary School	Macartney Farms	Speedy Car Wash
Cosmic Adventures	Mackenzie Investments	St Helen's Anglican Church
Costco (Innes Road)	Malenka Originals	St Kateri Tekawitha Catholic School
Crust and Crate (Ogilvie Rd)	Metcalfe Realty Company	St Matthew High School
Curves (Montreal Rd)	Mongolian Village (Ogilvie Rd)	Starbucks (Ogilvie Rd & Ogilvie Chapters)
Delightful Tastes	Montana's (Ogilvie Rd)	Sula Wok
Dentist Professional Corporation	Montfort Hospital Staff	Tezz Photography
Dr Geoff Gay	Movati Fitness	The Beacon Learning Centre
Dr Michael Guay	MPAC Employees	The Snow Goose
Dominion City Brewing Company	Myers (Orleans)	Tim Hortons (Ogilvie Rd)
Donut Rain on My Parade	Nani Shawarma	University of Ottawa
Dunn's Restaurant	National Capital Artisans Guild	Valecraft Homes Limited
East Side Mario's (Ogilvie Rd)	Nerds on Site	West End Learning Unlimited (WELU)
Epiphany Anglican Church	Orchardview Montessori School	Wild and Free
Flying Squirrel Trampoline Park	Orleans Bakery	Worship and Restoration Ministries



* We apologize if we have inadvertently misspelled or omitted the name of any organization on this list and we ask that you please advise us of any errors.

Our Sponsors and Partners



Our Memberships



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