

# HUNGER ERODES HUMAN DIGNITY, LESSENS HUMAN ENERGY AND IMPAIRS POTENTIAL.

HELP FIGHT  
COMMUNITY  
HUNGER



- The Ottawa Food Bank collects, stores and distributes food to its 140 member agencies serving people in need in the Ottawa area.
- The Ottawa Food Bank provides emergency food to 43,000 people a month – 37% of those being children.
- In 2009, the Ottawa Food Bank distributed over \$15 million worth of nutritious food to those in need.
- In 2009, more than 2,400 caring individuals volunteered their time with the Ottawa Food Bank.
- With its food industry partnerships and bulk purchasing power, the Ottawa Food Bank turns every \$1 donated into \$5 worth of food into the community.

## **Most-needed food items:**

Canned fish and meat  
Canned vegetables and fruit  
Cereal (whole grain)  
Cooking oil  
Dry pasta and sauce  
Baby diapers  
Baby formula  
Household products  
Juice (boxes or cans)  
Legumes (canned or dried)  
Macaroni and cheese  
Peanut butter  
Personal hygiene products  
Rice  
Snacks (think nutritious!)  
Soup

The Ottawa Food Bank is a Recommended Charity by  
Charity Intelligence Canada. Details at [charityintelligence.ca](http://charityintelligence.ca)

**Thank you for your generous support.**

**[www.theottawafoodbank.ca](http://www.theottawafoodbank.ca) 613-745-7001**



Ottawa Food Bank