

Workplace Food Drives Champions in the Workplace



Canadian Museums Association staff

There would be empty shelves in the Ottawa Food Bank warehouse if it wasn't for the generosity of people in the workplace. Organizations of all types and sizes continue to plan food drives and events throughout the year, which range from putting a donation box on display or getting a little creative with events and theme days.

A great example comes from the last Drive Away Hunger campaign that happens each year during the Holiday Season.

"We have previously participated in the Drive Away Hunger food drive, but decided to take a different approach this past holiday season," says Erin Caley, an employee with the Canadian Museums Association. "Throughout the month of December, we organized What-to-Wear Wednesdays, while

encouraging everyone to donate a non-perishable food item to participate."

One of these themed Wednesdays included a Wear Your Jersey Day, which was a big hit among the staff.

Thanks to the Canadian Museums Association and the other 374 organizations that participated, 2010's Drive Away Hunger broke records by raising 240,000 pounds of food and \$60,000!

Thank you to all the organizations that participate in Drive Away Hunger and other workplace food drives throughout the year!

Want to register your food drive or event in support of the Ottawa Food Bank? Register online at www.ottawafoodbank.ca under Give Food

Donate Your Rewards!

The Ottawa Food Bank has embarked on three new programs in partnership with Hudson's Bay Company, Air Miles, and Shoppers Drug Mart. Ottawa Food Bank supporters can now donate their various reward card points they earn. Donated HBC Reward Points and Air Miles will go towards purchasing prizes and equipment that will be used for future fundraising initiatives. Donated Shoppers Optimum Points will help us with the purchase of non-perishable food items and baby supplies such as diapers, formula and baby food.

It's easy to donate your points to the Ottawa Food Bank. Each card has a couple of simple steps to follow:

HBC Rewards Points:

- Online, go to www.hbc.com/community
- Click on "Donate to an existing community"
- Follow the instructions on the page
- Ottawa Food Bank public ID is **6938855** and our proper name is **Ottawa Food Bank**

Air Miles:

- When asked if you have Air Miles, give the cashier the following collector number to punch in: **8008 256 3696**

Shoppers Optimum Points:

- Select "Shoppers Optimum" at www.shoppersdrugmar.ca, and select "Donate Your Points"
- Select the Ottawa Food Bank as your organization of choice, and fill in the number of points you wish to donate

With 10 Shoppers Optimum Points and 50 HBC Rewards Points for every dollar spent, and constant Air Miles promotions, just think about how much good your points can do in the fight against community hunger!

Thank you for considering donating your HBC, Air Miles, and Shoppers Drug Mart points to help us fight community hunger!



Follow Us!

The Ottawa Food Bank is stepping up its social media game! Media technologies like Twitter and Facebook are becoming more popular each day, and we're sure that many of our region's hunger fighters look forward to connecting with us on the net.

We'd like to invite our web 2.0 savvy supporters to follow us on Twitter and join our Facebook page. You can find us on Twitter@OttawaFoodBank, and on Facebook at Facebook.com/OttawaFoodBank. Thanks for the follow!



Go to our website to sign up for our online newsletter coming this September.

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Ottawa Food Bank



Upcoming Events

AUGUST

- 11-13 Capital Hoedown
- 24 Adobe Golf Tournament
- 26 Ottawa Chapter of Landscape Ontario Golf Tournament

SEPTEMBER

- 8 Sun Life Golf Tournament
- 12 Hellenic Community of Ottawa and AHEPA Ottawa Golf Tournament

If you'd like to organize an event in benefit of the Ottawa Food Bank, please contact Sarah Burns at 613-745-7001 or sarah@theottawafoodbank.ca.

Food Facts

- Every \$1 donated generates \$5 worth of food into the community.
- 16,000 children per month are fed through the Ottawa Food Bank's programs.
- The Ottawa Food Bank has been named as a Recommended Charity by Charity Intelligence Canada.



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Food Aid Day a Success

June 3rd marked the 7th year of the Food Aid Day BBQ. It was a beautiful day filled with sun, dancing, farm animals, the sounds of the CFRA radio broadcast and of course – hamburgers!

Thanks to all who participated by buying a burger, or making a donation, we were able to raise \$115,952 dollars for the Food Aid program; that's almost \$4,000 more than 2010's event!

Highlights of the day included the wonderful performers from the Chad Wolfe Studio of Music and Dance, the celebrity milking contests, the adorable farm animals, and the tasty WORKS burgers!

With our Food Aid program, we raise money to purchase and process beef from local farmers to distribute to our member agencies. With just one cow, we can get an average of 432 pounds of ground beef to feed the families and individuals who otherwise wouldn't get enough of it in their diets.

A big thank you to everyone who participated, and all our sponsors: CFRA, The WORKS, City of Ottawa, Mechanical Contractors Association of Ottawa, Lions Club, Giant Tiger, Canadian Meat Council, Canadian Cattlemen's Association, Canada Bread, Ottawa's Countryside, Ontario Federation of Agriculture, Sysco and Coffeemark.



Food Drives for Families in Need

The Ottawa Region has shown its generosity in the past couple of months with two very successful food drives: Tenant-Landlord Spring Hope Food Drive and Capital Food Blitz.

Each year, the Ottawa Food Bank, in partnership with the Eastern Ontario Landlord Organization, holds a city-wide food drive in residential rental properties throughout the city. This year's Tenant-Landlord Spring Hope Food Drive, held April 5th, was a great triumph. Tenants in more than 175 local buildings, representing 19 local property management companies, came together to do their part in the fight against hunger and raised more than 140,000 pounds of food – 10,000 more than 2010.

With the help of volunteers, local politicians – including Ottawa Centre Liberal MPP, Yasir Naqvi – Metro, Loblaws, and Your Independent Grocers grocery stores, and the generosity of shoppers, Capital Food Blitz was once again a success. In two short days we were able to raise over 72,000 pounds of food! Since Capital Food Blitz began seven years ago we've raised over 275,000 pounds of food to help feel the hungry in the Ottawa Region.

Thank you to everyone who volunteered, participated, and donated during these two food drives and helped us put a dent in hunger!



Peter and Yasir in OFB warehouse



Community Kudos: How Others are Helping the Ottawa Food Bank



Five Hole For Food hockey players

Pay-it-Forward Food Drive In May, a friend of the Ottawa Food Bank, Danni, decided instead of having a normal birthday party where friends bring her gifts, she wanted to do something for others. Danni asked her friends to kindly reflect on how lucky they are and bring donations for the food bank to her party – and they did! She drove to our warehouse with an SUV packed to the brim with food and a goal of donating more next year!

Five Hole for Food At the end of June, the annual coast to coast street hockey tour that raises donations for local food banks stopped in Ottawa and took Sparks Street by storm. Anyone could play, and all they asked for was a donation to the Ottawa Food Bank. It was a record-setting day for Five Hole for Food due to the generosity of the community – including local politicians Tim Tierney and Scott Moffatt. The equivalent of 4,635 pounds of food was donated, and hours of fun were had.

Delivering Hunger Relief For the third year in a row, Purolator delivered food donation boxes to interested customers across the city throughout the month of May. Then, throughout June and July, the couriers started to pick up all the boxes full of food. The food and donations continue to come in... So far, the Delivering Hunger Relief food drive has brought in close to \$3,000 and 7,000 lbs of food, and with more to come, those numbers are sure to sky-rocket.

Tomas Overwhelmed by the number of presents his younger sister received for her birthday, Tomas, six years old, told his parents that he doesn't want any presents this year. Having done a food drive at school, Tomas thought it would be something he could do for his birthday too; he selflessly asked his friends to bring a non-perishable food item to his party, instead of a gift. He later came to the Ottawa Food Bank, with his parents and sister, and donated two full boxes of food. Thank you, Tomas!

Agency Spotlight: The Banff Avenue Community House

The Banff Avenue Community House (BCH) opened its doors in 1984 to serve the Banff Ledbury community in the south end of the city. This program, like many other community houses in the city, was created to provide a space for individuals living in nearby subsidized housing units. These spaces are community gathering spots where neighbours can get together to socialize, learn new skills, and access vitally important resources for themselves and their children. These programs have been successful in helping individuals fight back against poverty and build tight-knit communities. The BCH is no exception.

As the name would suggest, the BCH is located in a housing unit that has been converted into a community space. It is a welcoming environment that is always a beehive of activity. Its walls are covered with arts and crafts projects created by the children who come to the centre, and one never has trouble finding the friendly face of a volunteer or staff member willing to answer questions about the services offered.

The BCH offers many diverse services to its clients. People can attend ESL classes, access clothing cupboards, and participate in a variety of recreational activities, to name a few. Most of these programs are staffed by volunteers, many of whom live in the surrounding units. The community has also identified the need to have programs available to keep children and youth engaged. After school, children can drop in during the After 4 Club, grab a healthy snack and get help with their homework from a group of energetic volunteers. Teens can take part in Youth Council meetings, and children of all ages can take part in the various sporting activities and

outings put on by the centre. The BCH has even spearheaded a special scholarship for students.

"It's great leadership engagement, and empowerment that helps the community respond to daily challenges," says BCH coordinator Sylvie Manser of the community role the centre plays. Located in the heart of the Banff Ledbury neighbourhood, the BCH is the launching point for initiatives that combat poverty, create strong bonds between neighbours, and dispel myths that the area is dangerous.

In 1999, the BCH partnered with the Ottawa Food Bank to start a small emergency grocery program in the centre's basement. Up to once a month the program is able to offer residences a three to four-day food supply. All decisions surrounding the operation of the food program are made as a collective and the program is lead by volunteers. Over the years, the food component at BCH has grown to encompass a lot more than just the core food program. With assistance from the Ottawa Food Bank, the BCH provides healthy snacks to children attending the After 4 Club. When the school breaks for the summer, they provide the same kids with lunches at their day-camp. The centre also runs cooking classes for children and youth. The food component of their program allows the BCH to ensure that their clients are receiving the food they need to keep themselves and their families healthy.

The Ottawa Food Bank is proud to support the team at the BCH. In 2010, the Ottawa Food Bank provided over \$91,000 worth of food to the BCH's food program, assisting them in providing an average of 550 emergency grocery hampers each month.

FORE! the Ottawa Food Bank



What better way to fundraise than to connect it to a favourite summer past-time? Two groups of friends have thrown successful golf tournaments in support of the Ottawa Food Bank this summer, raising a combined total of \$67,000.

The Mechanical Contractors Association (MCA) of Ottawa teed off on July 5 for the 6th annual golf tournament in support of the Ottawa Food Bank. MCA Ottawa generously donated \$44,000 to go toward the Food Aid program to help give beef to those who lack its nutrition in their diet. Over the past six years MCA Ottawa has donated a total of \$215,706 to the Food Aid program.

For 12 years, Cisco Systems has been holding their Cisco Systems Ottawa Charity Golf Tournaments, of which, Ottawa Food Bank has been the lucky recipient for the last three years. This year's tournament on June 28 brought in \$23,000 for the Food Bank! A generous donation that will definitely help feed those in need in the Ottawa Region.

Thank you to both MCA Ottawa and Cisco Systems for giving to the Ottawa Food Bank and helping us get food to those who need it the most!

Mayor Proclaimed May 5 "Lunch Money Day" Citywide...

LUNCH MONEY DAY!



Brown bag it to feed a child at summer camp

...But that doesn't mean it's the only day you and your co-workers can brown-bag-it and donate to the Ottawa Food Bank what you would otherwise spend buying lunch.

The funds raised on Lunch Money Days go toward our KickStart Program for kids.

So many resources that are available to families in need during the school year disappear during the summer months. The Ottawa Food Bank launched its KickStart Program partially in response to a steady increase in the number of children arriving at their summer day programs without lunch. The program provides up to 390 healthy lunches per day to 18 Community House summer day camps.

When school is back in session, your Lunch Money Day donations will help provide food for our school breakfast programs, and the After 4 Club snack program.

The official Lunch Money Day this past May raised over \$16,000 for the Ottawa Food Bank thanks to the 47 organizations who generously participated.

Want to participate and help provide kids with a healthy start? It's easy to do: just register for your very own Lunch Money Day at www.ottawafoodbank.ca under Events, and then simply ask your co-workers to brown bag it to work and donate the money they would have spent on lunch to the Ottawa Food Bank. We'll send you everything you need, and make sure your donation goes toward supporting kids. With your help, we can help make sure that no child goes hungry.

Super Savvy Staff Profile - Samantha Ingram

How long have you worked at the Ottawa Food Bank?

I am currently the newest employee at the Ottawa Food Bank; I started here in mid-May 2011.

Can you describe a typical day at the Ottawa Food Bank?

I get to come to work everyday and share stories, news and information with our supporters through all our online mediums. Various projects pop-up often where I get to work with different people, keeping each day dynamic and interesting.

Why do you enjoy working at the Ottawa Food Bank?

It's rewarding to work in an environment that is committed to making a difference in people's lives. The vision of the Ottawa Food Bank is a beautiful one, and I am very happy to be a small part of it.

What are your hobbies outside of work? I play a fair number of sports and love to be outdoors. I also really enjoy both reading and attending concerts.

What is one place you'd like to travel to? A place at the top of my list is definitely San Francisco! I really want to go to Alcatraz.

Tell us a random fact that we should know about you. At 27 years old, I have just found my love for video games. Specifically, anything to do with Xbox Kinect.

What is one of your greatest accomplishments? I recently took part in the Ottawa Race Weekend 5km run. I by no means won the race, but I beat my personal best. Up next: a mini triathlon!



Volunteer Food Sorting



The Ottawa Food Bank is incredibly fortunate to have a wide network of people dedicated to help in any way they can. Whether it's attending community events, helping out on the trucks, or answering phones, we couldn't continue to address the hunger problem without their support.

Volunteer food sorting groups are an important part of our activities here at the Ottawa Food Bank. Community groups and individuals from across the city are responsible for sorting, packing and stacking the majority of the food

donations we receive, and the work they do is incredibly valuable.

On occasion, we run to the end of our unsorted food stocks. This means that each can of soup is sorted into a box of like items, each box of cereal is stacked and logged, and each bag of rice is waiting to be distributed to a Member Agency.

On these occasions, it doesn't necessarily mean that we have depleted our food stocks entirely, only that the next major food raising event or donation is just around the corner. And when that moment comes, we can always rely on our trustworthy food sorting teams to spring into action when we need them the most.

Thanks to our hard-working and dependable food sorters for all of the work you do!

Interested in volunteering with the Ottawa Food Bank? Please contact Jo-Anne, our Volunteer Coordinator, at jo-anne@theottawafoodbank.org or 613-745-7001.