

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 45,000 people a month – 37% of those being children.
- In 2010, the Ottawa Food Bank distributed over \$16 million worth of nutritious food to those in need.
- In 2010, more than 3,000 caring volunteers contributed an approximate combined total of 24,100 volunteer hours.
- 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, meat and stews
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

Thank you for your generous support.

www.ottawafoodbank.ca 613-745-7001



Ottawa Food Bank