



March 10th, 2023

Barrhaven Food Cupboard Newsletter #2023/01

From everyone at the Barrhaven Food Cupboard, we hope this newsletter finds you safe and well.

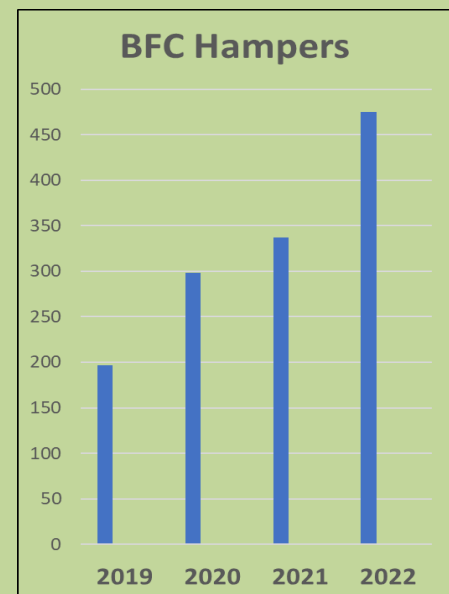
Demand for Food Assistance

2022 was a very challenging year for the BFC. The increase in demand for food assistance has been a whopping 46% higher than 2021. This increase is largely due to an influx of first-time clients, which created the need for expanded hours, more volunteers and greater food purchases, all with careful management throughout. Making things even more challenging is the inflated cost of food that we purchase to augment that which is donated. Overall, we have worked hard to meet this increased tempo of operations and recognize that we must be prepared for it to continue for some time yet.

Holiday Hamper Program

Our Holiday Hamper program completed in December, and it was a particularly intense period of activity for BFC volunteers. The hampers included \$75 worth of food and a \$50 gift certificate for families to augment it with their preferences. We delivered **475 hampers**, dramatically exceeding previous numbers as shown in the chart. This is 243% higher than the last pre-COVID program!

The effort to make this possible was significant and led by a dedicated and passionate team of volunteers. Extensive coordination began months before the actual hamper preparation and delivery. Some 33,000 lbs of food on 20 pallets were delivered to an offsite location, which needed to be large enough to accommodate a production line for hampers. Volunteers worked in shifts to assemble the hampers and more than 50 drivers made deliveries over a six-hour period, all while a major snowstorm hit the region. Many thanks to our regular volunteers and all the others who participated to make this a very successful undertaking. It was a remarkable team effort overall!



Continuing COVID-19 Measures

Yes, COVID-19 still exists. Please plan to wear a mask anytime you are in the facility and respect the need for social distancing.

Volunteer Recognition



Sharon and Winston Holmes have been “multi-taskable” volunteers for some time and passionate about their work with the BFC. Here is a photo of Alain Lutala presenting the Holmes’ with a certificate of appreciation on their retirement from their positions. Many thanks to them and all the best for the future.

Volunteer Spotlight

This issue, we would like to recognize the volunteer contribution of Linda Graupner. She joined the BFC in 2005 because she wanted to give back to the community and to ensure that those less fortunate had access to the food they needed. Although she initially joined as a sorter with her son, to volunteer together, she became involved in committee work and ultimately worked on the initiative to set up the BFC’s not-for-profit status and its first Board of Directors. She stepped away from the BFC for a few years to fulfill a Board Chair commitment with Big Brothers Big Sisters and returned to the BFC in 2020 in the capacity of Head Dispatcher. It is people like Linda who are so passionate about what we do that makes the BFC such an effective organization, with its focus on helping those in need. Thank you, Linda!



Community Donations

December was an incredible month for donations. There were a number of food drives from which we benefited but the real story was the amount of cash donations that we received. Having anticipated a fairly sizeable deficit when we approved the budget, we managed at the end of the year to come very close to breaking even. That is after an unprecedented increase in demand and higher costs for food. We have been truly fortunate that the community continues to provide us the wherewithall to do what we do.

For Those in Need

Some individuals or families may not know how to access our services or may be hesitant to do so for a variety of reasons. If you know someone who could benefit from our services, please ask them to contact us through our website, by email to info@barrhavenfoodcupboard.com or by calling us at 613-825-4505.

Interested in Volunteering?

We are always on the lookout for new volunteers for a variety of tasks. If you are interested, please contact our Director for Volunteers at volunteering@barrhavenfoodcupboard.ca.

Social Media Presence

Website: www.barrhavenfoodcupboard.ca

Facebook: @barrhavenfood

Twitter: @barrhavenfood

Instagram: @Barrhaven_food_cupboard

LinkedIn: <https://www.linkedin.com/company/barrhavenfoodcupboard/>

Best wishes to everyone. *NEIGHBOURS HELPING NEIGHBOURS!*

George Macdonald

President

President@barrhavenfoodcupboard.ca