



June 9<sup>th</sup>, 2023

## **Barrhaven Food Cupboard Newsletter #2023/02**

From everyone associate with, or interested in, the Barrhaven Food Cupboard, we hope this newsletter finds you safe and well.

### **BFC Annual General Meeting**

All members are welcome to our 2023 AGM to be held on Monday, June 26<sup>th</sup> at 1900 in the Barrhaven United Church at 3013 Jockvale Road. It will be an opportunity to be briefed on the activities of the BFC over the past year and hear about plans going ahead. Importantly, it is also the time to elect and re-elect board members.

The list of positions under consideration is shown below, with new members being sought for the positions with an asterisk.

President\*

Vice-President\*

Treasurer

Secretary\*

Director for Operations

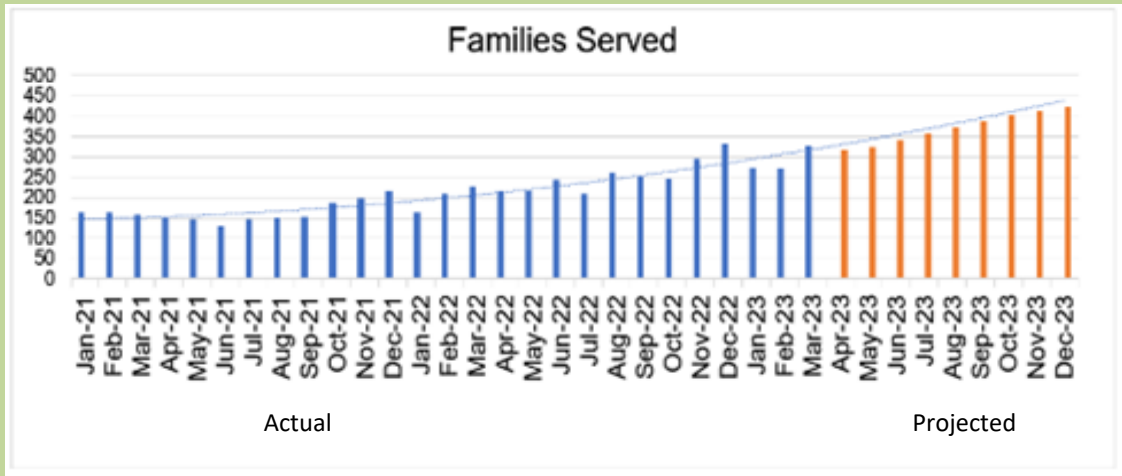
Director for Community Liaison and Fundraising

Director at Large

If you are interested in standing for any of these positions, please contact our Secretary, Shannon Van Loven at [secretary@barrhavenfoodcupboard.ca](mailto:secretary@barrhavenfoodcupboard.ca).

### **Higher 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. The chart below shows the dramatic increase in activity over the past two years and how it might continue to rise. This situation has precipitated the need for us to begin an active fundraising campaign to seek additional help from the community. We are currently unable to sustain the operation – we are spending more than we are receiving in donations and must see a significant increase in revenue to continue.



**Client Appreciation**

From time to time our clients make positive comments about what we do or send us a card or a small note. Recently, we received an email that should give all our volunteers a well-deserved boost. Here it is, verbatim.

“Dear Barrhaven food cupboard team,

I am writing this email to express my heartfelt thanks for the wonderful work you are doing for the community. Your efforts to provide food to those in need are truly inspiring.

I recently had the opportunity to visit your food bank and was amazed at the efficiency and dedication of your team. The way you organize and distribute the food to the needy is truly remarkable. I was touched by the way you welcome the people who came to you for help with kindness and respect. I also wanted to thank you for the food donation that you provided to me. It has made a big difference in my life during this difficult time, and I am grateful for your support. Your generosity has given me hope. Once again, thank you for all that you do.”

**Volunteer Spotlight**

We would like to recognize Colleen Fifield, who started with us last fall and has filled the relatively new position of Inventory Manager. She has assumed responsibility for monitoring our inventory, ordering replacement items, working with our buyers, etc. This has expanded into essentially managing the “back office”. With all the news about the incredible demand being put on food banks in our city, she wanted to feel like she was doing something to help. She has found it to be an incredibly rewarding experience and the other volunteers always so kind. She has even brought her husband onboard to help and her children love being able to help bring food to the cupboard when needed. She is keen to show them at such a young age the importance of volunteering -- when you see people in need you should always try



to help when you can. Colleen is a terrific addition to the BFC and we thank her very much for all she does!

### **Community Donations**

We appreciate all donations but a recent one was unique – the Khalsa Aid-Ottawa Sikh Society Food 'Drive' Car Rally on May 13<sup>th</sup>. The Sikh community in Ottawa collected money for food and provided donations to twenty local organizations to assist them in addressing food security. The BFC was a beneficiary of a considerable amount of non-perishable and some perishable items. Not only did they make the donation, but they delivered it to us by a sizeable volunteer team!



### **Community Garden**



Many may not be aware that we have some very active volunteers tending our garden plots in the community garden on the property of the Barrhaven United Church on Jockvale. They are a very keen group, led by Mary Anne Jackson-Hughes, who already have the garden up and running. The produce will be used to supplement our inventory and will enable us to redirect some funds to other items needed.

Many thanks to everyone working in the garden, seen in this recent photo.

### **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](mailto: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. We have a limited number of opportunities available but If you are interested, please contact our Director for Volunteers at [volunteering@barrhavenfoodcupboard.ca](mailto:volunteering@barrhavenfoodcupboard.ca). This may result in you being put on our standby list for future openings, but please do not hesitate to come forward.

### **Social Media Presence**

Website: [www.barrhavenfoodcupboard.ca](http://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](mailto:President@barrhavenfoodcupboard.ca)