



**2008 ANNUAL
REPORT**

GLOUCESTER EMERGENCY FOOD
CUPBOARD

CENTRE DE SECOURS ALIMENTAIRE DE
GLOUCESTER



GLOUCESTER EMERGENCY
FOOD CUPBOARD

The end of 2008 marked 20 years since our doors first opened to distribute food to those in our area who need assistance. To help bridge the hunger gap requires so many things to fall into place including volunteers, donors, community organizations and much more. 2008 has been an eventful year.

Food Distribution

Statistics for 2008	
Numbers	
Avg. # of persons/ month	1469.5
Total # served	17,634
# of families	842
Avg. # of persons per family	2.96
Percentages	
Adults	56%
Children	43.90%
Singles	9.27%
Seniors (over 60)	3.89%
Client Income Sources	
Assistance	43.20%
Salary	36.60%
EI	3.13%
Disability	19.07%
Other incl. pension, support, savings	5.98%
Education allow or loan	6.70%
Unknown (or "No income")	4.20%
*Some clients have more than one income source and all income sources are reflected in these percentages.	



Area served:

- * North Gloucester and West Orleans from the Ottawa river to the north
- * Just south of Innes Road (excl. Blackburn Hamlet)
- * St. Laurent Blvd and Blair Rd. to the west
- * An imaginary line drawn from Place d'Orleans to Mer Blue Rd. to the east

We serve postal codes prefixes K1J, K1C and parts of K1W and K1B.

The numbers don't tell the whole story, though. We serve people and families, each with unique circumstances, stories and histories. The one thing they have in common is the need to have support to meet their basic food requirements.

Volunteers

Volunteers from the GEFC are at the heart of our operation, helping to directly administer the program for our clients. They serve on the Board of Directors, act as interviewers, sorters, distributors of food to clients, pick up and deliver donations, help with fundraising events, garden, clean, stock shelves, do data entry, maintain the data base, do inventory control, make repairs to the building, take care of financial matters and act as administrative support.

Number of volunteers in 2008	
Adults	107
Students	27
Total	134

Number of volunteer hours	
Adults	10350
Students	261
Total	10611



GLOUCESTER EMERGENCY
FOOD CUPBOARD

Though our volunteers will say that they get so much from being involved with the program, we feel it is important to honour our volunteers so a number were given 1 year pins, 5 year mugs and became a part of our 10 year honour roll during the AGM in May 2008.

A special word must be said about our student volunteers who contribute in large part to preparing the letters for our Drop Campaign, helping out with Fill-A-Bus and contributing man power for the Bellmare BBQ. They do so with energy and enthusiasm.

Supporters

1. Churches

The church community contributes food and dollars to the GEFC through regular donations. It is these donations that supply great stability to our program. They give us the comfort of knowing that our cupboards will be filled on a regular basis throughout the year. Thank you to all our contributors for their regular and continued support.

Annunciation of the Lord Parish	Rothwell United Church
Good Shepherd Parish	Greenbelt Baptist Church
Epiphany Anglican Church	Orleans United Church
Bethany United Church	Resurrection Lutheran Church
St Helen's Anglican	Pine Grove Bible Church
Divine Infant Parish	New Wine Covenant Church
St. Helen's Anglican Church	St. Gabriel's Parish
Anglican Church of St. Mary the Virgin	
Unitarian Universalist Fellowship of Ottawa	

2. Businesses

The business community is faithful in providing major support for the GEFC. We received a significant contribution



GLOUCESTER EMERGENCY
FOOD CUPBOARD

from our corporate sponsor, Telesat. We also received excellent support from local grocers and food suppliers. Other regular contributors include:

Macartney Farms	Herb and Spice on Wellington
Starbucks	Treats
Tim Hortons	Kettlemens Bagels
Bagel Run	Orleans Bakery
Dove Tale Collections	Jean Coutu
Shopper's Drug Mart	Wal-Mart on Innes
Loblaws at Place d'Orléans and Gloucester Centre	

3. Schools

The school community has faithfully supported our program with non perishable food items and dollars. They are vital to our program in their support and the way that they are teaching future leaders to support programs such as ours in the local area. Thanks to both Colonel By Secondary School and Cairine Wilson secondary School for their large food drives held in the fall who collected food and dollars on our behalf. We also received a very large donation of food last spring from St. Peter Catholic School which came as a welcome surprise. Other secondary school who have supported us include, Gloucester High School and Lester B. Pearson Catholic School.

Of special note is Henry Munro Middle School who makes a bi-weekly contribution throughout the year as well as holding an annual penny war with all proceeds being directly given to the GEFC.

There are also a number of other middle and elementary schools who have contributed to our program including:



GLOUCESTER EMERGENCY
FOOD CUPBOARD

Carson Grove Elementary	Convent Glen Catholic
Convent Glen elementary	Forest Valley Elementary
Orleans Wood Elementary	Le Phare elementary
Robert Hopkins Elementary	Terry Fox elementary
Ashbury College	Emily Carr Middle
Elizabeth Wyn Wood Site	École des Pins
Thomas d'Arcy McGee Elementary	
École catholique élémentaire la Vérendrye	

4. Magical Village

Though the Magical Village did not take place this year due to the lack of a suitable venue for the event, the North Gloucester Lions Club presented a donation of \$2600 to the GEFC which consisted of the donation agreement of \$5000 minus the cost for storing the Village. The North Gloucester Lions Club remains optimistic that a suitable venue will be found for the event in 2009.

5. Other Supporters

Numerous service clubs, community groups, scouting and guide groups, government offices, businesses and other groups held food drives, raised money for the GEFC, donated time and other resources, donated funds, non perishable food items and other items that are helpful for .

We would like to recognize all of our supporters:

The Ottawa Artisans Guild	Aquafit Ladies
Ladies Auxiliary Branch 632	Red Hat Society
Alterna Savings Grant	RBC Volunteer Grant
BMO	Common Thread Quilters
Castle Peak Farm and Constr.	Cheesy Pizza and Pasta
Canada Border Services	Intel of Canada
Jacobsen's Gourmet Concepts	United Way



GLOUCESTER EMERGENCY
FOOD CUPBOARD

Curves	NRC
Correctional Services	Ministry of Revenue
Ruban Family	Choirfest
Motors Insurance Corporation	Roche Banyan, Inc.
Unlimited Fitness	Rogers Communications
UPS	Devine's Moving & Storage
Future Shop, Ogilvie Rd.	Gloucester Centre
Sealtest, Trim Rd.	Sussex Capital
Greenwin Property Develm't	Gloucester Horticultural Society
Donald St. Magic Club	Sowal Activities Team
First Gloucester Trefoil Guild	Gloucester Guides
Gloucester Synchro Swim Club	Good Companions Seniors Ctr.
Sri Sathya Sai Spiritual Centre	You Deserve It Conference
Canadian Police College	Taoist Tai Chi Society
Girl Guides 4E CIE St. Claude,	Knights of Columbus
Blackburn Hamlet Novice Hockey	CAV Canadian army veterans

Gloucester Cumberland Bantam BB Stars
Elmsmere Retirement Residence
Canadian Tire Recreation Committee
Beaconwood School Age Program
Gloucester Allotment Gardeners Assoc.
Jasmine Cr. Recreational Committee
University of Ottawa Christmas Stocking Drive

We would also like to acknowledge the continued efforts of Toni Mili of Nerds on Site for volunteering his time to deal with all matters relating to GEFC computers and technical support. We must also mention the organizations that allow us to have coin boxes on their premises like Canadian Tire and the Zellers restaurant on Ogilvie Rd. We were able to purchase a digital camera using collected Canadian Tire money, for the GEFC.



GLOUCESTER EMERGENCY
FOOD CUPBOARD

Elected representatives

We would like to thank our elected representatives for their efforts on our behalf in 2008.

Councilor Michel Bellemare of Ward 11 Beacon Hill - Cyrville invited the GEFC, once again, to be one of the beneficiaries of his community BBQ held at the Gloucester Centre in June. His staff was instrumental in obtaining gifts from local businesses for the GEFC raffle.

Thanks also go to Royal Galipeau, the MP for Ottawa – Orleans. We appreciate his efforts in promoting the eligibility of nonprofit organizations to receive a Canada Summer Jobs Grant for 2008.

Government funding

The GEFC received funding from the municipal and federal governments. Our grant for 2008 was \$38,783 which more than covers the salary for the Executive Coordinator. Ottawa staff in all their dealings with the GEFC have been professional, prompt and considerate and have served this community well.

The City replaced the carpeting in the sorting and client distribution area.

We received a federal job subsidy from Canada Summer Jobs to offset the cost of hiring a university student for the summer.

Fundraising

A number of fundraising activities took place in 2008.

1. The autumn Direct Appeal Campaign, which targets previous donors, is our largest fundraiser.
2. The Drop Campaign, our other major public appeal, in



GLOUCESTER EMERGENCY
FOOD CUPBOARD

- 2007 targeted the entire area that we serve.
3. Our web site (www.gefc.ca) continues to be a place for posting details of what is happening at the GEFC and for recognizing major corporate donors. Donors may choose to make donations through CanadaHelps.org for which there is a secure link on the web site.
 4. Fill-A-Bus - Two were held in 2008 and though we bring in large donations of food, we also benefit through the cash donations that people give.
 5. Our annual yard sale was organized by our volunteers and held on a beautiful September day. We had many donations from the community, with a substantial amount raised for the Food Cupboard.

Student placement programs

We had the privilege of working with Lauren Dodds who was our summer student for 12 weeks in 2008. Her presence brought a positive, sunny personality. She worked efficiently and effectively with skill, organization and leadership.

We also had Julie Dagenais, a co-op student from Colonel By Secondary School who completed the school year 2007-2008 with us. She was an asset to us performing any number of assigned tasks with a positive attitude and with efficiency.

Cooperative Efforts

1. Parade of Lights

We would like to thank the Parade of Lights organizers (the Ottawa Firefighters Assoc.) for allowing the GEFC to be a big part of their Parade of Lights along with Nerds on Site for paying the entry fee. We were a part of the Nerds On Site float in the parade. Participating in the parade allowed us to have exposure to over 120,000 people in a fun and festive



GLOUCESTER EMERGENCY
FOOD CUPBOARD

way. Participation in this event helps us stay in people's minds throughout the year during other fundraising events and food drives.

2. Other Programs

Throughout the course of the year we have worked cooperatively with a number of other programs in the area, referring clients for services through the Snowsuit Fund, the Christmas Exchange, the East Ottawa Resource Centre, the Salvation Army and other local food agencies when clients have come to us from out of our area.

We receive about 20% of our food for distribution through the Ottawa Food Bank. We are thankful for this cooperative relationship and are proud to be one of their member agencies.

Initiatives

1. Newsletter

A monthly volunteer newsletter began publication in the summer of 2008. This has provided an effective way to communicate with all our volunteers and is available on our website.

2. Updated website

A student from Colonel By Secondary has been working on our website to give it a new look. It should be ready for launch sometime later this spring.

3. New Database

We have been so thankful for the thorough job our database has served over the years. We have a volunteer who is working to move our data collection and analysis to a web-based system, moving us into the 21st century.

4. Changes

*We have had a change in our supply of meat and so found



GLOUCESTER EMERGENCY
FOOD CUPBOARD

a place where we can purchase ground beef and pork for \$1.69/lb to augment our supply of protein for our clients.

*We have a larger computer monitor in the office to better be able to view data when working with website updates and data analysis.

Final remarks

The many variables that must come together, are many, in order for a program such as ours to be effective. It is only through the cooperation that exists between all of the people, organizations, businesses and other supporters listed in this report that we are able to bridge the hunger gap in our area of the city of Ottawa.

It is with pride that we say thank to our volunteers and community for helping us to effectively serve those in need for the past 20 years.

No one who achieves success does so without acknowledging the help of others. The wise and confident acknowledge this help with gratitude.

~Author Unknown



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