



GEFC Annual General Meeting

You are invited to attend our Annual General Meeting on Wednesday, April 28, 2010 at 7:00 pm at 2040 Arrowsmith Dr.

Our Guest Speaker will be our very own Ruth Torok from Jardins-Arrowsmith Thyme-less Gardens.

If you know of any people who have been formerly associated with the Food Cupboard, please let them know that they are also invited.

Bits and Bites

2009 Statistics

In 2009, we gave out food to 19,052 people with 45% of them 18 and under, that is an average of 500 families per month.

January statistics

Adults served - 909
Children (4-18) - 624
Infants (0-3) - 125
Families - 504
Single Parents - 120
Singles - 94
Seniors (65+) - 20
Total number of individuals served - 1658

Office updates

- * Our new database is up and running and working well.
- * We have 2 new computers in the office which are working very well.

Co-op Students

- * Starting next week until June, we will have a few students from Lester B. Pearson School coming to vacuum, clean and do odd jobs around the food cupboard on Tuesdays and Thursdays.
- * We also have a student who will be working in the office, updating our website and helping out with general administration.



GLOUCESTER EMERGENCY FOOD
CUPBOARD CENTRE DE SECOURS
ALIMENTAIRE DE GLOUCESTER

www.gefc.ca

Phone / téléphone: 613-749-4728

Fax / telec.: 613-749-5532

E-mail / courriel: gefc@gefc.ca

Bridging the Hunger Gap

Dates to Remember

* Closed February 15 for Family Day.

* Kindness Week February 12 - 19

Volunteers do not necessarily have the time; they just have the heart.

~Elizabeth

Andrew

2010 Kindness Week

The 3rd annual Kindness Week is just around the corner, Feb. 12—19. It is all about making Ottawa a kinder community.

What is happening?

Stuff the Bus: Throughout the week the Kindness Crew will be collecting donations from businesses and individuals throughout the City. These donations (i.e. clothes, toiletries, etc) will be distributed to various non profit agencies and groups.

Volunteer Opportunities: Each day Volunteer Ottawa will choose a volunteer opportunity to profile on their website. Go to <http://www.volunteerottawa.ca> and click on Volunteer Opportunities.

Daily Kindness Challenges: Throughout the week daily challenges will be posted to our website.

How can you promote kindness within your workplace?

Visit www.kindottawa.ca today to access the downloadable Workplace Kindness Kit, which is jam packed with great kindness ideas for your workplace. Encourage your employees, volunteers, and clients to acknowledge each other's acts of kindness and track them on www.kindottawa.ca.

Feedback from our clients

It was a typical busy day for us one Wednesday in December. In the words of one of our clients, here is what was said about us:

"People are very positive about the Cupboard and the way they are treated when they come. One lady said she had been to another program where they just hustled you through and barely talked to you or looked at you. Then two other folks responded that the staff here were so kind and took as much time as you needed. The first lady said she sometimes brings her kids because people don't look down on you and treat you like you're poor people.... "

These clients, upon learning that most of our group are volunteers, responded with surprise:

"... they were surprised because they often see the same people every time they come. One lady had lived in our area before, moved away for a few years and then come back. She was amazed at the dedication of the volunteers that we have."

Thanks to our volunteers, Kindness Week has already begun!