



## **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**

### **Sad News**

Our hearts are heavy for Nadya who lost her husband, Tom on Feb. 3. You are in our thoughts and prayers.

### **February statistics**

Adults served - 895  
Children (4-18) - 590  
Infants (0-3) - 124  
Families - 481  
Single Parents - 132  
Singles - 104  
Seniors (65+) - 27  
Total number of individuals served - 1609

### **Needed Items**

- \* We are in need of the 1 litre ice cream and yogurt containers for dividing flour.
- \* We are always looking for plastic water bottles, yogurt tubs, plastic grocery bags and reusable grocery bags.

### **Painting trim**

The trim around all of the windows and doors is in need of painting around the food cupboard building. Once the weather warms up, we are asking volunteers if they could take a room or a doorway, come in for an hour or two on a weekend and paint that area. Contact Gwen for more info.



GLOUCESTER EMERGENCY FOOD  
CUPBOARD CENTRE DE SECOURS  
ALIMENTAIRE DE GLOUCESTER

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*Bridging the Hunger Gap*

## Dates to Remember

- \* Closed Good Friday, April 2
- \* We will be open on Easter Monday, April 5
- \* AGM - April 28

How beautiful a  
day can be  
When kindness  
touches it!

~George Elliston

# Food For All

Food For All is a community and university partnership led by an organization called Just Food and the University of Ottawa with funding from the Canadian Institutes of Health Research. This two-year project aims to create space and supporting structures to enable the Ottawa community to develop a food action plan and community assessment tool.

The GEFC has been invited to attend the Food, Access, and Health in our community sessions (one of 6 topics) which are part of the process for developing the action plan and assessment tool. Issues like being able to find, afford, and get to the food we need, the relationship between food and health, and our community food programs are being discussed. These sessions will run from February until June. Organizations representing various aspects from all of these programs have been invited to attend and have input into the final outcome.

Tracy Martineau and Pauline McNally have been attending the sessions representing the Food Cupboard

Everyone is welcome to attend and participate. Check out [www.justfood.ca](http://www.justfood.ca) for more information.



I'm getting so old that all my friends in heaven will think I didn't make it