



20 Years of Volunteers!

What is Food Security?

Every once in a while somebody will use the words 'food security' or 'food insecurity'. What are they talking about? What do these words mean? According to Canada's Action Plan for Food Security, "Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life." (Agriculture and Agri-Food Canada, 1998).

'Food insecurity' exists when people do not have access at all times to food which meets their needs. At the GEFC, for just about twenty years now, volunteers and community members continue to help our 'food insecure' neighbours who cannot get enough food for their needs.

In day to day conversation, the words food security and food insecurity are not used a great deal. They have been used for many years around discussions of world hunger. In the last 20 years or so, since we first started opening food banks and food cupboards in Canada, they have been used to refer to local poverty and hunger in our own communities.

References: Che J. and Chen J. (2001). Food insecurity in Canadian households. Health Reports, 12, 11-22. Get it from: <http://www.statcan.gc.ca/studies-etudes/82-003/archive/2001/5796-eng.pdf> Agriculture and Agri-Food Canada. (1998) Canada's Action Plan for Food Security: a response to the World Food Summit. Ottawa: Agriculture and Agri-Food Canada:1998 Get it from: http://www.agr.gc.ca/misb/fsec-seca/pdf/action_e.pdf



Bits and Bites

Dates

- The Food Cupboard will be closed:
- Monday, February 16 for Family Day.
 - Good Friday, April 10

We will be open Monday, April 13

New Drivers

Our new Friday driver is Bruce Pratt and Adrian Crone is our new Monday driver. Welcome to these new volunteers and thanks!

Needed Items

- We need:
- individual-sized plastic water bottles
 - 1 cup glass jars
 - plastic grocery bags.

Thanks for faithfully bringing in your empties.

City Grant

We have been approved again for 2009. It includes a 2% cost of living increase and an additional \$1330 from the Community Funding Framework.

AGM

Our Annual General Meeting will be held Wednesday, April 29 at 7 pm.

I've learned that you shouldn't go through life with a catchers mitt on both hands. You need to be able to throw something back.

~Maya Angelou



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Bridging the Hunger Gap

GEFC History (each month another chapter of our history is published in this newsletter)

Chapter 6: Later Years

Once Kathy's term was finished, we were approved for more SSEP funding with which we hired Rosemary Brazeau. Near the end of Rosemary's term, Ann decided to step down as Executive Director and in the Autumn of 1994, Rosemary was hired as the first full-time, Executive Director. Then, a year later, she began a maternity leave. Ann returned as ED during her leave. When she decided, in the summer of 1996, not to return, the job was split into two part-time positions: ED and Community Outreach Coordinator. People who have held the position of Community Outreach Coordinator are Regina Behnk, Catherine Reid and Brian Wright. This arrangement worked well for a number of years until 2005 when Brian stopped working with us and Ann had already announced her intention to retire. We decided to return to one full-time person to lead the program and, ultimately, David Brault was hired in December of 2005.

David Brault remained as full-time Executive Director until his resignation in February of 2008. Ann Frederking took over as part-time Interim Executive Coordinator (the position name was changed from director to coordinator) until the present Executive Coordinator, Gwen Bouchard, was hired at the end of April 2008.

(This history was originally compiled by Ann Frederking and given as an address during the April 2006 AGM.)

*The complete GEFC
history will be
available in booklet
form in April.*

We're on the web
www.gefc.ca

Do you ever wonder (answers from last month's questions)...

Q: Who purchases the many food items we use weekly? **A:** Marjorie and Eugene.

Q: Who cleans the Food Cupboard? **A:** A number of volunteers including Linda, Bella, Helen, Val, Marjorie, Jean, and others.

Q: Who enters data into the computer so we can have complete statistics for our grant applications? **A:** Ann, Tracy, Natasha, Gwen.

Q: How many people does the Food Cupboard feeds every month? **A:** We fed 1496 people in the month of December 2008.

Q: Where does our milk come from? **A:** We purchase our milk from Sealtest on Hwy. 174, past Trim Rd. They deliver our milk to the Food Cupboard every Tuesday.

(Do you have questions or comments? Please let Gwen know.)