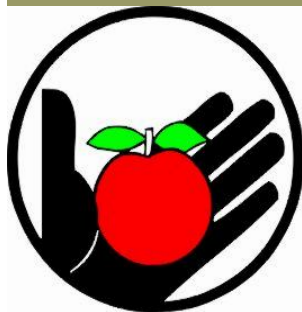


Volume 15

August 2009



GLOUCESTER EMERGENCY FOOD CUPBOARD /

August Newsletter

Upcoming Events

**Don't forget our Annual Yard Sale!
September 19 at the GEFC from 8:00a.m to
12:00 p.m**

**Donations are always welcome! (We will be ac-
cepting donations starting September 14)
Volunteers are also needed!**

**Mark Your Calendars on October 24 for our
Volunteer Party
(more details to come later)**

Bits and Bites

Looking for a New Logo Catch Phrase!!

We need help from our volunteers to think of a new catch phrase to replace the old "Bridging the hunger gap"

Any ideas?? Come to the office and let us know.

The person with the best catch phrase idea will receive two free hours of volunteering at the food cupboard!!!

Fill-A-Bus Coming in Sept.

We are planning to have a Fill-A-Bus on a Saturday in Sept. The exact date is yet to be determined. We will need your help.

Reusable Grocery Bags Needed

If you have any extras or know of some organizations that would be willing to donate to us, let us know.

Proud Great-Grandfather

Des Jarman is the proud great-grandfather of an adorable granddaughter born in June!

Kindness, like a boomerang, always returns.

~Author Unknown



GLOUCESTER EMERGENCY FOOD
CUPBOARD / CENTRE DE SECOURS
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Bridging the Hunger Gap

Dates to Remember

- ◆ Fill-A-Bus in Sept.
- ◆ Annual Yard Sale Sept. 19
- ◆ Volunteer Party Oct. 24th
- ◆ Closed Monday Sept. 7

We make a living
by what we get,
but we make a life
by what we give.

~Winston Churchill

Dear Diary

By: Lindsay (summer student, for those who don't know)

When I first came here my first thoughts were "Wow, look at this little white shed!" I quickly came to realize that this "little white shed" is where most of the action happens on Monday, Wednesdays and Fridays. So many different types of people come through the doors all with different stories. Like Gwen says "There is no need to watch soap opera's when you work here because real life is much more interesting!"

When I first got a tour of the place it seemed much bigger on the inside then what it looked like on the outside. And I couldn't believe how well organized everything was. The volunteers here do more then just give out food and they are all very dedicated to the GEFC. I was even surprised to see that some of the clients also volunteer!

On the days that we give out food there are about 20-25 volunteers and it is like a party here! It seems to me that the volunteers don't see volunteering here as a boring job but actually look forward to coming. The interactions between the volunteers are always friendly. The volunteers also treat the clients as such that even though it is unfortunate that they are in the situation that they are in and have to come to us they don't dread it either because of the atmosphere here.

Overall I am very happy to have had this opportunity to work with everyone here and, even though I still have a month left, I will miss everyone. But I will come back and visit during the school year. ☺

Special Project

Many of our clients come to us from different cultures, have varied cooking abilities and are looking for creative ideas to prepare the foods that they receive when they come to the Food Cupboard. This is one of the many issues involved with the whole idea of food security.

Ottawa Public Health is partnering with the Ottawa Food Bank to try a new initiative to address some of these issues and the GEFC has been asked to be a part of a pilot project. Once a month, during one of the times when we are distributing food, a Community Food Advisor (trained volunteer with 70 hours of training wishing to share the love of food and knowledge about healthy eating) would come and have samples of some food that have been prepared using the foods we distribute. These simple recipes will be distributed and the advisor will be available to answer questions and give other suggestions and ideas to our clients as they wait for their number to be called.

This initiative will probably be starting on October, but we will provide more details as they become available.