



**DALHOUSIE**  
FOOD CUPBOARD

# NEWSLETTER SUMMER 2017



"I'm a fan of Canada,  
I believe the world needs more Canada."

~ Bono.

With Canada Day preparations and festivities already in the news for many months now, some of us are glad that we are getting there and can get down to celebrating our 150th year of confederation. In this newsletter, we focus on nutrition, introduce our newest volunteer and in-house nutritionist, and offer a classic Canadian salad recipe for the holidays. The Dalhousie Food Cupboard will be operating on our normal schedule.



## DALHOUSIE FOOD CUPBOARD

211 Bronson Ave #107, Ottawa,  
ON K1R 6H5  
(613) 230-3982  
Wed/Thu 10:30-2:30  
[www.dalhousiefoodcupboard.ca](http://www.dalhousiefoodcupboard.ca)

## CANADA

# 150



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**Event: May 2<sup>nd</sup>  
Fundraising Dinner!**

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**Recipe: Potato Salad**

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**Food Bank &  
Nutrition**

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**Volunteer Spotlight**

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**Languages?!?**

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## May 2nd Fundraising Dinner!

Our annual fundraising dinner 2017 was hosted at the Trattoria Caffè Italia on Preston Street this year and was a great success.

We would like to thank all of those who took part and also those who could not attend but donated generously. Thank you!

## Annual General Meeting

Our AGM was held Tuesday, May 30th at the Somerset West Community Health Centre. Our President Laura Braun highlighted the challenges and successes of the past year, including the results of our Collab Space event, Fundraising Dinner, Walkathon and thanked the many volunteers who just got down to business and got the job done!

## Recipe: Potato Salad!

Ingredients for this classic are usually available at the DFC. Great with a BBQ or as a side dish to many summer meals.



1 cup mayonnaise  
1 tsp. mustard  
1/2 tsp. celery seed  
pepper to taste  
2 lb (7) potatoes cooked/chopped  
1 chopped onion  
2 sliced celery stalks  
1/2 cup chopped sweet pickles  
2 hard-cooked eggs chopped  
Mix the mayonnaise, mustard, pepper and celery seed in a large bowl. Add the remaining ingredients and mix. Refrigerate until chilled. Garnish and serve.

## Our new volunteer – welcome!

Hamid (Emile) Sakhai is a graduate student and our latest addition to the DFC team of volunteers who hopes to make clients aware of healthy food choices that are available to them.



## Food & Nutrition

Knowledge of balanced dietary choices along with some basic food preparation skills can go a long way in promoting health for the clients at the Dalhousie Food Cupboard. A trained nutritionist (B.Sc.AHN), Emile uses a display board to offer information about nutrition and food preparation methods for clients as well as guiding them in any questions they may have about food and food selection.

He has found that a great majority of the clients are looking for more direct and practical advice on what to do with the food items provided. In response, Emile plans to expand upon his current presentation material to include more food preparation techniques and recipes, along with information leaflets for clients to take with them.

## Fall 2017 Walkathon

Planning for our 2017 Walkathon in Sept-Oct. is in full swing.



## Languages

We at the DFC work with clients from Ottawa or around the world and need to communicate with them in a language that they understand. While most people in our catchment area are fine with English, some recent arrivals are not yet fully proficient in their new language. With these clients, options such as assistance from a knowledgeable volunteer, using stock photos of the food we offer to identify what they need, Google Translate on a smart-phone, or even a community translation service in case of emergencies. We do face challenges, but where there is a will there is a way!

## Donate! Donate! Donate!



Your donations allow us to buy fresh food items such as milk, meat, fruits and vegetables.

## Volunteering?

The Dalhousie Food Cupboard is staffed by volunteers. We provide emergency groceries to people in need who live in Ottawa's East Hintonburg and West Centretown areas. Contact us at: [mail@dalhousiefoodcupboard.ca](mailto:mail@dalhousiefoodcupboard.ca)

## Hungry for more?

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