



# DALHOUSIE FOOD CUPBOARD



## WINTER 2016 DALHOUSIE FOOD CUPBOARD NEWSLETTER

### We are back – just in time for the holidays!

It has been a busy time since our first newsletter three months ago. Preparations for Thanksgiving and the holiday season have required a lot of energy but have been fruitful. A recent theft at the food bank has left us quite disappointed, but at the same time, we have been positively and gratefully overwhelmed with the reaction from the community who came to our aid. With their generous help we were able to get back on track for our regular weekly opening, just three days after the theft. The strength of our community helps us keep serving our neighbours!

Happy holidays and all the best in the New Year from all of us at the Dalhousie Food Cupboard!

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#### Holiday Hours at the Dalhousie Food Cupboard

Please note that the Dalhousie Food Cupboard will be CLOSED on Wednesday and Thursday, December 28-29. If you need food in December, please plan your visit for the week before. Thank you!

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DONATE NOW!



Community Responds  
To Theft

Events

Food Expired Date?

Volunteer Spotlight

DFC Recipe



#### DALHOUSIE FOOD CUPBOARD (1986)

211 Bronson Ave #107,  
Ottawa, ON K1R 6H5  
(613) 230-3982  
Wed/Thu 10:30-2:30

[www.dalhousiefoodcupboard.ca](http://www.dalhousiefoodcupboard.ca)

Wednesdays 10:30 – 2:30pm

Thursdays 10:30 – 2:30pm

### **Our Volunteers – spotlight:**

Volunteers are what make the Dalhousie Food Cupboard tick, enabling us as a team to provide food to the needy in our community. A large team of volunteers keeps everything ship shape. Two regular volunteers who have worked at the Dalhousie Food Cupboard since July 2015 are spouses Mike Salter and Louise Lavoie. After careers in the military and the public service, they decided to give back to the community and fortunately found us at the DFC. Mike is in charge of a large share of the food logistics, making sure that the right food comes in and goes out to fill client needs. Louise manages a huge portion of the administrative load necessary to get food to the right people. Both Mike and Louise constantly supervise and train our student packers and admin assistants until they know the ropes.

### **Theft**

We are grateful to everyone who reached out when the DFC was broken into in November. Our hearts have been touched by the new support received from community organizations, local businesses and individual Ottawans, as well as our ongoing [supporters](#) who provided extra backing during this difficult time.

A giant challenge was given to Mike, Louise and all volunteers. Together they responded as a team, helping get the DFC back on course. The DFC Board of Directors would also like to acknowledge the extraordinary commitment and diligent work demonstrated by our only staff member, Coordinator, Mai Lee. A big thank you to all !

### **Best Before and Expiry Dates?**

On Nov 10<sup>th</sup> a presentation was made by Ottawa Public Health to Ottawa Food Bank Coordinators, including the following useful info.

**Best before date:** indicates the quality (freshness, flavour, and nutritional value) of an unopened product.

- Does NOT indicate food safety
- Foods *may be* consumed after the best before date

**Expiry date:** used on products with nutritional ingredients that need to be stable.

- Baby formula, human milk substitutes
  - Nutritional supplements
  - Meal replacements
  - Pharmacist-sold foods for very low-energy diets
  - Formulated liquid diets
- Foods should *never* be used past their expiry date!

### **Recipe: Turkish Lentil Soup**

1 cup red lentils, 6c chicken stock, butter, salt, pepper, cumin. 1 large onion & carrot chopped fine.



Fry onion in butter or oil until glassy, add lentils and stock and simmer over gentle heat until lentils are soft. Add seasoning and blend until really smooth. Serve hot with a sprinkling of paprika and a squeeze of lemon and crusty bread. Optionally, add a good amount of minced garlic for additional flavor.

### **Event report: [Walkathon](#)**

On October 16, volunteers and members from the community participated in the All About Food Walkathon. This was a joint effort in support of Dalhousie Food Cupboard, St. Luke's Table, Parkdale Food Centre and the Parkdale United Church's *In From the Cold* program.

In attendance at the event were Mayor Jim Watson, city councillor Catherine McKenney, MP Catherine McKenna, all of whom spoke words of encouragement and support to the group. Despite some very rainy weather conditions on that day, the event raised over \$7,200, which is being shared among the participating agencies. Thank you!

### **Donate!**



Donations allow us to purchase fresh food items such as milk, meat and 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?**

*Sign up for our news-letter here:* [www.dalhousiefoodcupboard.ca/news-and-events.html](http://www.dalhousiefoodcupboard.ca/news-and-events.html)

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