



A Peek into the Pantry: Winter 2020

Volunteer Spotlight



Volunteers are a vital part of Dalhousie Food Cupboard's operations (DFC), and during the Covid-19 Pandemic, they have adapted and confirmed their commitment to the community and our clients.

Larry (right) and Peter (left) are friends who volunteer regularly. Larry has been coming to help out at DFC for 4 years, Peter for 3. When asked how DFC has changed in their time, they both said that it had grown considerably in terms of the number of clients served, and the different services offered at the centre.

They both agree that their favourite part of volunteering is meeting clients, and getting to know them. They have seen how many clients have had to rely on DFC, simply due to bad luck in their jobs or lives. They have witnessed how the food bank provides opportunity for important social interaction for clients and volunteers. Coming to the DFC, it is clear that there is a strong sense of community between staff, volunteers and clients.

Volunteer Help Wanted

Due to Covid-19, we have had to adapt our services and volunteer procedures. We are planning to offer delivery services next month to clients who face barriers coming to our food bank at Bronson Centre.

If you are interested in volunteering for this program, contact us at (613) 230-3982 or info@dalhousiefoodcupboard.ca

Cooking for a Cause Initiative

The Ottawa Community Food Partnership (OCFP) is a collaboration between nine core groups, who applied for, and received, an Ontario Trillium Grant for two years. Thankfully, this funding was extended until end of October 2020.

OCFP Partners: Bethany Hope Centre, Dalhousie Food



Cupboard, Gloucester Emergency Food Centre, Parkdale Food Centre, Pinecrest-Queensway Community Health Centre, Rideau- Rockcliffe Community Resource Centre, St Joe's, St Luke's

Table, Somerset West Community Health Centre

During COVID-19, OCFP's parent, Parkdale Food Centre, formed a partnership with 15 paid food businesses to produce 4,000 nutritious meals per week for 27 social agencies in town. They called it **Cooking for a Cause**. Meals are distributed through PCFP. Cooking for a Cause Ottawa continues to look for new funding sources that will allow it to serve even more meals. OCFP members hope to soon meet virtually to solidify its vision, and begin the process of bringing more organizations into the fold.

For more information, contact Erica Braunovan, OCFP Coordinator. Trillium Grant is administered by Parkdale Food Centre



Local Business Turn Up the Heat to Fight Food Insecurity

The masters at Beyond the Pale Brewery and artisans at Meow That's Hot! paired up to create the **hottest product** in town. And the best part is that all proceeds will support local initiatives to fight food insecurity here at Dalhousie Food Cupboard.



Fuzz on Fire! is a hot sauce with a unique flavour, one derived from an ingredient seldom associated with hot sauce – grapefruit ! Earlier this year, we held a virtual beer-tasting event with Beyond the Pale Brewery, which led to them donating grapefruits left-over from producing one of its top selling beers, Pink Fuzz. There were so many grapefruit available, we knew we had to find a solution to make sure that all this fresh fruit could be used.

This is where **Meow That's Hot!** comes in. They started by juicing some of the leftover grapefruit. Next, they added strawberries, sweet potatoes, and naturally, jalapeno peppers to bring the heat. The result is a fresh, citrus-forward, versatile sauce that goes with everything from tacos, and wings to eggs and beyond!

We encourage people to purchase a bottle of this great sauce while supplies last.

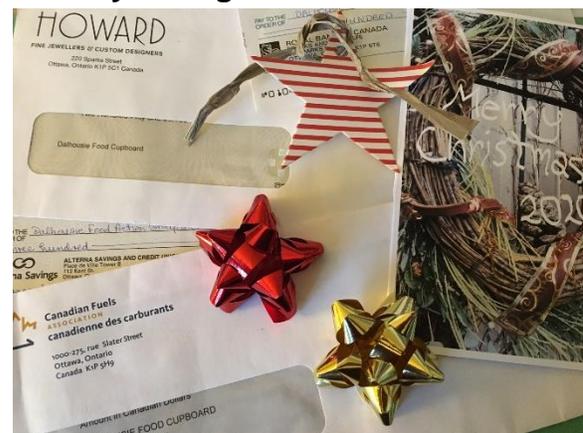
Bottles can be purchased at Beyond the Pale and Meow That's Hot's retail locations or online (with some delivery options) at the links below:

Meow That's Hot: <https://meow-thats-hot.myshopify.com/products/fuzz-on-fire-dalhousie-food-cupboard-fundraiser>

Beyond the Pale:

<https://btppshop.ca/collections/christmas-gift-ideas/products/beyond-the-pale-dalhousie-fuzz-on-fire-hot-sauce>

Holiday Giving



For those facing food access barriers, the Holidays season can bring extra challenges. If you're able to give this year, consider donating to Dalhousie Food Cupboard. We are busy buying holiday items & treats for our clients, and will need to restock the shelves & fridge with healthy food for our clients as soon as the New Year comes in.

<https://www.canadahelps.org/en/charities/dalhousie-food-action-group-inc/>

On behalf of each & every one of us at Dalhousie Food Cupboard, have a safe and healthy holiday!