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DALHOUSIE
FOOD CUPBOARD

AUTUMN 2016

DALHOUSIE

FOOD CUPBOARD

NEWSLETTER

Finally - Our First Newsletter!

After 30 years we have grown to the size where a newsletter will help fill the knowledge gaps and keep us all up to date with what is going on at the Dalhousie Food Cupboard. Welcome!

In this and future issues, we plan to cover our challenges and success stories, our volunteers and supporters, working together with other organizations, our operations, cooking with food-bank food, and much more.

You are also a part of the DFC story and so not only do we hope to keep you up to date, but also to involve you by listening to your feedback, finding out what would inspire you and what you would like to hear more about. Stay in touch!

**Our First
Newsletter**

Who We Are

**Cooking With
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DFC Statistics



**DALHOUSIE FOOD
CUPBOARD (1986)**

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

www.dalhousiefoodcupboard.ca

Wednesdays 10:30 – 2:30pm

Thursdays 10:30 – 2:30pm

Who We Are

The Dalhousie Food Cupboard is staffed by volunteers, with the exception of our part-time coordinator, Mai. We provide groceries to people in need who live in Ottawa's East Hintonburg and West Centretown areas.

What is Food Security?



The WHO defines food security as "when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life."

Event: All About Food

DFC, along with Parkdale Food Centre, St. Luke's Table and Parkdale United Church's In From the Cold program, is marking **World Food Day** on Oct. 16th with their 2nd annual walkathon to raise funds to buy fresh food and provide much-needed services for our neighbors. To keep up to date with details for this event, follow us on [Facebook!](#)

Event: Volunteer Appreciation

DFC showed its appreciation for the many volunteers by holding a volunteer BBQ on August 25th.

Volunteer's View - Imad Ghadie

"The best way to find yourself is to lose yourself in the service of others." - Mahatma Gandhi.

This phrase simplified the search for a purpose to one's self and created such a feeling of ebullience within me, that I took this newly sparked inspiration and ran with it. I stepped away from being a young adult who focused on finance and self-gain and

threw myself into the community, grasping at any opportunity to give myself meaning and emulate those who have given so much. Along my path, I stumbled upon The Dalhousie Food Cupboard, a place that has provided true evidence of the soundness of Gandhi's words. Volunteering at the DFC has not only allowed me to discover an adored avocation and passion for being a part of something greater, but has inspired me with its salient attributes and a resolve for community involvement. From the moment I stepped into the Bronson Centre and shook hands with every member of the dedicated team, I felt inspired.

Each Thursday afternoon I am met with warm smiles, galvanizing energy, total compassion and purpose. From the newest members of the DFC team to those who helped it grow for many years, I thank you for sparking that inspiration in me and for laying down the pathway to finding myself in the service of others.



Our Volunteers

With over 80 part time volunteers, coordinating all of us is a job for two people: Daniel coordinates the university student volunteers while Mai coordinates all of the rest. We are pleased that our volunteers recently had the opportunity to receive additional training from our partner Somerset West CHC.

Recipe – Mike's Tomato Stew

Ingredients – 1lb ground beef, 5lb fresh or canned tomatoes, 1 onion, 4 eggs lightly beaten, oil, salt, pepper, 1 cup rice.

Utensils – frying pan or wok, stove, knife and spatula.

Preparation – cook the rice as per directions. Chop the onion finely and simmer in 2 tablespoons of olive oil on a medium heat. Add the ground beef and stir until brown. Chop the tomatoes into thumb sized pieces and add to the pan. After 2 min. stir in the eggs, salt and pepper to taste. Remove from heat when eggs are cooked, serve on rice, garnish.

DFC Client Statistics

	2014	2015
Total served	8997	9253
Children	1738	1782

Donate!



Donations allow us to purchase fresh food items such as milk, meat and fruits and vegetables.

Volunteering? Contact us at: info@dalhousiefoodcupboard.ca

Hungry for more?

Sign up for our news-letter here: <http://www.dalhousiefoodcupboard.ca/news-and-events.html>

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