



DALHOUSIE FOOD CUPBOARD



SPRING 2017 **DALHOUSIE** **FOOD CUPBOARD** **NEWSLETTER**

Spring is when you feel like whistling even with a shoe full of slush – Doug Larson

We can laugh now that we're through the worst of it and are looking forward to warm sunshine and getting outdoors to tank up on fresh air and vitamin D. In this newsletter we bring you a look ahead at upcoming Spring events such as our May 2nd fundraising dinner, walkathon, plus our volunteer spotlight and a great spring recipe.

DONATE NOW!



**Event: May 2nd
Fundraising Dinner !**

Recipe: Spring Soup

Photo-ID? POA?

Volunteer Spotlight

2016 Statistics



**DALHOUSIE FOOD
CUPBOARD**

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

May 2nd Fundraising Dinner !

We are hosting our annual fundraising dinner 2017 at the Trattoria Caffè Italia on Preston.



Please RSVP your ticket by 25 April to margchristin@gmail.com
For additional info, ask Marg via email or check our poster:
www.dalhousiefoodcupboard.ca/news-and-events.html

Recipe: spring soup

Ingredients used here are often available from the DFC. Use fresh vegetables when possible and leave out any you do not like.



- 1 tbsp. vegetable oil
- 1/2 cup chopped onion
- 1 clove minced garlic
- 1 chopped med. potato
- 1/2 cup chopped broccoli
- 1/2 cup corn
- 1/2 cup spinach
- 1/2 cup chopped mushrooms
- 1/2 cup chopped carrots
- 1/4 cup chopped cabbage
- 2 (32 oz.) pkg. chicken broth
- 6 oz. egg noodles
- 1 cup canned white beans

Heat the oil in a large pot over a medium heat, and cook onion and garlic until tender. Mix in veggies (except beans). Pour in chicken broth and bring to a boil. Reduce heat and simmer 20 minutes until potato is tender. Stir egg noodles and beans into the pot, continue

cooking 7 minutes, until noodles are tender and beans are heated.

Photo-ID? POA? DFC?

What is with all these photo-ID and POA (Proof of Address) requirements at the DFC? In order to ensure that what we do have is fairly distributed, we ask for a photo-ID at each visit and a POA when required, usually twice a year. All official photo-IDs are accepted and the POA can be any valid documentation with a recent date, showing name and address, such as a utility bill, rental contract etc. If in doubt about the validity of your documentation, please speak with our staff.

Our new volunteers – welcome!

Laura Neidhart is Development & Communications Coordinator at *Canada Without Poverty* and one of the DFC's newest volunteers, helping with fundraising and communications.

“Access to food is so critical. Without food security, people are trapped in a cycle of poverty and poor health, so providing emergency food support is invaluable to our community.”

Erika Malich is excited to join the DFC, helping with communication and storytelling. She currently works as a Program Management Officer at Canada's *International Development Research Centre* (IDRC). Erika has had a growing interest in local food security issues since starting to research the topic back in 2012.

Sean Holland will be keeping our media appearance up to speed. An experienced graphics artist, Sean will be helping with our newsletter, web page and more!

Donate! Donate! Donate!



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

Fall 2017 Walkathon

Planning for our 2017 Walkathon in Sept-Oct. is in full swing, stay tuned!

Service Statistics to Dec 2016

Year	2014	2015	2016
People Served	750	771	740
New Clients	32	29	44
Children	145	149	147

The year 2016 displayed new trends in our clients-served stats. With a slight drop in the average number of people served per month for the year ending December 31, 2016, there was a marked increase in the number of new clients. New people in the catchment area need our support.

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

Hungry for more?

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

Like our Facebook page here:
www.facebook.com/DalhousieFoodCupboard

Newsletter published by
Dalhousie Food Cupboard
Bronson Centre
211 Bronson Avenue, Suite 107
Ottawa, ON, K1R 6H5
www.dalhousiefoodcupboard.ca
Editor William Szepesi