



DALHOUSIE
FOOD CUPBOARD

NEWSLETTER AUTUMN 2017



Breaking the weather record with early autumn heat

Summer came in September this year – the mix of hot autumn days and beautiful fall colors will be remembered many years from now. The Dalhousie Food Cupboard is however looking ahead and gearing up for Thanksgiving and even Christmas. Planning and coordinating donations of turkeys for families and Christmas stockings for the children takes time and effort and we have already started soliciting donations, creating lists and informing clients.



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

**Food Bank &
Nutrition Project
Wrap-up**

**Open Garden at the
Innovation Centre**

Recipe: Fish Tacos

Volunteer Spotlight

**Event cancelled:
Walkathon will
resume next year**



Food & Nutrition Project Wrap-up

Hamid (Emile) Sakhai has been running a nutrition project for the summer, making clients aware of healthy food choices. His Nutritional Consultancy and Outreach Report tells of the original goals of the project - consultation regarding general nutritional inquiries - and the successful extension to include Client Outreach. Awareness was raised about balanced food choices, including an initial inventory assessment of stock items, guidance in nutritious food preparation methods and general inquiries about the properties of foods and food items available at the DFC. We feel that the staff and clients have benefited from this personalized approach and thank Emile for his support!

The Mechanicsville Innovation Garden

<https://facebook.com/MIGOttawa/>
Community members have come together to plant vegetables and share the harvest. The Garden is located at 7 Bayview Road and serves the Mechanicsville neighborhood. If you are in the area and would like to be involved for the 2018 season, contact Brian - Mechanicsville Community Association
bri.enright@gmail.com

Recipe: Delicious Fish Tacos

1-pound firm white fish, e.g. tilapia
2 medium limes, halved
1 finely chopped garlic clove
1/4 teaspoon ground cumin
1/4 teaspoon chili powder
2 tablespoons vegetable oil
Freshly ground black pepper
1/2 small cabbage thinly sliced
1/2 red onion thinly sliced
1/4 cup coarsely chopped cilantro
6 to 8 soft (6-inch) corn tortillas
Sliced avocado, guacamole, salsa, sour cream, hot sauce



Fish: Marinate for 15 minutes with a ½ lime juice, garlic, cumin, chili powder, and 1 tablespoon of oil. Season with salt and pepper.

Slaw: Combine the cabbage, onion, and cilantro in a bowl and squeeze a ½ lime over it. Drizzle the remaining 1 tablespoon oil, season with salt and pepper, and toss. Taste and season again.

Tortillas: Warm both sides of each tortilla in a frying pan and wrap them in a clean dishcloth.

Fish: Remove the fish from the marinade and grill or fry in a pan until firm and white. Transfer the fish to a plate and break into small pieces. To create a taco, place fish in a warm tortilla and garnish. At times, the main ingredients are available at the DFC.

Volunteer Profile - Shanique

The main reason that I love to volunteer is that I enjoy helping others. My contributions, with those of other volunteers help improve the lives of people needing assistance. And I love the privilege of meeting like-minded individuals striving to make a difference in the world. To me, the DFC acts as a site of community, where I have made some of my most meaningful friendships with volunteers such as Sabina, Yuliya, and more, who encourage me to live a life with others in mind. Furthermore, the clients at the DFC are a joy to interact with and have shown Ottawa to be a city filled with love. This spring, I finished my second year of studies at the University of Ottawa, majoring in Criminology & Women's Studies. I began volunteering with the DFC in the

winter of 2016 and was welcomed with a smile and an introduction by Mike, Mai, and other volunteers to my favourite task, which involves packing chosen food items and distributing them to clients. Other responsibilities have included data entry, client sign-in and end of a shift cleanup. My time spent at the DFC has opened my eyes to the ways in which anyone can be touched by unfortunate circumstances. To those thinking of volunteering with the DFC: go for it!

Fall Walkathon 2017 Cancelled

The annual Fall Walkathon has been cancelled this year but we will resume next year. Donations are welcome in place of sponsoring

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:
board.dfc.ottawa@gmail.com

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Editor William Szepesi