



## Neighbours Helping Neighbours

“One cheque will only go so far,” explains Manny, a Barrhaven Food Cupboard client. Manny takes care of his four children and his wife with his Ontario Disability Support Program (ODSP) cheque. Unable to work because of an injury, Manny makes sure that his four children go to school so they can get a good education and a good job. His wife stays home to take care of their teenage son who lives with Autism. “Every package, every can of food is amazing for us. Without the Barrhaven Food Cupboard we would be in trouble,” says Manny.

Each month, from a storage space in the basement of Barrhaven United Church on Jockvale Road, the Barrhaven Food Cupboard helps people like Manny by delivering food to over 400 people in need in Barrhaven. 26% of the families helped are single-parent families, and about one-half of all persons reached by the Food Cupboard are children.

### **Barrhaven: a changing community**

Requests for food assistance at the Food Cupboard have increased dramatically: 40 food orders per month in 2009 to more than 110 orders per month in 2014. As Barrhaven changes and welcomes residents from around the world, the faces of the Food Cupboard’s clients are changing to reflect this diverse community.

*“You’re only a phone call or a pink slip away from your life falling apart.” – BFC client.*

The Food Cupboard has completely outgrown its storage space in the basement of the church. Volunteers are storing food in their basements, making special requests to run food drives at non-peak times of the year (March – May), and sending extra food items that they can’t store to other food banks in Ottawa.

Donations to this 100% volunteer-run charity are strong: donors gave just over \$32,000 in 2014. Donors passionately support this local charity: neighbours helping neighbours.

### **In the beginning**

For over 30 years the congregation of Barrhaven United Church provided food assistance to Barrhaven families and individuals facing challenges to make ends meet. As the need grew, the operation of the food cupboard moved from church members’ basements in the early 1980’s, to the new church building in 1993. In 2003, the church recruited volunteers from the community, leading to a new governance model and a new name, Barrhaven Food Cupboard. A Board of Directors was established in 2012, with Ken Ross as its first President, and independent charitable status followed in 2014. As it has been since the beginning, the Food Cupboard is entirely run by volunteers; there are no paid staff.

Barrhaven United Church is committed to the Food Cupboard’s sustainability as a response to need in the community. About 25% of the over 100 volunteers are church members. In April of this year

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Barrhaven United Church approved a Memorandum of Understanding with the Food Cupboard Board to enable the Food Cupboard to build a new building on church property along Jockvale Road.

**The need for Barrhaven Food Cupboard services is growing. A new building will help address that need. A building means reaching more clients with better quality food and a sense of community.**

### **Barrhaven Community Food Centre**

As the first president of the Board of Directors, the late Ken Ross - owner of the local Ross' Independent Grocery store - had a vision. He wanted to build a space where people came together around food.

With encouragement from Barrhaven United Church, Ken and the Board moved from the idea of "storing" food, to a community food centre model where clients are welcomed through the Centre's front door into a new 3,200 square foot building beside Barrhaven United Church.



The centre will educate people about food (nutrition, safety and preparation) in its community kitchen, display food on shelves so clients can select what they need and use most, and will distribute perishable items like vegetables, meat and milk products from large refrigerators and freezers. A small outdoor patio will provide a place to get to know neighbours.

The Centre will empower clients to help themselves. People who come to the centre will have access to food, education, and most importantly, connection to the community.

### **Building project costs**

The building project cost estimate is \$500,000, not including the land. The Food Cupboard will be entirely responsible for the ongoing operational and maintenance costs of the building and will share costs of jointly-used facilities, such as the parking lot, with the church. These costs will be financed through community fundraising initiatives, including an annual Ken Ross memorial dinner.

### **Your feedback matters**

Your feedback will help us develop the right fundraising plan to raise \$500,000 - cash and in-kind donations - for BFC's new home. Thank you for taking the time to meet with us and sharing your thoughts on this important project. We look forward to speaking with you.