



BARRHAVEN FOOD
CUPBOARD

Neighbours Helping Neighbours

From Client To Volunteer: The Impact of Your Donation

We simply could not operate the Barrhaven Food Cupboard without your support, but don't just take our word for it! Here is the story of a family who has used our services and now volunteers to help their Barrhaven neighbours; and they want you to know why your donations matter.

What has the support of the BFC meant for your family?

"We come from a country where the food is expensive, there are unfair social issues, and where the government takes advantage of you. The support of the BFC shows my family a small clue of what Canada is, a trustful and kind nation. It's not just about the food, but also the act of giving and sharing, that shows why the people of the Ottawa area are so gentle and why we are so grateful to them."

Why are you choosing to volunteer now?

"We've been supported by the BFC for more than a year now. I was unemployed at the time and that help was a blessing, so my wife and I wanted to pay back in some way by volunteering. We've also set our own goal: someday we want to be able to donate food as well, just like so many lovely families are doing right now."

What should BFC donors know about how meaningful their donations are?

"I wish I could talk to them in person, so I may look face to face and into their eyes while explaining the meaning of the Food Cupboard. It is not just the cost of the food but the humanity and empathy of giving. It's about people who are willing to share, without even knowing us."

All of you give faithfully to the work of our food cupboard, without ever meeting the lives you touch. I hope this story inspires you and shows how much your donations matter.

We are Neighbours Helping Neighbours.

Thank you!
The Barrhaven Food Cupboard Team

PS – We had an incredible fundraising year in 2024 and hope we can count on your support in 2025. [You can donate here!!](#)



Barrhaven Food Cupboard

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