BARRHAVEN FOOD CUPBOARD

Neighbours Helping Neighbours

Helping 600 Families a Month – One Egg At A Time!

We are so grateful for your support. We mean it. We know we couldn't operate without you and appreciate your dedication to improving the lives of your Barrhaven neighbours.
Most of the money you give us goes to purchase food so we can provide nutritious food support for more than 600 families a month. With your donations, every week we buy :

- **2,400 eggs**
- **850 litres of milk**
- **150 lbs of cheese**
- **200 boxes of cereal**
- **1,300 small yogurt cups**

To put it in prospective, we need 125,000 eggs and 10,200 liters of milk on an annual basis!

Donate Here

Hunger doesn't take a break in the summer, and we need to continue to make sure our shelves are stocked with eggs, milk, cheese, and the rest of the basics. Few organizations run food drives and donations are challenging for us during the summer months. So, if you can spare anything extra to support us, please consider a one-time or monthly donation today.

Please come and visit our Barrhaven Food Cupboard tent at Clarke's field on Canada Day! We are proud to be a part of the Barrhaven community and look forward to celebrating with you on July 1st.
And thank you for thinking about any extra support you can give the BFC this summer.

With gratitude,
The Barrhaven Food Cupboard Team

PS – Did you know that the BFC is 100% volunteer led and 100% community funded? **Donate today to help to help Barrhaven families!**

Barrhaven Food Cupboard
Telephone: 613-825-4505
Registered Charity No. 839063831RR0001

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