

Summer NEWSLETTER

August 2024



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Instagram!



@stjoessuppertable



supper-table.ca

THANK YOU OCF:

Canyon Foundation Fund
Ottawa Community Foundation



**OTTAWA
COMMUNITY
FOUNDATION**

The Canyon Foundation Fund, via the Ottawa Community Foundation, contributed \$35,000 towards food costs, salaries, and supplies for the Supper Table. While a necessary cost, most agencies do not provide funds to cover salaries. We are grateful that the OCF recognises the necessity of the cost of staffing.

Strathcona Heights Food Bank

A majority of our clients live in Strathcona Heights community housing, in Spring 2024, we formalised a memorandum of understanding (MOU) with Ottawa Community Housing (OCH) to continue operating our food bank in Strathcona Heights. We have been partnered with them since 2014 when a need was identified for a community food bank. The Food Bank at Strathcona Heights has existed since 2015.

Flood at Strathcona Heights Food Bank

This year our satellite food bank experienced a flood. The remediation work is being undertaken by Ottawa Community Housing. The Food Bank at Strathcona Heights remains closed. We have added an additional Food Bank day at our main location (151 Laurier Avenue East) to accommodate the influx in need. In order to return to Strathcona heights, this location will need a commercial Fridge and freezer. Part of the funding has been secured from the Georgina Foundation (\$1,700). These items retail for approximately \$5,000 each.



IMPORTANT UPDATES

St. Joe's Supper Table is relaunching its Steering Committee and we are seeking members

Looking to become more involved? The Supper Table is seeking motivated individuals to join the Steering Committee. This Committee will be focused on advising and fundraising for the Supper Table. If you are interested in applying, please email Kathleen, the Super Table Manager for more information (kstrader@st-josephs.ca). We hope to schedule our first meeting September 2024.

The Supper Table's Annual Fall Fundraiser – Save the date

Save the date for the annual fall fundraiser October 26: Doors open at 6pm and dinner starts at 7pm.

This years dinner will celebrate our long-time supporter & sister parish Sacré Coeur

Tickets will be \$55, Tables of 8 will be \$390 . Tickets will go on sale starting September 3. You'll be able to purchase online through Canada Helps, in person at the office, or after Mass. Please contact Kathleen for more information (kstrader@st-josephs.ca).

Menu: TBA



Bytown Catering 22nd Annual Charity Golf Tournament

Please join us at Bytown Catering Charity Golf Tournament on September 22, 2024 at Pine View Golf Club. Last year the golf Tournament raised \$3000 on our behalf! Create a team! <https://bytowncatering.com/bytown-catering-golf-tournament/>



DONOR RECOGNITION

A thank you to the Congrégation de Notre Dame - Visitation Province for their generous contribution of \$1000 towards our community based meal programme.



We acknowledge the generous donation from \$500 Grey Sisters Of The Immaculate Conception. Thank you for your support!



Grey Sisters of the Immaculate Conception

*We received a grant of \$1,500 from Virginia and Raymond Lafond Fond - Ottawa Community Foundation
Thank you for your kind and continued support.*



The McGuire Agency Partnership

This past winter our commercial sanitizer broke. But have no fear: Patrick McGuire of the McGuire Agency came to our rescue and has partnered with us to provide us with a commercial dishwasher. The value of the dishwasher is \$11,000.

Thank You, Patrick and The McGuire Agency!

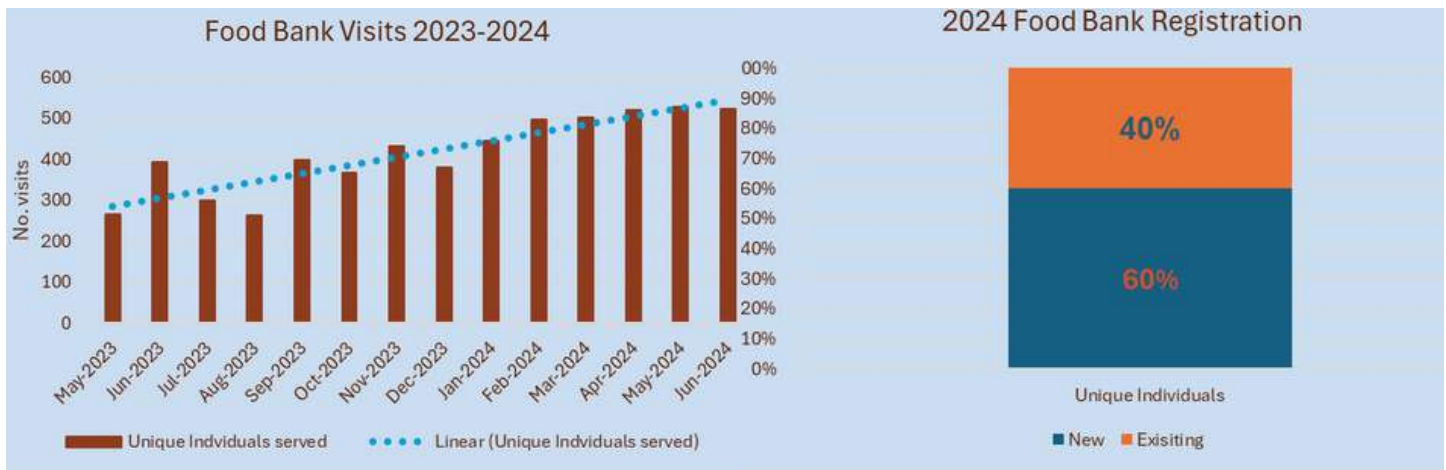
A year in Review: Meal Service

In 2023, we served 18,132 at our meal service. Our overall meal numbers in 2024 have increased over 2023. On November 10, 2023, after close to 3 years, the Supper Table returned to indoor dining. We have made the dining room more spacious. Currently, we can accommodate 16 people. We still offer take out for those who do not wish to dine in and have continued to offer a breakfast-to-go in the morning.



Food Bank: Increased Need

This year we have seen an unprecedented increase in households accessing our food bank. Fully 60% of registrations were from new households. A total of 1,111 unique individuals registered at our food bank over 2023 which is up from the 728 registrations in 2022. This is an increase of 53%. The number of visits to our food bank have been steadily increasing over 2023 into 2024 (see chart). In May 2023, we had 267 unique individuals access our food bank. In May 2024, we had 529 individuals accessing our food bank.



Volunteer Update

Volunteers are the backbone of the Supper Table programme. We have three shifts of volunteers per day: breakfast, prep and dinner service. In addition, we have 3 food bank shifts which include a transportation and sorting shift. We have increased our volunteer base from 35-50 regular volunteers to 50-70 regular volunteers with a pool of close to 100.



From Volunteer to Assistant, Will Matthias is now working in the kitchen !

Meet Will, Our new Assistant Kitchen Manager! Will is a recent MSc Biology graduate from the University of Ottawa and a former volunteer.

He has quickly learned and is an incredible part of the Supper Table.



Welcome to Mikayla!

Since this Spring, Mikayla Odut has been doing casual work with the Supper Table as a Grants Consultant. She has experience in nonprofit management and is a professional fundraiser, with a Certificate of Fundraising Management from Algonquin College She works as a freelance nonprofit administrator and funding strategest.

You may also recognise Mikayla from the Parish Choir or the Front Office!

Mikayla is pleased to support such a vital agency of the Parish and to help expand funding and an overall financial strategy for the Supper Table.

So far, Mikayla has applied for Supper Table grants with the McLean Foundation, Loblaws Companies Limited, the Government of Canada's Enabling Accessibilities Fund, and is working on late summer's Ottawa Food Bank application. We look forward to telling you about success of these applications in the next newsletter!




MIKAYLA ANN ODUT

Volunteer Spotlight – Desmond Walsh **Celebrating over 25 years**

Desmond, dishwasher extraordinaire, has been volunteering with St. Joe's Supper Table for more than 25 years. Imagine how many dishes he has washed. Des, as he is affectionately known in the Supper Table, has encouraged many a family member to volunteer with the Supper Table. Once a year, he would make a Shepherd's pie for guests. Hopefully he will do that again!



New Website

The Supper Table now has a website: supper-table.ca

It is helpful to have our general information for clients, funders, and to publicly list our achievements and news in one concise place. While some sections are a work in progress, feel free to check it out!

WAYS TO CONTRIBUTE

1) Online

You can donate online through Canada Helps at <https://www.canadahelps.org/en/charities/131771990RR0006-saint-joseph-parish/>.

Please select St. Joe's Supper Table under "Apply your donation to a fund set up by this charity."

2) Direct deposit

If you would like to make regular monthly donations via direct deposit, please contact us at suppertable@st-josephs.ca for more information.

3) By Mail

Please make your cheques payable to St Joe's Supper Table at 151 Laurier Ave E, Ottawa ON, K1N 6N8

4) If you are interested in volunteering, you can contact us at suppertable@st-josephs.ca. We have several shifts (morning, afternoon, and evening) and positions available including food prep, foodbank, window service and server.

Another way to Help St. Joe's Supper Table

Attend a free home water test. No purchase necessary and our donor, Georgian Water and Air, will provide a generous Monetary Contribution to St. Joe's Supper Table for the time you spend observing the test.

Please sign up by email to watertest.withuforu@gmail.com

CONTACT US

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