


NEWSLETTER


MARCH 2025



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 <https://www.instagram.com/stjoessuppertable/>

 <https://www.facebook.com/stjsuppertable/>

OTTAWA COMMUNITY FOUNDATION

Supper Table receives Urgent and Emerging Needs Grant from Ottawa Community Foundation.

In the fall of 2024, we learned that we would need to replace all the contents at our Ottawa Community Housing (OCH) food bank location. This presented a large financial hurdle – commercial fridges and freezers, racking and storage, as well as all basic equipment needed to operate all needed to be replaced. This equipment was not covered under our insurance due to age.

In mid-January, Mikayla applied for the Ottawa Community Foundation's "Support for Urgent and Emerging Needs Program". Almost immediately, their grants manager reached out to us for additional details. We provided information on our operations, how many individuals access our services, and the circumstances around the delay to returning to OCH.

After a few weeks of silence, we heard back this past Wednesday from the granting officer about the outcome: our application was approved and the Supper Table was awarded \$10,000 to benefit resuming operations at OCH! This grant really helped us clear the final financial hurdle to be able to afford all the necessary supplies and equipment to operate the food bank programme at OCH. This location is important to us and the community to reopen, as it is nearest to most of our clients – especially those with disabilities.

Thank You to the Ottawa Community Foundation for your support and for helping us reopen our accessible food bank location!

Supper Table Happenings



Sandy Hill Winter Carnival Meal

In partnership with Action Sandy Hill, St. Joe's Supper Table provided a warm and hearty meal of chili and mac and cheese at the Sandy Hill Winter Carnival on January 26th. We were pleased to serve dinner to 106 community members, bringing warmth and nourishment to our neighbors during this festive event.



Christmas Dinner and Food Bank

This past Christmas season, St. Joe's Supper Table had the pleasure of hosting a community Christmas dinner, welcoming 150 guests. We served a full turkey dinner with gravy, stuffing, and mashed potatoes. In the spirit of giving, each guest also received a gift of cold-weather gear, and Jolly St. Nick made a special appearance to spread holiday cheer.

This festive event was made possible by the generous gift from Charles Nadeau and family, for which we are deeply grateful. Additionally, we were able to support 67 families registered in our Sandy Hill food bank this Christmas by providing gift cards to local grocery stores.

Thank you to all who made this holiday season brighter for our community!



St. Joseph's Parish Choir – Annual Lessons & Carols

On the Fourth Sunday of Advent, St. Joseph's Parish Choir performed at the annual Lessons & Carols service. This year, their beautiful performance helped raise an incredible \$4,030 in support of St. Joe's Supper Table. We are deeply grateful for their generosity and for everyone who contributed to this wonderful cause.

GRANT UPDATES

Grant from the Sisters of Charity – Halifax

We are honored to be the recipients of a \$3,000 grant from the Sisters of Charity – Halifax, through their Charity Alive Fund. This grant will go toward the expansion of our food bank.



The Charity Alive Fund supports ministries that focus on poverty, climate change, and racial justice. The food bank expansion will improve access for residents of Sandy Hill, allowing us to better serve the community's needs.

Global Marketplace and Healthy Marketplace Grants



We are excited to announce that we have received the Global Marketplace and Healthy Marketplace grants from the Ottawa Food Bank, totaling \$4,780. These grants are designed to help agencies like ours purchase culturally appropriate foods and healthy options to support our food bank.

The grants recognize the culturally diverse nature of the Ottawa region and aim to foster equity and inclusion at the food bank, ensuring that we can better serve the varied needs of our community

DONOR RECOGNITION

Thank You to the Congregation of Notre Dame Visitation Province!
We would like to extend our heartfelt gratitude to the Congregation of Notre Dame Visitation Province for their incredibly generous donation of \$7,500. This contribution will directly support our programs, providing nutritious meals and healthy food choices through our food bank.



Thank you for your kindness and commitment to making a positive impact in our community. Your support helps us continue our work of serving those in need with dignity and care.



A Heartfelt Thank You to the Church of the Messiah!
We are deeply grateful to the Church of the Messiah for their incredible generosity. Through a special collection, they raised a total of \$3,177, plus an additional \$1,638, to support St. Joe's Supper Table. These funds will go directly toward our Community Meal Program and Food Bank.

A huge thank you to the Church of the Messiah for being such compassionate neighbours and partners in our mission.

UPCOMING EVENTS



Join Us for the ORYC's Annual "Songs for the Supper Table" Come out and enjoy an afternoon of music! The Ottawa Regional Youth Choir (ORYC) will be performing their annual Songs for the Supper Table on April 13, 2024, at 3:00 PM at St. Joseph's Church, 174 Wilbrod St.

Website: <https://oryc.ca/event/songs-for-st-joes-supper-table-2025/>



Tamarack Race Weekend



St. Joe's Supper Table is excited to be collaborating with the 2025 Tamarack Race Weekend to raise funds for our two food banks and meal program in Sandy Hill. Please support our Supper Table 5K team on Saturday, May 24th—our team members will either run or walk to help make a difference!

<https://www.justgiving.com/campaign/suppertable2025raceweekend>



Volunteer Spotlight: Louis Jacques



Louis Jacques has been volunteering at St. Joe's Supper Table since January 2024 and is an avid runner. He volunteers during our Wednesday evening dinner service, primarily serving meals.

What inspired you to start volunteering with the Supper Table?

My father was the catalyst for me joining the Supper Table team. He had been volunteering before me and found it to be very fulfilling. He convinced me to come along for one week, and I loved it.

What do you enjoy most about volunteering?

As a very social person, I enjoy talking to everyone who comes in, including fellow volunteers. Many people have interesting stories, and I've learned a lot from speaking with the patrons.

Starting this spring, on March 30, Louis will be running for St. Joe's Supper Table in a fundraiser called "Run for Your Supper".

Could you share the story behind the "Run for Your Supper" fundraiser and why you decided to start it?

I was inspired to do this during my time volunteering. I saw a need for more money and resources for our food banks and meal programs in Sandy Hill. The need is significant. Running to PEI will be a challenge, but I enjoy long-distance running. I hope to use my run to help people in Sandy Hill and raise awareness of food insecurity nationally.

Run for your Supper!

Starting March 30, Louis will be running from Ottawa (Sandy Hill) to PEI. His goal is not only to raise money for St. Joe's Supper Table but also to raise awareness about food insecurity, which affects many Canadian families. Louis will be completing the run in stages to accommodate his schooling. The total distance he will run is 1,400 km.

To donate to Louis' run and support the Supper Table, please visit <https://www.zeffy.com/fundraising/run-for-your-supper>. You can also follow updates on Louis' journey through our newsletter, social media (Instagram and Facebook), and our website. Louis' goal is to raise \$10,000

Louis' proposed Route



Volunteer with us!

Upcoming volunteer opportunities:

1) Volunteer Appointment Admins:

We are looking for volunteers to assist with responding to email and phone requests for appointments. This is a flexible shift and can be done anytime Monday to Friday between 8:00 AM and 7:00 PM. Bilingual volunteers (French-English) are especially needed, as we have many Francophone clients. If you're interested, please let us know.

2) Needs Assessment Survey (April 2025):

In April, we will be conducting a needs assessment survey at the food bank to help expand and improve our services. We are looking for volunteers to assist with administering the survey. Being bilingual is an asset, as the survey will be available in English, French, and Arabic, as well as electronically. The shift would be from 12pm-3pm.

Email: suppertable@st-josephs.ca to inquire about volunteering.

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 autodebit, please contact us at suppertable@st-josephs.ca for more information.

3) By Mail

Please make your cheques payable to St Joseph's Parish (with St. Joe's Supper Table in the memo line) to 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.

CONTACT US

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