

Eating.

A vital need.



Hello,

Did you know that jobholders account for a large portion of the 16,000 monthly users of food banks? For instance, Sandra and Eric each work over 40 hours a week, as a cashier and a store clerk respectively. Their living expenses keep rising, mainly the rent and the grocery bill, but also the regular medication for their little last born. To ease their financial burden while ensuring their children eat three meals a day, **Sandra and Eric visit their local food bank every month.** This valuable support provides them with a short but timely financial break that allows them to stay the course.

I suppose that, like me, you have been noticing your grocery bill increasing each month. **This ever-increasing cost of living is devastating for many low-revenue workers** like Sandra and Eric. How is it possible that so many people still go hungry in the Outaouais nowadays?

“Ever since we asked for help, we have had enough food for the whole family. It is one less worry, and we can spend more quality time with our children.”
- Sandra & Eric

Thanks to your donation, Moisson Outaouais will ensure, each month, the fair distribution of 116,000 kg in food supplies and of 6,800 ready-to-serve meals to its 72 organisations and partners.

By helping your regional food bank to feed vulnerable people throughout the region, **you respond to a vital need and you relieve some of the psychological, physical and financial stress of thousands of people.**

In today's circumstances, your contribution would greatly lighten the burden for families. On behalf of all the individuals and families being helped, I thank you sincerely for your kindness and your support.

Armand Kayolo, Executive Director

P.S. Multiply by 8 the amount of your donation to find out the actual value of the food aid you will be providing to a local family.

Dear

COMPLETE NAME
ADDRESS



Thank you for helping us feed families and children in need.

I choose to contribute with a :

One-time donation : \$50 \$100 \$300 \$500

Other :\$ _____

Monthly donation : \$10 \$20 \$30 \$50

Other :\$ _____

More details on the back page !

Donate on our website or by mail

PAYMENT METHOD: Visa MasterCard Cheque

CREDIT CARD NUMBER : _____

Month Year

_____|_____|_____|_____|

EMAIL FOR INCOME TAX RECEIPT : _____

EXPIRATION CVC

(Optional, if you wish to receive it by mail.)



**Moisson
Outaouais**



**72 organisations
and partners**



**16 000
people fed**

All our member organisations and partners support vulnerable clientele that, otherwise, would not have access to food aid. Together, they unite their efforts to build a brighter future.

FULFILL A BASIC NEED

Having a roof over one's head and enough to eat is critical. **For a victim of domestic violence**, access to a safe shelter with meals means feeling safe and well fed.



FIGHT POVERTY

For the homeless, the soup kitchen is a reassuring place to socialize and, above all, to eat a full meal. It is also a door to access multiple services for mental health, substance addiction and much more.



RELIEVE PSYCHOLOGICAL, PHYSICAL AND FINANCIAL STRESS

Emergency food assistance centres help people who unexpectedly find themselves in a vulnerable situation. **For a single-parent family**, this emergency service is a timely solution to make ends meet each month.



IMPROVE THE QUALITY OF FAMILY LIFE

Family services centres, through their support services and activities, provide an inclusive environment and genuine assistance for the whole family. **For new immigrants or for low-income families**, these centres help people find their bearings and settle into a comfortable routine.



Join our monthly donors!

Monthly donation is a smart way to give. It brings you several advantages:

- An aid that confirms your ongoing commitment to the cause of hunger;
- A better annual planning of your contributions according to your actual budget;
- A one-time tax receipt sent at the end of the fiscal year.

For Moisson Outaouais, it is a stable source of income that allows us to:

- Better plan the actions to be taken to achieve our mission and support the entire territory of the Outaouais region;
- To ensure a rich and constant food aid in case of an exceptional emergency situation;
- Reduce our administrative costs.