



# CCSAC NEWSLETTER

## CENTRETOWN CHURCHES SOCIAL ACTION COMMITTEE

December 2022

### Executive:

Chair: Kristine Burr  
Vice-Chair: Emmy Verdun  
Secretaries: Elizabeth Demaray &  
Mary Mussell  
Treasurer: Janet Rivers  
Communications & Newsletter  
Editors: Mary Mussell &  
Lorna Kingston  
Facebook Coordinator: Anisha Eipe

### Member Churches:

Blessed Sacrament  
Canadian Martyrs  
Centretown United  
Christ Church Cathedral  
Church of the Ascension  
Dominion-Chalmers United  
Eglise unie St-Marc  
First Baptist  
Fourth Avenue Baptist  
Glebe-St. James United  
Knox Presbyterian  
Quaker Ottawa Meeting  
St. Andrew's Presbyterian  
St. Barnabas Anglican  
St. Giles Presbyterian  
St. John the Evangelist Anglican  
St. Matthew's Anglican  
St. Patrick's Basilica  
St. Peter's Lutheran  
St. Peter & St. Paul's Anglican  
St. Teresa's Roman Catholic  
Southminster United  
Trinity Anglican

### Our Mission:

To unite Christians of all  
denominations through joint  
participation in social projects and  
prayer.

### Get in Touch!

We would love to hear from you!  
507 Bank St.  
Ottawa, Ont. K2P 1Z5  
613-232-3059  
[Contact@centretownchurches.org](mailto:Contact@centretownchurches.org)  
[www.centretownchurches.org](http://www.centretownchurches.org)

## Your Community Fridge and Pantry

By Susan Palmai

Food waste in Canada is an increasing problem. What is food waste? A piece of fruit that is damaged during transport, food items on a grocery store shelf that spoil before they can be sold, food dishes prepared in a commercial kitchen, never served and are instead discarded.

Most major cities have outdoor community fridges and pantries to provide an outlet for food donations from grocery stores, restaurants, coffee shops or any other business or organization willing to contribute. The Parkdale food centre opened an **outdoor** fridge in 2021 and was the only outdoor fridge in the city. Several United Churches in centretown decided that businesses in Ottawa could likely support more than one outdoor fridge and pushed ahead with plans for a second.

On October 6, 2022, Public Foods opened in centretown Ottawa at 415 MacLaren Street. This is a collaborative project among Glebe St. James United Church (GSJ), Ottawa Community Housing (OCH), Centretown Community Health Centre (CCHC), Carleton University Architecture Department and Arlington 5 Café with support from faith groups such as CCSAC.



We hope to compliment the work of Centretown Emergency Food Centre and other groups who work to tackle the enormous concern of food insecurity in downtown Ottawa. We are different from a Food Bank in that we are open 24 hrs/7 days per week. If a community member needs a can of beans, a litre of milk, ½ dozen eggs or an apple, they can drop by Public Foods to see if someone may have left a bag of apples, a granola bar, a package of pasta or something else that might help them get through the day.

So far we have been filling the fridge largely from financial donations received but we hope that eventually Ottawa Public Foods will become self-sustaining with food donations from Centretown residents and businesses. This will take time.

# Old Ottawa East Community Garden

The Old Ottawa East Community Garden was established in 2007 on the grounds of Saint Paul University. It is a thriving garden of 55 plots with caring gardeners who tend to their flowers and vegetables during the spring, summer and fall months.

Harvested produce from four garden plots is delivered weekly to the Centretown Emergency Food Centre in addition to individual gardeners who donate extra produce. These faithful volunteers consider it their way of giving back to the community. The result is that visitors to the Food Centre can choose fresh local produce to take home. The Old Ottawa East Community Garden is generosity at its finest and truly a labour of love!



## Walkathon 2022 – A Success

A net amount of \$33,400 was raised for the Centretown Emergency Food Centre.

### Some of the Winning Photos from 2022 Walkathon



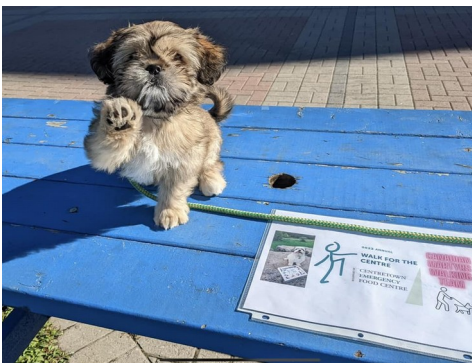
Spirit of the Walk



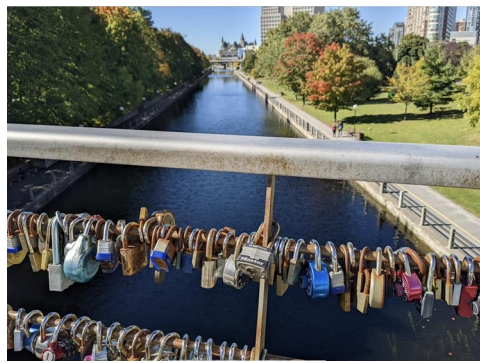
Loveliest scene from the Walkathon



Just so lovely!



Cutest photo of a pet taken at the Walkathon



Most artistic photo at the Walkathon



Best decorated poster