



March 9, 2009.

Dear Friends,

Chances are we will all have to do with less as the economy continues to struggle, but doing with less should never mean going without food to eat.

As we recognize the Ottawa Food Bank's 25th year, we should be reminded of the truth of what the founders wrote 25 years ago:

"Hunger erodes human dignity, lessens human energy and impairs potential."

For the past 25 years, the Ottawa Food Bank has been working diligently to fight community hunger. But they can't do it alone. It is people like you who truly determine how much the Ottawa Food Bank can help those in need around us.

The Heroes Fighting Hunger Campaign is about community. It is about you and me. It is about a group of community leaders who have come together to act as ambassadors for the Ottawa Food Bank, to raise awareness and to promote support of the Ottawa Food Bank during its 25th year.

Become a Hero. Join our community leaders today in the fight against community hunger.

Thank you for your support,

Micheal Sangster
Heroes Fighting Hunger Campaign Chair