

## Media Release

### Local restaurants feed women in emergency shelter and housing during COVID19.

For immediate release June 24, 2020

Cornerstone Housing for Women publically recognizes the incredible restaurants and suppliers that have cared deeply for our mission, during this pandemic. Twenty-four restaurants supplied meals to our frontline staff, clients in our busy downtown emergency shelter, plus our over women living at four supportive housing residences, and outreach programs.

Cornerstone Acting Executive Director says, “How the community stepped up to ensure food security for our residents is truly amazing. The caring behind the food is as important good food nourishes both body and soul! Our sincere thanks to the foodservice community.”

Cornerstone Housing for Women is especially grateful to the Parkdale Food Centre (PFC) for their leadership, and their generous, innovative and kind-hearted support.

We help 200 women each day, over 600 women every year, find hope and home.

The charity has two licensed kitchens at their emergency shelter, and at their Booth St. location that cares for senior women with chronic ailments.

However, with COVID19, our locations, especially their Princeton independent living residents, faced food insecurity issues. Each Cornerstone location moved to single food delivery instead of communal eating to contain the spread of the virus.

We faced many food challenges. We saw a significant increase in single food delivery, therefore needing to source meals to locations that previously did not have a food program. Our resources were stretched thin at the beginning of the pandemic.

The ‘Cooking for a Cause’ program led by PFC, helped us to give hundreds of nutritious, delicious meals, cooked by gifted restaurants and businesses to at-risk women.

Three eager residents greeted the first delivery to our Princeton location back in March. They had been waiting in the lobby. One woman named Nancy\* asked, “Is this for us?” She had tears in her eyes and a look of relief on her face.

Every person in Ottawa, especially our most vulnerable people, deserve access to nutritious food. With help from the restaurant community, we were able to provide nutritious, delicious meals to women who needed it most.

\*Name changed to protect privacy

#### Cooking for a Cause Participating Restaurants

- Royal Prince Cuisine
- Ottawa Bagel
- Marcie’s Cafe,
- Thyme and Again,

- Red Apron,
- Urban Element,
- Bread by Us,
- Arlington 5,
- Das Lokal,
- The Wellington GastroPub,
- Pressed Café.

Long-time supporter and Thyme and Again Co-owner Sheila Whyte had this to say about the ‘Cooking for a Cause’ program, “Community helping the community. It is all about collaborating to continue to support what is essential to Thyme and Again. We have always felt a close relationship with the Cornerstone team and all they do in Ottawa. When the pandemic hit, we were very glad we were able to start our soup program so quickly. Thanks to the overwhelmingly generous donations of our community, we were able to send soup and chowders every week to Cornerstone. We hope to continue to do this moving forward. “

In addition to the incredible support of the Parkdale Food Centre and its partners, many non-food businesses have supported our work during this difficult time.

Timothy Dillon, a Broker with Greater Ottawa Realty, sponsored 100 meals from Kanata Noodle House to be shared with Cornerstone’s clients and residents. He says, “We hope that the media’s take away is that people can call and support their local restaurants, pick an organization, plus donate the food, too. It becomes a triple success for everyone. Our local restaurants are always there to answer the call in our communities. Still, right now, they need our community support.”

We want to highlight the following businesses that have shown astonishing care supplying nourishing food in these uncertain times: Costco, Lumentum, Café Mio, Grounded Kitchen, Fratelli Westboro, Sugar Baby Cupcakes, Cupcake Lounge, Pita Pit, Kanata Noodle House, Gabriel Pizza, Corner Peach, Scone Witch, Jacobsons Gourmet Food.

It is evident through their actions that these businesses care deeply for the most vulnerable women in our community, and the staff that serve them. We wanted to return the support to restaurants and suppliers as they begin to open their doors.

### **About Cornerstone Housing For Women**

We provide emergency shelter and safe, affordable permanent housing for women in Ottawa. At Cornerstone, women experience what ‘home’ truly means – often, for the first time in their lives.

We help them build a meaningful life that fits their individual needs.

We strive to increase safe housing and to end homelessness. Our Emergency Women’s Shelter and four residences cater to women at every stage of their journey.

We are committed to public education and advocacy.



We serve almost two hundred women every day. We have more than 65 full and part-time staff and nearly 200 extraordinary volunteers. They provide on-site support and refer women to local resources.

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