

KitChat

December, 2022



Have Happy Healthy Holidays!



Dishing up the Best Possible Nutrition 2022

Thankfully donations of good ingredients offset the cost increases of serving and packaging food (cost of packaging exceeds the current cost of food!!). A real blessing has been the adaptability of so many volunteers who have exchanged ideas about recipes and how to create a workable solution within the short kitchen prepping time. As new volunteers join teams, there has been a willingness to demonstrate efficiencies and share ideas (as well as humour!) Since Out of the Cold program started, the number of folks wanting lunch has been irregular, challenging planning and even staffing.



Ecole Immaculee Conception school students grades 7 & 8 walked over to Ozanam with their offerings from a food drive. Kudos for their kindness



Some supporters send money in cheque form or via canadahelps.ca. Others drop off meat, bread or call with fresh produce. The gift of wieners and buns was a big hit on the street (with begging for seconds!) Nutrition was bumped up with salad!



Ozanam will be open until Friday, Dec. 23. Closed Boxing Day Dec 26. Reopens: Tue 27->30.

When Ozanam is closed, Start Me Up will be open to serve lunch and will have a Christmas dinner Christmas eve, SMUN is providing a turkey dinner 1-4hr.

Positive Living Niagara and Queenston Neighbours will be doing a coffee outside event at the corner of Frank and Church St on Friday December 23rd from 11am-1pm.

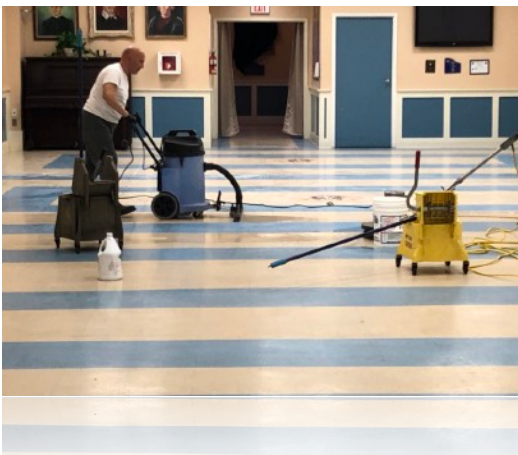


Ozanam aims to feed nutritious lunches to the needy safely, five days a week. That is the focus. No demand of identity or "need" is made.



To accomplish this, Ozanam is attempting to strength relationships with other organizations who support this aim. Ozanam does share those food items which are overstocked, with Westview Centre 4 Women, Start Me Up Niagara, The Breakfast Club, and Positive Living coffee table.

Ozanam also collaborates with the Knights of Columbus, from whom the building is rented. KofC also share costs of some maintenance, capital expenses and contribute monetary donations. While Ozanam is the primary renter of the building, when not in use, the building is also rented to others. Thus Ozanam must store all items safely for the soup kitchen functioning. This interdependent relationship is mutually beneficial, if not at times, challenging!



It has been years since the floor had a professional cleaning, so when Vince heard about the need, he volunteered to work for two days free of charge, to manage 2000 square feet of dirty floor! Now to remind folks to leave wet and dirty boots at the door! Lift tables....No Dragging!! Sweeping and washing this floor will be so much easier for Ozanam volunteers.

CO2 monitors work by giving an indication of how well-ventilated an area is, and therefore the potential concentration of a virus in the atmosphere.

People breathe out CO2, and someone who has an airborne virus (like Covid) will also breathe out small particles of the virus. If the concentration of CO2 in a room is high it means the potential for any Covid particles is also high. If a room is well-ventilated the amount of CO2, and therefore the amount of viral particles, is reduced.

Monitoring allows one to make the necessary changes to keep fresh air flowing, whether that be via mechanical ventilation or ensuring doors and windows are open.



Volunteers work and help each other toward good!

