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MEDIA RELEASE

VOLUNTEERS HELP PACK HUNDREDS OF HAMPERS FOR FAMILIES IN NEED

Requests for Christmas assistance jumped 20% over last year

Wednesday, December 21, 2016 Ottawa — Earlier today, hundreds of volunteers came together to help pack and deliver 500 hampers to those in need in the Ottawa community. These hampers were delivered as part of the Caring and Sharing Exchange's Christmas Exchange program with the generosity of several corporate sponsors.

"We are so grateful to be able to deliver Christmas directly to thousands of those in need in our community," said Cindy Smith, Executive Director of the Caring and Sharing Exchange. "It is so wonderful to see so many of Ottawa's corporations not only support this cause financially, but also help pack and deliver these 500 hampers to the recipient families."

Many community leaders took part in the day, including Mayor Jim Watson, Ottawa Centre MP Catherine McKenna, Ottawa Centre MPP Yasir Naqvi, Ottawa South MPP John Fraser, city councillors, and more!

Thousands of families have already been helped

In addition to the 500 hampers delivered today, thousands of redeemable gift vouchers have already been mailed out to those in need so that they can purchase items for a festive meal with their loved ones. More than 500 hampers have also been sponsored through the Sponsor-a-Hamper program, **making the grand total more than 1000 HAMPERS delivered through the charity this year alone.**

"There has been a dramatic increase in demand for assistance this year," said Smith. "We are proud to have been able to help nearly as many people this year as we did all of last year, but with Christmas just around the corner **we still have more than 3,000 names left on our waiting list** for assistance."

If you wish to make a donation to the Christmas Exchange program, please visit www.CaringandSharing.ca or call 613-226-6434. The Sponsor-a-Hamper program is now closed for the season; however financial gifts are still being accepted in order to help provide those on the waiting list with vouchers.

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