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URGENT APPEAL FOR DONATIONS

With close to 6,000 households requesting assistance, 1,342 are still waiting for help

OTTAWA, ON – With only two weeks left until Christmas, many are enjoying the festivities of the season. However, for those struggling to make ends meet, it can be a daunting and stressful time of year. That’s why the 102-year-old [Christmas Exchange program](#) works to ensure everyone has the means to enjoy a warm holiday meal with their loved ones.

Through [the Caring and Sharing Exchange](#), the Christmas Exchange program provides much-needed relief in the form of redeemable gift vouchers and food hampers complete with all the fixings for a homemade holiday meal. **With nearly 6,000 households turning to the Exchange this year, 1,342 Ottawa families still need help.**

“Unfortunately, we’ve noticed our donation dollars are down this year,” said Cindy Smith, executive director of the Caring and Sharing Exchange. “Those donations are vital for our voucher program and to purchase food for the hampers we deliver to families on our list.”

“Sadly, last year not everyone on our list got the help they needed,” Cindy continued. “We typically provide for around 16,000 individuals every year, but with such a large increase in our numbers over the last two years, we’re working hard to stretch our budget so every single person on our list receives help.”

Donations can be made online at www.CaringandSharing.ca or by calling 613-226-6434. The Exchange leverages their partnerships and orders in bulk to make sure every dollar goes as far as possible. With the generosity of the Ottawa community, they are confident there is still time to meet this year’s need.

“Truly, there is no greater gift than knowing every single person on our list has the means to enjoy a warm holiday meal with their loved ones,” said Cindy. “For many of our recipients, the hope that comes through the door with the hamper really makes a world of difference.”

Agency partners also participate in the Exchange’s Coordination Service, which helps eliminate duplication of services for similar programs city-wide.

Deliver Christmas Directly to a Family in Need

The Exchange also facilitates an incredible opportunity for people in the community to get matched with a family registered for food assistance through [Sponsor-a-Hamper](#). Those interested can visit the website for more information, or email info@CaringandSharing.ca.

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For more information, please contact:

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