



**INTERFAITH
FOOD BANK**
SOCIETY OF LETHBRIDGE

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INTERFAITH FOOD BANK – ABOUT US

Our Mission:

Interfaith Food Bank Society of Lethbridge recognizes the human dignity of those in need and provides food and access to services and resources generated from within our community.

About Us:

We cater to those in a variety of situations, ranging from single-parenthood, to seniors on fixed incomes, to the under or unemployed, or to those with other social or economic barriers. We have been providing emergency food services to citizens of Lethbridge and area since 1989. Since then, we have grown exponentially as the community recognizes, assesses and attempts to satisfy the needs of those in crisis.

Our services:

We act as a bridge between a community of donors and those who are in need through:

- Distribution of monthly food hampers, daily food supplements, and clothing vouchers
- Referrals to other community and/or government agencies to connect individuals and families with resources available within our community
- Offering *The Interfaith Chinook Country Kitchen* – through partnerships with Alberta Health Services – Population Health and Family Centre, we facilitate cooking classes that teach healthy eating on limited budgets.

Who we serve:

A survey done in March 2010 tells us 67% of our clients receive some form of government assistance, such as Assured Income for the Severely Handicapped (AISH), Supports for Independence (SFI), or Social Assistance; 20% are employed and classified as “working poor”, 9% are students or seniors, and the remaining 4% are in short-term financial crisis.

A bit of our history...

Interfaith Food Bank is the offspring of a service which had its beginnings in our Lady of the Assumption Church. Requests for food and assistance were coming not only from people in the parish, but from all areas of Lethbridge and district. The food bank outgrew its quarters in the Assumption Church and moved to the basement of the Catholic Charities Clothes Bank, taking the name of Catholic Charities Food Bank.

In October 1989, Catholic Charities Food Bank moved to share a vacant space in a City of Lethbridge building occupied by the Lethbridge Soup Kitchen. However, in 1990, the food bank moved to 1102 3rd Avenue North as the space they'd been sharing was torn down to make way for the new Lethbridge Family Services building.

As support was coming from the majority of churches in the community, the name of the organization was changed to Interfaith Food Bank Society of Lethbridge. The society was both a provincially registered non-profit society, and nationally registered charitable organization when its growth necessitated another move in 1993 to 1116 3rd Avenue North. Having first occupied the most eastern bay of the building, by 2005 Interfaith was operating out of the entire facility and had introduced The Interfaith Chinook Country Kitchen, a community kitchen program that teaches participants how to cook healthy meals on a limited budget.

With further growth, it had become evident that the society was in need of a building of its own. By September 2010, Interfaith took possession of a more ideal facility directly across the street, 1103 3rd Avenue North. Immediate construction began to get the building ready for food distribution which commenced from the new facility just two months later. Interfaith is currently embarking upon Phase 2 of our capital campaign, **Planting Roots, Growing Community**, to expand and relocate The Interfaith Chinook Country Kitchen to the new facility.

HOW YOU CAN HELP

In March 2010, almost 868,000 Canadians accessed food banks in one month. In 2009, Interfaith Food Bank provided food for 17,975 citizens in Lethbridge, 45% of whom are children. Individual Canadians can take action to help solve the problem of hunger in Canada. You can make a difference.

1. Donate

Interfaith Food Bank Society of Lethbridge relies heavily upon donations of food, funds, and gifts in kind from within our community. We are only able to give what we receive.

FOOD DONATIONS

We are constantly recruiting donations of non-perishable food items.

- Drop Off Food Donations at Interfaith Food Bank
- Contribute at your local grocery store
- Donate at special events
- Organize your own food drive

FINANCIAL CONTRIBUTIONS

Financial contributions are used to purchase food, to cover operating costs, make capital purchases and to fund activities such as our Back to School Program or Christmas Campaign.

- One Time Donation
- Monthly Giving
- Project Specific Gifts
- Honor & Memorial Donations

IN-KIND DONATIONS

Choose to donate products, services or discounts that will help us to achieve our goals:

- Donate or offer discounts on products / services
- New or gently used items for the Garage Sale

2. Volunteer

Volunteers are the lifeblood of the food bank, without their commitment to serve, our organization would be unable to deliver the quantity or quality of services that we provided clientele this year. Volunteers can choose to donate their time to Interfaith on either a regular or casual basis:

REGULAR VOLUNTEERS

Volunteers may choose to commit to morning or afternoon shifts (or both) for one to five days per week. Our regular volunteers contribute to the daily operations of our food distribution program:

- Client Intake
- Warehouse
- Garage Sale

CASUAL VOLUNTEERS

This option is more flexible, as volunteers can decide to commit time dependent upon their own schedules, often on an on-call basis:

- Maintenance
- Repackaging
- Special Events
- Group Opportunities

For more information contact us: (403) 320-8779 or info@interfaithfoodbank.ca