

PROGRAMS OFFERED AT INTERFAITH

FOOD HAMPERS



5-7 days of emergency food assistance available to clients once per calendar month.

DAILY FOOD SUPPLEMENTS

Provided once daily as required. Clients are also welcome to pick up bread, produce and pick shelf items daily.

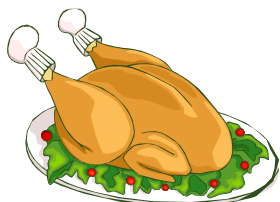


BABY BUNDLES

Receive a monthly baby bundle, and formula and/or diapers as available, until baby is a year old.

CHRISTMAS HAMPERS

December hampers include additional supplies for a Christmas meal and gifts for children 12 and under.



CLOTHING VOUCHERS



Provides 2 outfits once every three months. Additional household items such as pots and pans may also be available.

PREGNANCY INCREASE

Receive a larger hamper during this crucial developmental period, and until baby is one year old.



BIRTHDAY BUNDLES

Includes cake mix, icing and a gift for children up to 12 years old.

DIABETIC BUNDLES

Provided with hampers for people who require low sugar diets.



BACK TO SCHOOL SUPPLIES



Gives backpacks and school supplies to children at the beginning of each school year.

INTERFAITH CHINOOK COUNTRY KITCHEN



Participants learn to cook healthy and affordable meals under the guidance of a nutrition specialist.

There is no cost to cook and you get to take home what you make!

While parents are cooking, a trained Early Childhood Educator leads children through activities and exploration through play, music, and art.

WHEN: Monday—Friday
9:30 am—11:30 am
or 1:00 pm—3:00 pm
WHERE: Interfaith Food Bank
FEE: No Charge

For more information
or to register, call
(403) 320-8138

This program was formed through a unique partnership between Interfaith Food Bank, Alberta Health Services — Population Health, and Family Centre.



GUIDELINES FOR INTERFAITH CLIENTS

- Please bring Photo ID and Alberta Health Care cards each visit.
- Please bring proof of income, including any child tax benefits, with you each visit (pay stub, AISH slip, SA slip, EI statement etc.).
- Please bring proof of address for all adults each visit (rent receipt, utility, phone or cable bill, AISH pay stub etc.).
- Please be patient and wait your turn. We will assist you as soon as we can.
- Please take only what you need. You can always come back another day.

INTERFAITH GARAGE SALE



Our continuous garage sale helps Interfaith Food Bank raise money for food, and offers reasonably priced household items to the public and those we serve.

INTERFAITH FOOD BANK HOURS OF OPERATION

Hampers & Daily Supplements

Monday—Thursday

9:30 AM—11:45 AM

1:00 PM—3:30 PM

Friday

9:30 AM—11:45 AM only

Administration & Donations

Monday—Friday

8:00 AM—4:00 PM

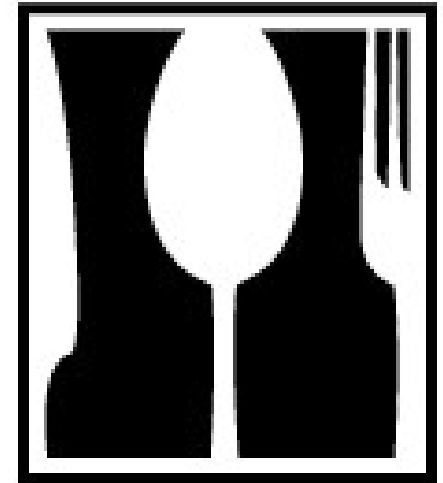
The Interfaith Food Bank Society of Lethbridge is committed to serving individuals and families of Lethbridge and area.

Residents of the Blood Reserve, Brocket, Brooks, Claresholm, Coaldale, Fort Macleod, Pikani Reserve, Picture Butte, Standoff, Taber, Vauxhall and Vulcan are encouraged to utilize their local food banks.



**INTERFAITH
FOOD BANK**
SOCIETY OF LETHBRIDGE

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Program Information

Interfaith Food Bank Society of Lethbridge
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Administration & Donations: (403) 320-8779
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