



# INTERFAITH FOOD BANK SOCIETY OF LETHBRIDGE



## Christmas Programs 2011

This Christmas season Interfaith Food Bank is partnering with the Lethbridge Food Bank and the Salvation Army to ensure that every family in our community that requests assistance for Christmas gets the help they need. By working together, we can maximize resources and limit duplication of services. Resources we receive at Christmas time will also help in planning our activities in the year to come. **Here are some ways you can help!**

**Christmas Hampers:** We are collecting supplies for our regular monthly food allotments and supplies necessary for Christmas Meals, which include turkey/ham and all the fixings, Christmas treats and breakfast and lunch options. You can contribute by donating the supplies necessary for building these hampers, or by offering a cash donation to purchase the necessary items - **\$150** will cover supplies for a medium family, **\$200** will take care of a large family.

**Adopt-A-Family Program:** Choose to adopt a family this Christmas, and do their shopping for them! Donors contact Interfaith Food Bank and we will provide the age and gender of each family member. Donors then purchase all necessary supplies, then drop off their bundle of cheer at Interfaith for us to distribute to the chosen family. **For those who choose to shop** – please contact Interfaith for a list of items to include with your bundle. **For those who do not have time to shop** – we will do the work for you; simply make a donation designated for one of the following:

*Family of 2 - \$100; Family of 3-4 - \$150; Family of 5-6 - \$200; Family of 7-8 - \$250*

**Follow the Star Program:** Make a pledge to “follow” a single parent and his/her child(ren) through the colder winter months. This parent will be provided with a larger hamper, as he/she applies, during January, February and March, in addition to receiving a plentiful Christmas Hamper and gifts for the children in December. **One cheque covers the family for 4 months!**

- Follow a single parent with one or two children - **\$300**
- Follow a single parent with three or four children - **\$400**
- Follow a single parent with five or more children - **\$500**



**The Gift of Giving:** Do you have someone hard to buy for? Give the gift of giving by donating to Interfaith Food Bank in the name of a friend or family member. We will enclose an acknowledgement of your gift in an attractive Christmas card for you to mail or hand deliver, and your gift is giving to a family who will benefit from your generosity.

**Under the Tree Toy & Gift Program:** Put a tree up in your office, church, school or business and encourage others to bring food, toys, goodies, or stocking stuffers for children 17 years and under. No room for a tree? We will provide you with a decorative bin to collect items on behalf of Interfaith Food Bank, and will even pick it up when it is full. Please do not wrap gifts, and we would like to have bins returned between December 7-15<sup>th</sup>. Encourage others to be a “Secret Santa” for families in need.

The Interfaith Food Bank Society of Lethbridge, incorporated Edmonton, AB, July 5th, 1990, is planning to raise an estimated \$220,000.00 from the Annual Christmas Campaign. It will cost our organization an estimated \$3500.00 to run the campaign. Donations will be used for food purchases and operational costs. For further information, please contact Danielle McIntyre, Executive Director at (403) 320-8779.

## CHRISTMAS WISHLIST



- Turkey / Chicken / Ham
- Canned Vegetables
- Cranberry Sauce
- Stuffing Mix
- Canned Meat/Fish
- Peanut Butter/Jam
- Cereal
- Dry Pasta
- Pasta Sauce
- Baby Food
- Canned Soup/Mix
- Canned Fruit
- Pork & Beans
- Macaroni & Cheese
- Instant Noodles / Ichiban
- Cake Mix
- Pudding/Jello Mix
- Coffee/Tea/Hot Chocolate
- Chocolates/Candies
- Candy Canes
- Mandarin Oranges
- Meat Vouchers



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## A MESSAGE FROM THE EXECUTIVE DIRECTOR

Almost all the leaves have fallen, and we're well on our way to winter now. It's actually hard to believe this will be our second Christmas at our new facility!

With Thanksgiving behind us and Christmas just around the corner, we're grateful to see the generous spirit of Lethbridge coming to light again. People tend to think a little more about the food bank and our aim to help the hungry at this time of year. The majority of our operating funds are recruited during the Christmas season, and this collection of food and funds will determine the level of support we are able to offer our community in the coming year.

For the 5th consecutive year, we will be coordinating our Christmas distribution with the Lethbridge Food Bank and Salvation Army, a process that has proven that cooperation and the sharing of resources is the most effective means to serve our community. This year, we're pleased to announce that we will be working from one joint client database, which will allow us to provide and track our Christmas distribution, improving communication between our agencies and limiting duplication of services provided.

This October, Interfaith Food Bank was again presented with the Better Business Bureau Ethics Award in the Non-Profit

Category. This is the third time we've been awarded this honor, and we are grateful to have our commitment to ethical business standards acknowledged. It is important that we are not only compassionate in providing our services, but also able to ensure our community that we are accountable with their support of the work we do.

We've continued to work feverishly towards securing the remaining funds required for Phase 2 of our capital campaign, **Planting Roots, Growing Community**. The City of Lethbridge has already committed \$90,750 towards the project and we are waiting to receive confirmation from the province on a potential Community Facility Enhancement Grant of \$125,000. Once funds are secured, we will complete the construction required to move *The Interfaith Chinook Country Kitchen* suite to our new facility, finish the second level expansion, and build an outdoor storage facility. We expect this to take place early in 2012 and encourage those interested to find more information about our capital campaign on our website, or by requesting a capital campaign package from our office.

Soon, several local businesses will hop on board with our Christmas Campaign by holding fundraising activities or food drives on our behalf. Please take note of the *Upcoming Events* portion of this newsletter for information



Interfaith Food Bank honored with third Better Business Bureau Ethics Award in October 2011

on a few of the annual campaigns that benefit those we serve. We encourage you to participate as much as possible in existing events, and also to visit our website at [www.interfaithfoodbank.ca](http://www.interfaithfoodbank.ca) for ideas of how your school, church, business or club can benefit Interfaith Food Bank.

As we head into the Holiday Season, which tends to be so busy for all of us, we can continue to be grateful for our many blessings, and embrace the season with the spirit of giving that can help to make sure that everyone has the chance to have a Merry Christmas.

We are grateful for your continued support, I wish you and yours the happiest of holidays.

*Danielle McIntyre*

### Joining Forces Again for Christmas



[www.ChristmasHope.ca](http://www.ChristmasHope.ca)

Once again, Interfaith Food Bank, Lethbridge Food Bank and Salvation Army will join forces to ensure that less fortunate members of our community get everything they need for a Merry Christmas. Because we share clientele, we will work together to serve over 2500 households this Christmas, making the most of our resources and eliminating the duplication of services.

**Christmas Hampers** - Christmas Hampers will be standardized and will include day to day food and holiday goodies, regardless of which agency clients access. Visit our joint website, [www.ChristmasHope.ca](http://www.ChristmasHope.ca) for our wishlist items.

**Food Collections and Fund-raising**— Each agency will be required to recruit support from within the community to come up with all of the supplies required for this project. Donors can contribute at any location and we will arrange for proper distribution.

**Please note: While we are working together on this Christmas Project, we still have requirements to meet on an individual organization basis. Food and Cash donations should be made to your charity of choice.**

### Suggestions for Christmas Involvement

Every year we receive an outpouring of support from our community as the holiday season approaches. Here are some ideas of how you can help:

- **Collect on our behalf**—take a financial collection or encourage others to bring in non-perishable food items to your location or special event.
- **Incorporate giving into your annual Christmas party**—designate a portion of ticket price, raffle proceeds, or other activities for the food bank.
- **Volunteer at special events**—contact our office to see if we have opportunities to give of your time on evenings or weekends during the pre-Christmas rush.
- **Create your own fundraiser**—host a dinner, put on a concert, conduct a draw or bake sale, and donate your proceeds to Interfaith.
- **Select Interfaith Food Bank as your Charity of Choice**, and continue to give year round.

# So Much More Than Hampers

At Interfaith Food Bank, our mandate to recognize the human dignity of those in need has encouraged our board of directors to set a direction for our organization that doesn't just address hunger needs, but also the issues that place people at the food bank in the first place. Issues such as job loss, marriage failure, illness and teen pregnancy can affect families from all walks of life, and anyone can find themselves in the position where it can get difficult to find enough money to keep good food on the table. Poverty is not the catalyst, but the symptom of many other issues and circumstances.

The progressive nature of our organization is a defining factor in determining the types of programming we offer to those who request assistance from us. We like to address immediate needs of clients, as well as offer a means for moving past the food bank line-up. When you see the number and types of programs we're offering in terms of support to families in need, you'll find that we are about much more than food in, food out. Interfaith Food Bank is about offering a hand up, not just a hand out.

## EMERGENCY FOOD ASSISTANCE

Food Hampers consist of 5-7 days worth of food according to Canada Food Guide serving recommendations, based on the number of people in the household. Clients are eligible to receive one hamper per calendar month from either local food bank, but not both.

Daily Supplements are available from our Pick Room and consist mainly of bread and produce, but may include surplus or seasonal foods that we have in excess.

Limits are set to ensure we have enough food to serve all of our clients, and to discourage a culture of dependency. The food bank is intended to be a place of last resort, and not the sole source of household groceries.

## COMMUNITY REFERRALS

At Interfaith, our main business is food, however our mission includes providing our clients with access to services and resources generated from within our community. Linking those who request our services with other agencies that can address some of the underlying issues that place people at the food bank is the best way for us to encourage our clients to move along a continuum of services. Many clients need information about access to affordable housing options; employment services; budgeting/tax services; clothing; parenting/family resources; and help with navigating community resources and supports.

## COOKING CLASSES

The Interfaith Chinook Country Kitchen program provides hands-on learning that teaches families how to cook healthy meals on limited budgets. This interactive program allows participants to come for free, cook for free and take home the food they make. While attending, children of kitchen participants take part in activities that also help to create a healthy relationship with food.

## DIABETIC BUNDLES

It is often difficult to maintain a healthy diet when struggling with food insecurity. Type 2 Diabetes is prevalent among many of our clients, so we have incorporated the Diabetic Bundle program to provide diabetic friendly food options and resources to assist with dietary needs.

## PREGNANCY INCREASE

We agree that if mom is healthy, the likelihood of having a healthy baby is increased. Pregnant mothers receive a larger hamper during the pregnancy, and up to the time their child reaches one year of age. Post pregnancy support is particularly helpful to mothers who choose to breastfeed.

## BABY BUNDLES

Babies eat differently than adults, so our Baby Bundle program provides 5-7 days of support based on developmental stages. We also like to include something soft and snuggly for the little ones, as we know if they are not getting the basics, it is not likely they are receiving those "extra" items either.

## SMART START FOR SAFETY

Complimentary to our Baby Bundle Program, we distribute Smart Packs to parents of children one year and under. These include supplies to help parents ensure a safe environment at home, such as door/drawer latches, outlet covers, smoke detectors, etc. And, of course, resource materials to link families with other safety supports.

## BIRTHDAY BUNDLES

Parents are provided with cake mix / icing, and an age and gender appropriate gift to help children celebrate this special day.

## SCHOOL SUPPLIES

Backpacks filled with school supplies are provided to children to equip them with the supplies required for learning.

Progression along a continuum of services is only attainable if basic needs are met first. We hope you'll join us in offering a hand-up to the families we serve.

## DID YOU KNOW?

You can choose to restrict your donation to a specific program or purpose? Interfaith Food Bank must recruit support from the community in order to provide a consistent standard of service to our clientele. We require continuous support for our food distribution program, however, specific projects that also require funding include:

### The Interfaith Chinook Country Kitchen

Offered in partnership with Family Centre and Alberta Health Services, this program teaches participants to cook healthy meals on a limited budget. We require funds for food purchases, kitchen equipment and children's toys and equipment for activities provided for children while parents participate in cooking classes.

### Building Fund

In addition to providing emergency food services, we have the responsibility of providing a safe, clean environment in which we conduct our business. Our current capital campaign, *Planting Roots, Growing Community* is encouraging community members to contribute funds, labour and building materials for the remaining renovations required at the new facility. Phase Two will continue through 2012.

### Technology & Equipment

Proper tools and equipment are required for food bank operations. This includes office equipment, computers and software, and warehouse equipment, shelving and supplies. Technology and Equipment funds will be used to purchase much needed items to help us work more efficiently and maximize our human and/or financial resources.

*To restrict your donation for any of the above noted projects, simply indicate your intent on the memo line of your cheque, or notify staff when you drop off your donation!*

## INTERFAITH WISHLIST

- Utility Carts
- Pallet Scale
- Cardboard Baler
- Gravel for our parking lot
- Hardware Gift Cards for maintenance supplies
- Office Supplies and Gift Cards
- Document Shredder (heavy duty)
- Gift Certificates for Fuel
- Volunteer Recognition/Appreciation Gifts
- Discounts on products and services



# INTERFAITH GARAGE SALE



Interfaith Garage Sale is open to the public, as well as to the families we serve.

Our on-site Garage Sale helps us to raise money for food and operations, and offers reasonably priced household items to the public and those we serve.

### All sales benefit Interfaith Food Bank Programs and Services.

The Garage Sale operates weekdays only for the majority of the year, although occasionally we will open for additional hours on Saturdays during the summer or leading into Christmas.

#### GARAGE SALE HOURS

9:30 am—12:00 pm

1:00 pm—3:30 pm

Monday to Friday

#### CASH SALES ONLY

It's a great way to support the food bank, and a great place to save a dollar or two!

COME VIEW OUR WIDE SELECTION OF CHRISTMAS ITEMS!



Collecting on our behalf? Contact us for a collection bin or money can.



# INTERFAITH FOOD BANK

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## Upcoming Events

**Christmas Campaign**—Our annual Christmas campaign is now in full force as we recruit food and toys for distribution to families in need this holiday season. This is our most important time of year, as funds recruited at this time will determine the level of support we can offer our clients in the coming year.



**Loblaw Extra Helping Holiday 2011 Campaign**—Beginning November 25th, the Real Canadian Superstore and Real Canadian Wholesale Club will be collecting food and funds for local food banks. Drop off your food donation in store, or give cash directly at the till when purchasing your groceries.

**Centre Village Mall Toy Mountain**—Purchase a new toy for a child in need and add it to the Toy Mountain collection site at Centre Village Mall. Program will launch on November 28th and will continue until December 17th.



**Heaven on Earth**—December 2-4th at Evangelical Free Church. Friday and Saturday performances at 7:30pm, Sunday performances at 9:15am, 11:00am, 3:30pm and 6:00pm. Attend this annual musical production to be inspired by the spirit of Christmas. A free will offering will be taken with proceeds to local food banks.

**Davis Pontiac 16th Annual Free Lube, Oil & Filter**—December 3rd. Drop in from 8am—Noon, no appointment necessary, shuttle service or while you wait, Davis Pontiac will provide a Free Oil Lube & Filter to anyone who makes a minimum donation to local food banks.



**Sobey's Hampers of Hope**—Starting December 5th, Dallas will again be headed to the roof top to encourage the community to purchase Hampers of Hope that will be distributed to Interfaith Food Bank and Lethbridge Food Bank. Head down to Scenic Sobeys to show your support!

**Save On Foods Stuff A Bus**—December 6th. Stop in to Save On Foods to help us Stuff A Bus full of food for the needy this Christmas and save 15% on your purchases. Pre-packaged hampers will be available in-store, and volunteers will be present with lists of our most wanted foods. We will be recruiting volunteers for this event as well.



**A Christmas Carol**—December 9th at 7:30pm. Lethbridge Sunrise Rotary presents a dramatic retelling of Dicken's Classic to benefit local food banks. Join us at Southminster United Church for an evening of musical entertainment and Christmas Tradition. Children 12 years and older will enjoy this performance.

**Sobeys Uplands Winter Wonderland**—Join us at Sobeys Uplands on December 10th to participate in a Winter Wonderland that will include food, festivities and good-old winter fun! Pre-packaged hampers containing some of our most wanted items will be available for purchase. Donations will benefit Interfaith Food Bank.



**Annual Mayor's Christmas Concert**—December 10th, 7:30pm at Southminster United Church. Lethbridge Community Bands host this annual concert that includes musical entertainment and carol singing. Bring along a gift of food or funds for local food banks.

**Christmas at Annandale**—Come visit the Historic Christmas House on the corner of 4th Ave. South and 13th Street December 14-15th. House tours are available by donation, and will benefit our local food banks.



**Lethbridge Hurricanes Teddy Bear Toss**—Come out to the game on December 17th to join in the Teddy Bear Toss. New stuffed toys will be collected at the game and distributed to a number of local agencies—Interfaith will require support through volunteer hours and participation.



**Please contact our office if you are able to contribute your time or resources to any of these activities.**