


# What You Do?

Interfaith Food Bank Society of Lethbridge is a community organization, and we believe that all community members can play a role in food bank and fund-raising activities, whether you participate at our location, or yours. 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. Get creative with this idea—have a draw or raffle, or compete within your group to raise the most food or funds.
- **Incorporate giving into your office party**—designate a portion of ticket price, raffle proceeds, or other activities to come to the food bank. Donate unopened food product or supplies from the party, or take an offering for the food bank.
- **Volunteer at special events**—contact our office to see if we have opportunities to give of your time. Volunteers are required for annual events such as Friends Helping Friends, Annual Pancake Breakfast, Stuff A Bus, Hockey and Baseball Games.
- **Create your own fundraiser**—host a dinner, put on a concert, conduct a draw or bake sale, and donate your proceeds to Interfaith. Turn recyclables into food by returning bottles and cans to the downtown or north side Rehabilitation Society to have the refund designated to Interfaith Food Bank.
- **Incorporate Giving into your Family Celebrations**—encourage friends and family to make a donation in your honor instead of giving a gift; collect or contribute different food items each week or month; create a new tradition—purchase groceries, school supplies or children's toys for a family in need.
- **Choose a specific program or project** such as our Birthday Bundle, Baby Bundle or Diabetic Bundle and recruit food and/or funds to gather supplies that are beneficial to these particular groups. You can also choose to package “hygiene packs” of toiletries for families. Ideas for project opportunities can be inspired by our Food Bank Wishlist.
- **Participate with local business promotions**—Donate your Save-On More Points or Canadian Tire Money to Interfaith Food Bank. Book a meeting at Quality Inn & Suites, and the rental fee is donated to Interfaith. Several opportunities exist locally.
- **Inspire Change for the Better**—ask for an Interfaith Food Bank Money Can for your home or business to collect spare change for Interfaith Food Bank. Money cans could be used to collect funds from Casual Fridays, “Late for the Meeting Fines”, or to help you make changes for the better—put a coin in the can each time you have a cigarette, use a curse word, or forget to make your bed!
- **Sponsorship Opportunities** are available to those that would like to help cover cost of specific projects and/or events such as the Friends of Interfaith Charity Dinner & Silent Auction, or Volunteer Appreciation events. This year, we will have several sponsorship opportunities associated with our capital campaign ***Planting Roots, Growing Community***. Or, commit to providing one of the essential needs for food bank operations such as transportation, equipment or supplies.
- **Select Interfaith Food Bank as your Charity of Choice**, and continue to give year round. Incorporate your spirit of giving into your workplace, school, church or club. Initiate a workplace giving campaign independently or through the United Way. Choose team-building activities for your staff that can directly benefit community members in need.
- **Participate with Planned Giving**— Designate Interfaith Food Bank as a beneficiary when you are planning for your estate. We can accept gifts from Wills and Bequests, Life Insurance and Retirement Funds, and Other Securities. These types of gifts are particularly useful to donors who are planning for capital gains.
- **Let Us Know Your Plans**—Regardless of the method of giving you choose, we will gratefully accept your contribution and are more than happy to help in planning or promoting your activities to help those less fortunate in our community. With enough notice, we are often able to include your activities in our newsletter, on our website, or to inform media of your plans to help the food bank. Call 403.320.8779 or email [info@interfaithfoodbank.ca](mailto:info@interfaithfoodbank.ca) to let us know what you have in mind.



Every little bit helps, and together, we  make a difference.



**INTERFAITH  
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## **FAST FACTS FOR FOOD & FUND-RAISING**

### **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 are a charitable, not-for-profit, community organization that is NOT funded by the government, and rely mostly on community support for our programs and services. 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 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. In 2010, we served 18,498 individuals in Lethbridge and area, 43% of whom are children.

## **DID YOU KNOW?**

You can choose to restrict your donation to a specific program or purpose? Interfaith Food Bank must constantly recruit support from the community in order to provide a consistent standard of service to our clientele. We require continuous support for our emergency food distribution program, yet 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.

### **Transport / Vehicle Fund**

Interfaith Food Bank is recruiting funds to help with the purchase of a new vehicle for transporting food and other supplies necessary for food bank operations. Our current vehicle has outlived its capacity and we will need to acquire a new truck in the very near future.

### **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 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 2 of construction will continue through 2011.

***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!***

**For more information, visit us online at [www.interfaithfoodbank.ca](http://www.interfaithfoodbank.ca)**