



# INTERFAITH FOOD BANK SOCIETY OF LETHBRIDGE

## We Did It!



President Fred Gravel cuts the ribbon to officially re-open Interfaith Food Bank.

## Support Our Annual Bakeless Bake Sale

*Farewell to winter snowfalls,  
Hello to springtime rain,  
When we start to see the flowers bloom  
It's Bakeless Bake Sale time again!*

*Every spring like clockwork  
We need to raise a bunch of money  
To stock up all the food bank shelves  
To help feed empty tummies.*

*We aren't asking our supporters  
To break out the baking pans,  
There's no need to shop for ingredients  
Or get flour on your hands.*

*We thought it would be nicer  
For you to use this envelope instead  
To send us the other kind of dough  
To help ensure that all are fed.*

*Now, without the fuss of baking  
Have a cup of tea, and pause,  
Because through our Bakeless Bake Sale  
You've helped such a worthy cause!*

- Charitable Tax Receipts will be issued for donations of \$15 or more.
- Tea Bags generously donated by Streetside Eatery.

The Interfaith Food Bank Society of Lethbridge, incorporated Edmonton, AB, July 5th, 1990, is planning to raise an estimated \$30,000.00 from the Bakeless Bake Sale. It will cost our organization an estimated \$3000.00 to run the program. Donations will be used for food purchases and operational costs. For further information, please contact Danielle McIntyre, Executive Director at (403) 320-8779.

Interfaith Food Bank hosted the Grand Re-Opening of our new facility on March 25, 2011, to celebrate the move to our new building, the completion of Phase 1 Construction, and the launch of our plans for Phase 2 of **Planting Roots, Growing Community**, the continuation of our capital campaign to expand and relocate The Interfaith Chinook Country Kitchen to our new facility.

Phase 1 raised funds for the purchase of the facility and initial renovations to get us in, and operating in time for Christmas distribution. Phase 2 will complete the kitchen, add a second level expansion, accessibility lift and outdoor storage facility. Our fund-raising goal for this project is \$275,000, we are hoping to raise these funds through grant funding, private donations and sponsorship opportunities.

If you haven't yet had the opportunity, please feel free to contact our office to request a tour, or information on Phase 2 of our capital campaign. Additional information is also available online at [www.interfaithfoodbank.ca](http://www.interfaithfoodbank.ca).

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## A MESSAGE FROM THE EXECUTIVE DIRECTOR

Danielle McIntyre

How wonderful it is to wake up to spring mornings and sunshine. Even the rain doesn't seem that bad after such a long, cold winter!

Springtime each year gives us the chance to reflect on the year just passed, and as we put together our annual report in April, it became evident that 2010 was yet another year full of accomplishments for Interfaith Food Bank.

Beginning with the introduction of a new logo last April, we've continued to provide our services to the community with dignity, compassion and professionalism. Receiving the Better Business Bureau Business Ethics Award in 2010, for the second time, acknowledges our commitment to working with community partners and our dedication to working within a well developed set of policies and procedures.

Our new facility continues this progression for us, as we have been blessed with more space that allows us to work more effectively and efficiently to get food processed from donation to distribution. While we are still working to raise funds for *Phase 2 of Planting Roots, Growing Community* to expand and relocate The Interfaith Chinook Country Kitchen to our new facility and include a second level expansion, we are confident that these changes will have long term benefits on our society, and to the families that we serve.

After a dramatic increase in the number of clients accessing the food bank in 2009 (62% from 2008), we were fortunate to have only seen a 3.5% annual increase in client access from 2009 to 2010. We take comfort in the fact that while the economic climate took a real dive over the last couple of years, we seem to have steadied after the huge peak in 2009. While we have not yet returned to pre-recession stability, we have managed to plan, prepare and ensure that client services have been maintained.

The 2010 Statistics featured on this page attest to the community effort required to help the hungry. It is thanks to a cohesive Board of Directors, our dedicated team of employees and generous spirit of volunteers that we're able to do what we do. In 2010, volunteers contributed over 11,400 hours of service to governance, operational, administrative and fund-raising activities—a historical record for our society.

I hope you'll join us in realizing our goals for 2011 by donating food, giving of your time or by contributing to any of our fund-raising campaigns. Our current campaign, the Annual Bakeless Bake Sale is a quick and easy way to show your support, as are any of the opportunities listed in the Upcoming Events section of this newsletter.

Visit us online at [www.interfaithfoodbank.ca](http://www.interfaithfoodbank.ca) for ideas of how your school, church, business or club can benefit Interfaith Food Bank. Join us on **Facebook** for information on current projects and activities. Whatever your involvement, we are grateful for your support in 2010 and look forward to your continued participation in our fight against hunger!

*Danielle McIntyre*

## 2010 Statistics

Thanks to the generous contributions of donors and volunteers, we were able to distribute the following supports to those less fortunate in 2010:

- \* 7574 Hampers were distributed to assist 10,499 Adults and 8097 Children
- \* 10,246 daily food supplements provided (over and above hamper allotments)
- \* 49 Single parent families, including 121 children, received upsized hampers for the winter months, thanks to our *Follow The Star Program*
- \* 22 Families were provided with supplies for the Christmas Meal and gifts for each family member through our *Adopt-A-Family Program*
- \* 731 *Christmas Hampers* were distributed, helping 994 adults and 734 children to enjoy Christmas, complete with regular monthly hamper allotments and Ham or Turkey dinner. Working collaboratively with Lethbridge Food Bank and Salvation Army, 1990 households, consisting of 2645 adults and 1638 children received supplies necessary for a Merry Christmas, and 1292 children ages 17 and under received toy bundles
- \* 730 children received backpacks filled with school supplies from our *1st Day at School Program*
- \* 238 Clothing vouchers were distributed to clothe 306 adults and 262 children
- \* 887 Diabetics were assisted with their special dietary needs through our *Diabetic Bundle Program*
- \* 632 Infants were assisted by our *Baby Bundle Program*
- \* 248 Pregnant mothers provided with increased hampers during this crucial developmental stage
- \* 78 homes were equipped with a *Smart Start for Safety* pack to ensure a safe home environment for babies under 1 year
- \* 320 *Birthday Bundles* allowed parents to offer something special for their children on this special day
- \* 381 new clients were added to our database

### MOST WANTED FOOD ITEMS

Boxed Cereal  
Canned Fruit / Vegetables  
Canned Meats / Salmon / Tuna  
Canned Soup and Soup Mixes  
Canned Pasta/Stew  
Spaghetti Sauce  
Unsweetened Juices  
Baby Food in Jars  
Infant Cereal  
Baby Formula with Iron  
Canned Pork & Beans  
Peanut Butter / Jam  
Macaroni & Cheese  
Hamburger Helper  
Rolled Oats



### We Need Your Vote!

Interfaith Food Bank has been selected as one of 255 contestants in the Pepsi Refresh Project. The application that receives the most votes in its category will be named as an Eligible Grant Recipient. We are competing to receive \$100,000 to be used for the expansion and relocation of *The Interfaith Chinook Country Kitchen* to our new facility, allowing us to continue teaching participants how to cook healthy meals on a limited budget.

Register to vote once per day, everyday, until June 30<sup>th</sup>. Visit our website for more information, join us on Facebook for a daily reminder, or vote for our project online at:

<http://www.refresheverything.ca/interfaithkitchenproject>

You will find our project in the Food & Shelter Category under the \$100,000 tab.

## “WASTE NOT, WANT NOT”

### Making the Most of our Resources

As a community organization that is so very reliant on community donations for support, it is essential that Interfaith Food Bank is committed to making the most of our resources. This goes much further than recruiting canned goods and volunteer labour, and expands into the very manner in which we function as a society.

Our mission statement is “to recognize the human dignity of those in need and to provide food and access to services and resources *generated from within our community*.” Often, there are ways for community members to contribute to our mandate by allowing us to re-use items that might otherwise go to waste.

#### GLEANING PROCESS

In addition to recruiting food donations from the public at large, food banks across the country rely heavily on a gleaning process that salvages food stocks deemed inappropriate for retail sale, but that are still fit for human consumption. We can request truckloads of salvaged food through our participation in the National Food Share Program, and are only required to pay for transport costs. We work closely with our local health authority to ensure food safety, but except for a few key items such as baby food and dairy products, a familiar food bank motto is “best before does not mean bad after”.

The majority of our local grocers and several local manufacturers or retail outlets also participate in the gleaning process by inviting us to pick up distressed produce, day-old bread, close dated or discontinued product.

Too much for you? We can accept surplus produce from apple trees or vegetable gardens. If you've purchased food in quantity due to better pricing, or discounts, consider donating a portion to the food bank before it goes bad or stale-dates at home.

#### RE-USE / RECYCLING

While we must acknowledge that garbage is garbage, and we don't want to be overloaded in donated items that we would just dispose of ourselves, there are plenty of opportunities where miscellaneous items can be re-used, or re-purposed to benefit the food bank.

Spring Cleaning? Make use of unwanted items that are cluttering your space. Interfaith Garage Sale accepts gently used items that are in good condition for resale in our thrift store. This helps us to turn non-food items into funds that can be used for food and other program costs.

Aside from being a fund-raising initiative for Interfaith Food Bank, the Garage Sale also offers the public, as well as families we serve, the opportunity to purchase household items, gifts and other products at affordable prices. Shopping at the Garage Sale can help you make the most of your resources as well! Visit our website for a detailed brochure that identifies items suitable for donation to the Garage Sale.

Collecting Save-on-More points or Canadian Tire Money? Often these things accumulate and never get used. By donating them to Interfaith Food Bank, we can pool them with other donations to make purchases of necessary supplies.

Funds can be generated by recycling bottles and cans that have been piling up at home or at the office. Simply drop off recyclables at the downtown or north side Rehabilitation Society to have the refund designated to Interfaith Food Bank.

Office perks? Corporate tickets, green fees, gym memberships and promotional items can be donated for fund-raising activities or volunteer recognition, instead of being wasted if you're unable to use them yourself.

Are you crafty? Surplus fabric, wool and craft supplies can be used for children's activities or can be crafted together for baby blankets, mittens, or scarves.

#### PARTNERSHIPS & COOPERATION

We acknowledge that by working together, we can maximize our resources by partnering with others who work to serve our shared clientele. Our participation in a network of local agencies helps to serve our shared clientele, as this limits duplication of services and provides a continuum of services where each agency can do what they do best. These partnerships allow us to maximize both human and financial resources.

By working with local schools, churches, clubs and businesses, we can help to provide opportunities for people to do good for others while meeting organizational goals as well, such as community service, work experience, educational opportunities and team building.

If you have ideas of how your resources can assist Interfaith Food Bank, please give us a call. Every bit counts!

## 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 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 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 of construction will continue through 2011.

#### 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

- \* Portable Shelving
- \* Utility Carts
- \* Pallet Scale
- \* Cardboard Baler
- \* Gravel for our parking lot
- \* Hardware Gift Cards for maintenance supplies
- \* Office Supplies and Gift Cards
- \* Gift Certificates for Fuel
- \* Door Prizes, Auction Items, and other supplies for fund-raising activities
- \* 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 continuous, 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!

For on-going, and current information about our events and activities, visit us online at



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



## INTERFAITH FOOD BANK

SOCIETY OF LETHBRIDGE

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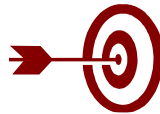
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Email: [info@interfaithfoodbank.ca](mailto:info@interfaithfoodbank.ca)

# Upcoming Events



**Bakeless Bake Sale** - Each **spring**, our annual fundraising mail-out raises funds for food purchases and operational expenses. No *knead* to bake, just enclose a small contribution in the envelope provided and send in your *sweet treat* to us! Thanks for helping us *raise some dough!*

**Grow A Row**—Think of us this **Spring** when you are planting your garden! No matter what your harvest, we will gladly accept donations of fresh veggies and fruit. Fresh produce is hard to come by at the Food Bank, and is so necessary for nutrition. Visit [www.growarow.org](http://www.growarow.org) for a Veggie Garden Guide and ideas of how to encourage and teach children & their families how to start and grow an edible garden at their home, whether with a backyard or a balcony garden or through access to a local community garden.



**Target Hunger**—Join this city wide initiative to help restock the shelves at our local food banks. Pre-printed bags will be delivered to every household in town requesting donations of non-perishable food items. Volunteer groups will begin distributing bags on June 1st, with doorstep pickup scheduled for **Saturday, June 11th**.

**Red Dress Run**—Help us create a sea of Red on **Canada Day** to raise food and funds for Interfaith Food Bank. Guys and Girls will wear red dresses on this 5k run/walk around Henderson Lake, a donation to Interfaith is the entry fee. Run will take place on Friday, July 1st at 10am, meet in front of Nikka Yuko Japanese Gardens. To sign up or for more information contact Runner's Soul 403-327-2241.



**Lethbridge Bulls Strike Out Hunger**— Fans are encouraged to attend the game on **July 20th** to enjoy some great baseball and help the hungry in our community at the same time. Those that bring a non-perishable food item for Interfaith Food Bank will receive discounted admission price, and will be entered into a draw to win a prize each time the Bulls STRIKE OUT a player from the opposing team.

**12th Annual First Day at School Program** — Help us to help children start of the school year prepared and equipped with the supplies required for learning. Throughout **August and September**, Interfaith Food Bank will work jointly with the Salvation Army to collect and distribute backpacks filled with school supplies to children who might otherwise go without. In addition to supporting local school children, this campaign also assists schools from Lethbridge School District 51 and the Holy Spirit Catholic School Division with additional supplies.



**Whoop-Up Days Pancake Breakfast** — On **Tuesday, August 23rd**, Interfaith will host a Pancake Breakfast to kick off Whoop-Up Days! The event will begin at 7:00 am and end at 10:00 am, just in time for the parade. We will be recruiting food product and supplies required for the breakfast and door prizes for the event.

**Friends of Interfaith Charity Dinner & Silent Auction**— Join us on **Friday, September 23rd** at the Italian-Canadian Cultural Centre for this fund-raising event that includes a plated dinner, entertainment and silent auction. This year will again feature Trevor Panczak as our evening entertainer. We are recruiting substantial goods/services that are likely to bring in significant bids at the silent auction. Tickets are \$55 each or \$500 for a table of 10. Official receipts for income tax purposes are issued for a portion of the ticket price. There are also **Sponsorship Opportunities** available to help offset event costs. Contact our office for an invitation package.



**Kids Against Hunger**—During the month of **October**, young people from churches, schools, clubs, and teams will canvas the homes in an assigned area on behalf of Interfaith Food Bank to help us stock the shelves before the colder winter months. Youth groups should contact our office for a registration package that includes nametags, flyers, and maps of assigned areas.

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