

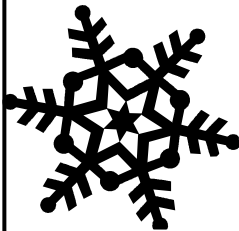
Interfaith Food Bank Society of Lethbridge

VOLUME 3 ISSUE 2

WINTER 2009



Christmas Programs 2009



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. *You may also choose to add a basket of fresh vegetables, provided through partnership with the Community Good Food Club, for an additional \$15 per month (add at your discretion, for more information please contact our office).*

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? Interfaith Food Bank will issue a charitable tax receipt for a person of your choice for you to give as a gift. We enclose the charitable tax receipt 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 under 12 years of age. 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 7-15th. Encourage others to be a “Secret Santa” for families in need.

CHRISTMAS WISHLIST

- Turkeys / Chickens
- 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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PLEASE NOTE:

Charitable tax receipts will be issued for all financial and food contributions. Proof of purchase is required for non-food gifts requiring charitable tax receipts.



A MESSAGE FROM THE EXECUTIVE DIRECTOR

Danielle McIntyre

With the whirlwind of activities at the food bank this year, it's hard to believe we're already at the Christmas season again!

In the fall of 2008, we began to see an increase in the number of people requesting our services, and that increase in food bank usage has continued through the bulk of 2009. With nearly 20% more people accessing emergency food assistance, we've spent a lot of time working with the community to ensure our food stocks come in as quickly as they have been going out.

In addition to our regular food drives and fund-raising activities, Interfaith Food Bank celebrated our 20th Anniversary in October. This was a great opportunity for us to thank the community that has supported us for the last 20 years, and also to shed some light on the community effort that is required to keep our doors open every day.

As colder months approach, we expect to have to recruit even more support from our community to keep up with rising demands for service. 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.

Partnerships have become essential to Interfaith Food Bank as we work to secure the resources required to serve our community. We continue to work closely with local agencies that provide complimentary services to our client base. For the third consecutive year we will be coordinating our Christmas distribution with the Lethbridge Food Bank and Salvation Army, a process that continues to evolve and improve as we work together to fill the needs of our shared clientele.

In 2009 we were fortunate to create partnerships with several corporate supporters, and we are encouraging local businesses and manufacturers to commit

to fulfilling project specific needs for the food bank in 2010. Please feel free to contact our office if your company would like to join us in our fight against hunger.

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 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 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

For the third consecutive year, 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 1000 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.

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 and resources required for this joint 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.

We'd like to hear from you!

We know that without the support of our community members, we would not be able to offer the many services that are needed by those less fortunate in our city.

If you have ideas or suggestions for fund-raising opportunities, or would like more information about Interfaith Food Bank, please feel free to call, write, or set up an appointment to tour our facilities.

We are a community response to a community need, and we need your input in addition to your contributions. of food, funds and free time.

Questions? Contact us at
403.320.8779
info@interfaithfoodbank.ca
www.interfaithfoodbank.ca

A Community Effort

On October 23rd, Interfaith Food Bank hosted an open house to celebrate 20 years of recognizing the human dignity of those in need and providing food and access to services and resources generated within our community.

It was nice to see so many people who played a part in our organization over the years come together to celebrate our accomplishments, and to reflect on the community effort that has gone into providing supports to those in need for so many years.

We'd like to extend our gratitude to each and every donor and volunteer who has given of themselves to create a culture of giving at Interfaith. Thank you, for continuing to support our annual events, and for encouraging others to participate in this great community effort.

Interesting Historical Facts

In 1990, we had 7 volunteers who contributed just over 200 volunteer hours.

In 2008, we had 8108 hours of volunteer service, and almost 100 volunteers.

Today, it takes an average of 35-40 volunteers per week for food bank operations. Many more community members give of their time on our Board of Directors, Friends of Interfaith Committee, and participate in fund-raising activities and events that promote our mandate within the community.

In 1988, we carried inventory to serve 6 households each month.

Today, we plan for enough food stock to serve 600 households each month.

Our work is only possible through ongoing support from within our community.



United Way of
Lethbridge and
South Western Alberta

We are proud to announce that our local United Way has chosen to continue their support of our Baby Bundle Program and Smart Start to Safety component to ensure parents can promote a safe and healthy home for their little ones.

Did you know....

You can **identify Interfaith Food Bank as your charity of choice** when giving to the United Way through payroll deductions. Talk to your employer about this simple and effective means of supporting our programs and services throughout the year. Also ask if they are willing to match your contribution!



MOST WANTED FOOD ITEMS

January—November

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 Tomatoes
Canned Pork & Beans
Peanut Butter / Jam
Macaroni & Cheese
Hamburger Helper

Community Good Food Club

Eat Right. Spend Less.



The Community Good Food Club is a non-profit organization focused on providing members with affordable, fresh produce, and often the Good Food Club can save up to 50% off retail value.

Contact Interfaith Food Bank about adding a good food box (\$15 per month) to your "Follow the Star" sponsorship, 320-8779.

For more information,
call Heather at 403-329-9022
or email goodfoodclub@shaw.ca

Suggestions for Christmas Involvement

Every year we receive an outpouring of support from our community as the holiday season approaches. Often, we receive inquiries from those who would like to help us with Christmas preparations, but scheduling is frequently a barrier for groups that meet outside our regular office hours. 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 to come to 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.

INTERFAITH FOOD BANK WISHLIST

The following non-food items would assist us to work more efficiently and maximize our human and/or financial resources:

WAREHOUSE

- Hardware Gift Certificates to purchase general maintenance supplies
- Pallet Racking
- Pallet Jack
- Portable Shelving
- Portable Lift-Table (minimum 52 inch lift height)
- Utility Carts
- Pallet Scale

ADMINISTRATION

- Office Supply Gift Certificates
- Laminator
- Die Cutter
- Binding Machine
- Laptop Computer (Windows XP and Microsoft Office)
- New Color Laser Printer
- New Black & White Laser Printer
- New Handheld Label Maker

FACILITY

- Gravel for parking lot
- Furnace/Duct Cleaning
- New Truck or assistance with repairs and maintenance

Please contact our office at
403-320-8779 if you are interested in
purchasing any of these items
on our behalf.

Volunteers are always needed.



If you would like to help
with food bank or fund-
raising activities, please
call 403-320-8779!



*Caring for our Community
Since 1989*

INTERFAITH FOOD BANK SOCIETY OF LETHBRIDGE

1116 - 3 Ave. North
Lethbridge AB T1H 0H6
Phone: 403-320-8779

Fax: 403-328-0521

Email: info@interfaithfoodbank.ca
Web: www.interfaithfoodbank.ca

Upcoming Events —What Can You Do?



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.

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 16th.



Sobeys's Hampers of Hope—Beginning November 30, 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!

Lethbridge Hurricanes Teddy Bear Toss—Come out to the game on December 4th 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.



Peace on Earth and Christmas Pudding—December 4—6th at Evangelical Free Church. Friday performance at 7:30pm, Saturday & Sunday performances at 2:30 & 7:30pm. 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 14th Annual Free Lube, Oil & Filter—December 5th. 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.



Loblaws Extra Helping Holiday 2009 Campaign—December 4—18th. The Real Canadian Superstore and Real Canadian Wholesale Club will be collecting food and funds for local food banks. Drop of your food donation in store, or give cash directly at the till when purchasing your groceries.

Sobeys Uplands Winter Wonderland—Join us at Sobeys Uplands on December 5th to participate in a Winter Wonderland that will include free hayrides, hot chocolate and coffee, visits with Santa and some festive holiday tray demonstrations. Pre-packaged hampers containing some of our most wanted items will be available for purchase. Donations will benefit Interfaith Food Bank.



Dramatic Reading of Charles Dickens' A Christmas Carol—December 11th at 7:30pm. Lethbridge Sunrise Rotary presents this non-denominational service to benefit local food banks. Join us at Southminster United Church for an evening of musical entertainment and a retelling of Dicken's classic.

Annual Mayor's Christmas Concert—December 12th, 8pm 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.



Save On Foods Stuff A Bus— stay tuned for scheduled dates and times. Stop in to Save On Foods to help us Stuff A Bus full of food for the needy this Christmas. 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.



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