



**INTERFAITH  
FOOD BANK**  
SOCIETY OF LETHBRIDGE

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## **INTERFAITH FOOD BANK – HOW YOU CAN HELP**

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.

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.

Interfaith Food Bank acts 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 community and/or government agencies to connect individuals and families with resources available within our community
- Offering *The Interfaith Chinook Country Kitchen* – through partnerships with Chinook Health and Family Centre, we facilitate cooking classes that teach healthy eating on limited budgets.

Individual Canadians can take action to help solve the problem of hunger in Canada. You can make a difference by contributing to the efforts of local food banks, and by keeping the issue of hunger forefront in the minds of community members and government decision makers.

### **1. Donate**

Interfaith Food Bank Society of Lethbridge relies heavily upon donations of food, funds, and gifts in kind from within our community. We are only able to give what we receive.

#### **FOOD DONATIONS**

We are constantly recruiting donations of non-perishable food items.

- Drop Off Food Donations at Interfaith Food Bank
- Contribute at your local grocery store
- Donate at special events
- Organize your own food drive

#### **FINANCIAL CONTRIBUTIONS**

Financial contributions are used to purchase food, to cover operating costs, make capital purchases and to fund activities such as our Back to School Program or Christmas Campaign.

- One Time Donation
- Monthly Giving
- Project Specific Gifts
- Honor & Memorial Donations

#### **IN-KIND DONATIONS**

Choose to donate products, services or discounts that will help us to achieve our goals:

- Purchase items identified on the Interfaith Food Bank Wishlist
- Donate or offer discounts on your products / services
- New or gently used items for the Garage Sale

## 2. Volunteer

Volunteers are the lifeblood of the food bank, without their commitment to serve, our organization would be unable to deliver the quantity or quality of services that we provided clientele each year. Volunteers can choose to donate their time to Interfaith on either a regular or casual basis as vacancies allow:

### REGULAR VOLUNTEERS

Volunteers may choose to commit to morning or afternoon shifts (or both) for one to five days per week. Our regular volunteers contribute to the daily operations of our food distribution program.

### CASUAL VOLUNTEERS

This option is more flexible, is often project related, and volunteers can decide to commit time dependent upon their own schedules, often on an on-call basis.

## 3. Be Aware of Food Bank Wishlists

Interfaith Food Bank is continually recruiting support for food and non-food items that we identify on our “Wishlists”. Dependent upon existing food stocks or upcoming projects, we will recruit specific items at different times throughout the year. We encourage donors to purchase these items on our behalf, or to provide financial support to help us acquire them.

Most Wanted Food Items	Operational Wishlist	Program Support
<p>Primarily, non-perishable food items are on our most wanted lists – those things that can be stored in a pantry and offer nutritional value, such as:</p> <p>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 &amp; Beans Peanut Butter / Jam Macaroni &amp; Cheese Hamburger Helper</p> <p>We also accept perishable food items such as fresh meat, produce or dairy as long as they are in-date and in original packaging.</p> <p>Financial contributions or grocery gift certificates to help us with food purchases are always greatly appreciated.</p> <p>Check in with us often to be updated on specific items for which we may have immediate need.</p>	<p>The following non-food items would assist us to work more efficiently and maximize our human and/or financial resources:</p> <p><b>WAREHOUSE</b> 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</p> <p><b>ADMINISTRATION</b> Office Supply Gift Certificates Laminator Die Cutter Binding Machine New Color Laser Printer New Black &amp; White Laser Printer New Handheld Label Maker</p> <p><b>FACILITY</b> Gravel for parking lot Furnace/Duct Cleaning New Truck or assistance with repairs and maintenance</p>	<p>In addition to our emergency food assistance programs, Interfaith Food Bank offers several programs to assist clients with specific needs:</p> <p><b>BABY BUNDLE PROGRAM</b> Food and supplies are provided to parents of babies 1 year of age and under.</p> <p><b>DIABETIC BUNDLE PROGRAM</b> Diabetic friendly food items are provided to clients with special diets.</p> <p><b>BIRTHDAY BUNDLE PROGRAM</b> Parents are provided with supplies for a birthday celebration and an age/gender specific gift for children 12 years and under so they might enjoy this special day.</p> <p><b>FIRST DAY AT SCHOOL PROGRAM</b> School aged children are provided with backpacks and school supplies to start of the school year equipped and ready to learn.</p> <p><b>THE INTERFAITH CHINOOK COUNTRY KITCHEN</b> Offered in partnership with Chinook Health and Family Centre, this program teaches participants to cook healthy meals on a limited budget.</p>

**For more information on how you can help, please contact us at 403.320.8779 or visit us online at [www.interfaithfoodbank.ca](http://www.interfaithfoodbank.ca).**