

INTERFAITH FOOD BANK SOCIETY OF LETHBRIDGE

VOLUME 3 ISSUE 1

SPRING 2009



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 Streatside Eatery

The Interfaith Food Bank Society of Lethbridge, incorporated Edmonton, AB, July 5th, 1990, is planning to raise an estimated \$35,000.00 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.

SPECIAL POINTS OF INTEREST

- *Interfaith Food Bank is open year-round, not just at Christmas Time.*
- *Food Hampers are designed to last 5-7 days.*
- *It takes approximately 36 volunteers per week to run Interfaith programs and services.*
- *In addition to regular food services, Interfaith offers:*
 - *Cooking classes through The Interfaith Chinook Country Kitchen*
 - *Low-cost household items available at the Interfaith Garage Sale. Proceeds go to support the Food Bank.*
 - *Back to School Supplies*
 - *Birthdays Bundles*
 - *Referral Services*

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A MESSAGE FROM THE EXECUTIVE DIRECTOR

Danielle McIntyre

We're celebrating! Interfaith Food Bank will commemorate 20 years of service to our community in 2009. So much has been accomplished over that time, thanks to a community of supporters who care about helping others in need.

A humble start in a church basement began the journey for Interfaith, which has been housed in many locations over the years. We've grown from providing emergency food services and clothing vouchers, to linking families with resources throughout the city, and more recently to providing individuals with the skills required for healthy eating on a limited budget through our community kitchen.

We've also added several programs to our repertoire, as we grow and expand to meet the needs of our community. The 2008 statistics at the right side of this page identify the variety of programs we provide annually.

It's about more than merely responding to these needs, however. We recognize there is also a need to plan ahead, and wherever possible, work towards addressing some of the issues that place people in our food bank line-ups.

Over the course of 2008, our board of directors conducted a Needs Assessment Survey and embarked upon a Strategic Planning Process to assess and evaluate our activities and determine our future courses of action. We solidified our mission statement, *"to recognize the human dignity of those in need and to provide food and access to services and resources generated from within our community"* and have moved forward to a concrete vision statement: *"In partnership with the community, Interfaith Food Bank is a leader in alleviating hunger and its root causes through*

- * programs
- * services
- * advocacy, and
- * guidance

thus encouraging individuals to realize their full potential."

Working collectively with private donors, local businesses, churches, schools and service clubs, we believe that we can provide for immediate needs of our clientele, while working with individuals and families to improve their current circumstances enough to become self-sufficient. This requires a network of participants, and includes all of our stakeholders: donors, clients, service agencies, volunteers, local media, and the community at large.

I hope you'll join us in realizing this vision 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, which generates funds for food and operational costs, is a quick and easy way to show your support, as are any of the opportunities identified in the Upcoming Events section on the last page of this newsletter.

As always, we acknowledge the collective effort of community members that has allowed our organization to grow over the last 20 years, and we look forward to working together for years to come.

Danielle McIntyre

2008 Statistics

Thanks to the generous contributions of donors and volunteers, we were able to distribute the following supports to those less fortunate in 2008:

- * 4450 Hampers were distributed to assist 5967 Adults and 5283 Children
- * 6253 daily food supplements provided (over and above hamper allotments)
- * 38 Single parent families, including 105 children, received larger than usual hampers for the winter months, thanks to our *Follow The Star Program*
- * 43 Families were provided with supplies for the Christmas Meal and gifts for each family member through our *Adopt-A-Family Program*
- * 485 *Christmas Hampers* were distributed, helping 715 adults and 576 children to enjoy Christmas, complete with Ham or Turkey dinner and gifts for the little ones under 17 years of age.
- * 793 children received backpacks & school supplies from our *Back to School Program*
- * 95 Clothing vouchers were distributed to clothe 126 adults and 128 children
- * 427 Diabetics were assisted with their special dietary needs
- * 447 Infants were assisted by our *Infant Feeding Program*
- * 147 Pregnant mothers given increased food during this crucial developmental stage
- * 35 homes were equipped with a Smart Start for Safety pack to ensure a safe home environment for babies under 1 year
- * 162 Birthday bundles allowed parents to offer something special for their children on this special day

MOST WANTED FOOD ITEMS January—November

- 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



Spring Cleaning?

Interfaith Garage Sale

will accept new or gently used household items. Please note that we no longer accept furniture or used clothing, and prefer items that are likely to generate funds for food bank operations.

We're now online!

**Visit our website
interfaithfoodbank.ca
or call us to join our
electronic mailing list.**

Planned Giving—Leaving A Legacy

A common misconception about food banks is that they are in some way affiliated or associated with government social programs, and receive government funding to provide for on-going operational costs. This is, by all means, one of the most common myths about food banks.

Because food banks provide a direct service to clientele (to use a common term, “hand-out”), we do not qualify for the majority of government funds that are available to not-for-profit and charitable organizations. Programs that provide clientele with opportunities to gain skills or the ability to improve their current circumstances (common term, “hand-up”), such as The Interfaith Chinook Country Kitchen, are eligible for funding for staffing, fixed costs and equipment. The tangible product or “hand-out” (food) that is given to clientele, however is not.

Interfaith Food Bank does not receive any funding from provincial or federal government to support its food distribution programs. The City of Lethbridge, however, contributes approximately 2% of our annual operating budget to complement it’s Social Policy in our community. These funds are restricted to food purchases only, and the other 98% of funds required for operations and food purchases must be recruited from within our community.

Sustainable funding is virtually unknown to food banks, which is why Interfaith Food Bank has been exploring several options for ensuring we will be able to provide the services our community needs today, and in the future.

Planned Giving is a means of “leaving a legacy” and ensuring that the charitable causes we believe in will have some means of sustainable funding for the programs and services they provide.

Making a substantial gift to charity is appealing to many of us; however, it is not a luxury we will all experience during our lifetimes. Often, wills and bequests are used to plan for charitable giving after our time has come and gone, but there are other options for future giving.

In addition to supporting our charities of choice, planned giving allows donors to maximize their tax and other financial benefits. Gifts can take many forms too, including cash; stocks or other investments; assets such as works of art, land or buildings, or other items of value. Life insurance and retirement assets can also be set aside for charity, and they are revocable, which means their provisions can be changed at any time. Another benefit of planned giving is that gifts can be made during a donor’s lifetime, or upon death.

As with any gift to charity, planned gifts can be designated for general/operating purposes, or for a specific program or campaign.

We, at Interfaith, acknowledge the fact that not all of our supporters are in financially “secure” circumstances, but are able to give in other ways. Planned giving does not have to be limited to transactions that are overseen by lawyers or financial / estate planners.

We have several options available to donors who choose to plan their giving, including options for monthly or annual gifts, or through payroll deductions offered by employers.

Donations can be made online through our website, which connects donors with CanadaHelps.org, an organization that assists charities in accepting credit card donations. Donors can select from a variety of options for giving, including one time gifts, scheduled gifts, or memorial donations. Through online giving, donors may also designate their gift to a specific project or purpose.

Payroll deductions are offered by most employers, particularly those that participate in charitable giving through the United Way. Donors can designate Interfaith Food Bank as the charity of choice for deductions at work, and some employers also offer gift matching programs, which can increase the amount the charity receives from the initial financial contribution.

Memorial gifts are another means for leaving a legacy. Interfaith Food Bank accepts donations in memory of those who have passed, which is a great way of honoring the memory of those we love. Often, memorial funds are established to accept charitable donations in lieu of flowers etc.

For more information about planned giving, contact our office at 403-320-8779 to request our guides to charitable contributions. We have two leaflets available: Wills and Bequests; or Life Insurance and Retirement Funds. Both of these documents are available for download from our website as well: www.interfaithfoodbank.ca.

We all have the ability to leave a legacy, whether by financial contributions, or through service to our community. The best way to be remembered, is to remember to care for one another.

Planned Giving is a means of “leaving a legacy” and ensuring that the charitable causes we believe in will have some means of sustainable funding for the programs and services they provide.



Do you recycle your bottles and cans?




Would you like to support us with little effort, and shorten your wait at the Bottle Depot?

Take your empty bottles and cans to either the downtown or north side Rehabilitation Society to have the refund designated to Interfaith Food Bank.



**Main Facility 1610—29 Street N.
Downtown 416—8 Street S.**

Flip 4 Food Project

An initiative of **Cedar Ridge Quality Homes** and **Action Team of Century 21**, the Flip 4 Food Project is sure to raise funds and awareness for Interfaith Food Bank. This summer, with the support of key businesses throughout the city, a beautiful home will be built and sold in Riverstone, with 100% of the profit from the sale being donated to Interfaith Food Bank.

The home is currently under construction and will be unveiled at the Parade of Homes that takes place September 26—October 11, 2009.

Cedar Ridge and Action Team of Century 21 are recruiting support from local businesses to contribute to the project through donations of time and/or materials or product. Sponsorship opportunities are still available as well.

For more information on the Flip 4 Food Project, contact Lonny Hoy at 403-330-7388.

How YOU Can Help!

Interfaith's Wish List

The following non-food items would assist us in working more efficiently and to make the most of our human and/or financial resources:

WAREHOUSE

- Pallet Racking
- Portable Shelving
- Pallet Jack
- Utility Carts
- Hardware gift certificates so we might purchase General Maintenance Supplies

ADMINISTRATION

- New color laser printer
- Laminator
- Gift Certificates for Office Supplies

FACILITY

- Furnace/Duct Cleaning
- New truck or assistance with repairs and maintenance

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

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 it in your sweet treat to us! Thanks for helping us raise some dough!



INTERFAITH FOOD BANK SOCIETY OF LETHBRIDGE

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Interfaith Successes—One Family at a Time

Mary & her 5 children

At 17 years of age, Mary became a parent much earlier than she had planned. She had not yet finished high school, and a brand new set of twins presented her with several challenges most teenagers do not have to face. Years later, Mary is now a single parent of 5 children, and like many of the single mothers we serve, there are no child support payments assisting her in raising the children.

While Mary has managed to secure a monthly allowance from Social Assistance, she often finds herself in the predicament of choosing whether to pay the monthly bills, or to purchase groceries. But help from Interfaith ensures the children are eating well. Mary says she is grateful not just for the food hamper she receives, but also for the "goodie bag" she receives each month, which is helpful in providing snacks for school lunches.

This year, Mary's family was selected to receive a bit of extra assistance through our Follow the Star program, which provides single parent families with a larger hamper for the colder winter months. Mary is grateful to have been selected as a Follow the Star family, and says the extra help has allowed her to save up enough to enroll the children in soccer this spring.



Mary and her children, Randel, James, Alexandra, Kora & Brandon are grateful for the support they receive from Interfaith.

The youngest of her five children will begin school this fall, and Mary is looking forward to joining the work world. Acknowledging that she will likely have to do some upgrading before securing a position that provides enough for her family, she is excited about getting to the point where she can take care of things on her own.

"I'm grateful for all of the extra help at Christmas time, it really helped us enjoy the holiday," says Mary, "And the turkey for Easter too, I wouldn't have one if someone hadn't donated to the food bank."

Upcoming Events



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.

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 food donation is the entry fee. Run will take place on Wednesday, 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.



Whoop-Up Days Pancake Breakfast— On Tuesday, August 18th, 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 need donations of disposable plates, cups, and utensils to serve the food.

Friends of Interfaith Charity Dinner & Silent Auction—Our successes in 2007 and 2008 have ensured that this will be an annual event. Be sure to mark **Friday, September 25th** on your calendar! This event will be held at the Italian-Canadian Cultural Centre, and will include good food and good entertainment for a great cause! We are recruiting substantial goods/services that are likely to bring in significant bids at the silent auction. Tickets are \$55 or \$500 for a table of 10. Official receipts for income tax purposes are issued for 50% of the ticket price.



20th Anniversary Open House — On Friday, October 23rd, Interfaith will host an open house to celebrate our 20th Anniversary. Join us for a tour of the food bank, entertainment and refreshments as we commemorate our efforts in serving our community for the last 20 years. Festivities will begin at 12:00pm. To help us showcase our history, we are hoping to collect photos of food bank activities. If you have any old photos you'd like to share, we'd be grateful if you'd allow us to make copies for a display.



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