

Interfaith Food Bank Society of Lethbridge

VOLUME 2 ISSUE 2

WINTER 2008



CHRISTMAS

Christmas Programs 2008



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 that they need. Interfaith Food Bank will focus on providing the Christmas Meals this year; however, we are also recruiting support for other annual holiday programs. **Here are some of the ways you can help!**

Christmas Hampers: We are collecting supplies for complete 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 for the Christmas Meal and gifts, 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 17 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 10-20th. Encourage others to be a “Secret Santa” for families in need.

HAMPER WISHLIST

- Turkeys / Hams
- Instant Potatoes
- Canned Vegetables
- Cranberry sauce
- Gravy Mix
- Stuffing Mix
- Peanut Butter/Jam
- Juice
- Pancake Mix
- Syrup
- Margarine
- Canned Soup
- Canned Fruit
- 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

Each Thanksgiving we are reminded to reflect on our many blessings. We've been blessed over and over again in 2008, in so many different ways, support from within our community continues to flourish.

Since the beginning of the year, we have had the opportunity to embark on several projects to increase the efficiency of our operations, and have worked in partnership with several other community organizations to serve our common purposes. Our Board of Directors has been working through a strategic planning process to ensure we are headed in the right direction, and we are grateful that our community of supporters has chosen to join us in all of these ventures.

I am exceptionally proud to report that our efforts have been worthwhile, and in May of this year Interfaith Food Bank was honored to receive a 2008 Better Business Bureau Business Ethics Award! We are very much aware of the importance of not only being grateful for your support, but in being accountable with it. To be recognized by the community for ethical business practices



Interfaith Food Bank staff and directors were honored to receive a Better Business Bureau Business Ethics Award for 2008.



is a very big deal to all of us, and I'd like to make public my personal gratitude to our Board of Directors, paid staff and volunteers who have made a commitment to serve our community with dignity and respect.

Our summer has passed and we're well into autumn now, gearing up for the busiest season of the year for food banks. As we head into the colder winter months, we begin to see more families accessing our services. It is nice to note that the winter

months also tend to be the time of year when we receive the majority of the support we require for funding our programs and services in the New Year.

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. Also, take note of the *How You Can Help* section on the next page for ideas of how your school, church, business or club can benefit Interfaith Food Bank.

Last year we coordinated our Christmas distribution with the Lethbridge Food Bank and Salvation Army to eliminate the duplication of services and to make the most of our financial and human resources. These joint efforts proved to be beneficial to each organization, and most importantly to our shared clientele. Also, many hands make for lighter work, so we have chosen to work together again for Christmas 2008.

As we head into the Holiday Season, which tends to be so busy for all of us, I hope 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 generosity, I wish you and yours the happiest of holidays,

Danielle McIntyre

Joining Forces Again for Christmas



This holiday season the Interfaith Food Bank, Lethbridge Food Bank and Salvation Army are joining forces again to ensure that the less fortunate in our community get everything they need for a Merry Christmas. Because we share clientele, each organization will distribute one component of the Christmas package, eliminating the duplication of services, and making the most of our resources.

Interfaith Food Bank - Christmas Meals, turkey/ham and the fixings, and other treats

Lethbridge Food Bank - Christmas Hamper with day to day food and holiday goodies

Salvation Army—Christmas Toys for children and Christmas Meal Voucher Program

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 that need to be met on an individual organization basis. Regular Food and Cash donations can still be made to the independent organization of your choice.

HOW YOU CAN HELP

Interfaith Food Bank is a community response to a community a community need, and we are continually recruiting assistance through food, funds and free time.

Because hunger is such a human issue, we often receive requests from those who would like help, but scheduling is a barrier to many groups that meet outside of our regular office hours.

To allow everyone who would like to participate in food or fund-raising activities on our behalf, we would like to suggest a few activities that you can do as a group on your own time:

- **Take a financial collection** among your co-workers, students, or club members. You can get really creative with this idea—use the funds from your Christmas Party, Office Draws, or create a competition within your group to raise the most funds
- **Collect food items** as a group, or break into smaller groups to compete to see who can collect the most. You are also welcome to contact our office about running a food drive in your area.
- **Choose a specific 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 distribution to families.

- **Host an event** such as a car wash, dinner or concert and give a portion of the proceeds to Interfaith Food Bank.
- **Participate in annual food bank activities** such as Friends Helping Friends, Bakeless Bake Sale, Target Hunger, First Day at School Campaign, Whoop Up Days Pancake Breakfast, Charity Dinner & Silent Auction, Kids Against Hunger, or Christmas Campaign



Chloe, Mackenzie & Taryn asked party guests bring a food bank donation in lieu of birthday gifts

Whatever your project or activity may be, we will gratefully accept your contribution to the programs and services we provide to those less fortunate in our community. If you have a new idea or suggestion for fund-raising or food-raising activities, we'd be glad to have your input. Please give us a call at 403-320-8779 so we can work with you to help the hungry.

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, 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



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 about the Lethbridge Community Good Food Club, call Heather Caldwell at 327-8815.

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



United Way of
Lethbridge and
South Western Alberta

We are proud to announce that our local United Way has given us \$5000 to supplement our Baby Bundle Program and to add a Smart Start to Safety component to ensure parents can promote a safe environment at home.

Did you know....

You can identify Interfaith Food Bank as your charity of choice when giving to the United Way through monthly payroll deductions. Talk to your employer about this simple and effective means of supporting our programs and services throughout the year.

INTERFAITH FOOD BANK WISHLIST

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
- Pallet Jack
- Portable Shelving
- Portable Lift-Table (minimum 52 inch lift height)
- Rolling Stairs/Ladder (6 foot)
- Utility Carts

ADMINISTRATION

- Office Supply Gift Certificates
- Laminator
- Laptop Computer (Windows XP and Microsoft Office)
- Color Laser Printer
- Black & White Laser Printer

FACILITY

- Fencing Materials
- 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.

REMEMBER

Volunteers are always needed.

Right now we are in special need of Garage Sale Volunteers. If you have a spare morning or afternoon per week, please call 403-320-8779!



INTERFAITH FOOD BANK

1116 - 3 Ave. North
Lethbridge AB T1H 0H6
Phone: 403-320-8779
Fax: 403-328-0521
Email: intrth@telus.net

Interfaith Successes—One Family at a Time

Earnest is the first to admit that he's had a life full of struggles. He was in 17 different foster homes before he was 7 years old, and experienced a lot of abuse and neglect as a child. Like many, he turned to alcohol for comfort.

When Earnest met the mother of his 6 children, she also had two children of her own, and suffered from addictions as well. Together, they tried to raise these 8 children until Child Welfare stepped in.

In November 1997, Earnest lost his children for a brief period when he was mandated to attend South Country Treatment Centre for a 28 day detox program. He has been sober since. His partner, however, was not so lucky. Still struggling with addictions, she has not been able to return to her family and Earnest has been left as a single parent. Earnest has been caring for all of the children on his own for the last 12 years. Two have since grown and moved out onto their own.

Child Welfare has helped him to get into a home large enough for the family, Family Ties provides a worker that assists him daily with



Earnest is a single father committed to a brighter future for his 8 children

raising the children, and they also assist with life skills for both Earnest and the Children.

"Interfaith Food Bank has been a huge help for me and my family. I will do everything I can to ensure that my children never go through what I had to. We have had so much community support over the last few years, that I'm now able to help others as well. Through my connections with Opokaa'sin, We Care, and McMann, I've been able to offer some support myself, to a family in Coaldale and one in Raymond".

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.

Christmas for the Community—From Oct. 20—Nov. 30th Christian Media outlets in Lethbridge will work together to help Interfaith Food Bank, Salvation Army, Lethbridge Food Bank and Streets Alive raise funds for our Christmas campaigns. Donations will be accepted at any of the Christian Media Providers.



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 29th and will continue until December 19th.

Lethbridge Hurricanes Teddy Bear Toss—Come out to the game on December 5th 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.



Sobey's Hampers of Hope—Beginning December 1st, Dallas and Parish from our two local Sobey's stores will again be headed to the rooftops to encourage the community to purchase Hampers of Hope that will be distributed to Interfaith Food Bank and Lethbridge Food Bank. Head down to either store to show your support!

Friends Helping Friends—Each March, CTV works with Interfaith Food Bank and local Safeway Stores to restock our shelves after the Christmas season. We will require volunteers for this event, as well as your contributions at the stores during this campaign.

