



# INTERFAITH FOOD BANK SOCIETY OF LETHBRIDGE

## CHRISTMAS PROGRAMS 2022

This Christmas, Interfaith Food Bank is partnering with Lethbridge Food Bank, The Salvation Army, Lethbridge Family Services – Angel Tree, My City Care – Shop of Wonders, and Volunteer Lethbridge to ensure 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. Collectively we aim to provide for 3000 adults and 5500 children. Please join us as we work together to support our community with food, gifts and Christmas Cheer.



## CHRISTMAS HOPE

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

## CHRISTMAS WISHLIST

- Turkey / Chicken / Ham
- Canned Vegetables
- Pork & Beans
- Macaroni & Cheese
- Canned Meat/Fish
- Peanut Butter/Jam
- Cereal
- Dry Pasta
- Pasta Sauce
- Baby Food
- Canned Soup/Mix
- Canned Fruit
- Cranberry Sauce
- Stuffing Mix
- Instant Noodles / Ichiban
- Cake Mix
- Pudding/Jello Mix
- Coffee/Tea/Hot Chocolate
- Chocolates/Candies
- Candy Canes
- Mandarin Oranges
- Special Dietary Items
  - Diabetic Friendly
  - Halal/ Muslim Friendly
  - Gluten Free
- Grocery Gift Cards



Funds raised from our Christmas Campaign will go directly to programs and services free of charge to local families in need:

- Food Hampers
- Baby Bundles
- Diabetic Bundles
- Birthday Bundles
- Free Cooking Classes
- Learning Garden
- Volunteer Program
- Shop Smart & Collective Kitchens
- Community Referrals
- Outreach Programs

# CHRISTMAS GIVING OPTIONS

**CHRISTMAS HAMPERS:** We are collecting supplies for our regular monthly food allotments as well as supplies necessary for Christmas meals, 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:

**\$100 will take care of an individual**  
**\$150 will cover supplies for a medium family**  
**\$250 will take care of a large family**

**GNOME FOR THE HOLIDAYS PROGRAM:** Come Gnome for the Holidays! Select a Gnome from our tree to support individuals or families in need. Purchase gifts for household members and a grocery gift card to cover perishable items added to the hamper provided by the food bank. Gnomes include couples, families with children, and single adults and seniors - who often get missed during the Christmas season. Connect with our office for more program details. **For those who do not have time to shop** – you can donate financially, and we will take care of everything.

**Individual \$150, Family of 2 \$225, Family of 3-4 \$400, Family of 5-6 \$550**  
**(includes gifts and grocery gift card)**



**FOLLOW THE STAR:** Make a pledge to sponsor a single parent and his/her child(ren) through the colder winter months. These families will be provided with a larger hamper during January, February and March, in addition to receiving a plentiful Christmas Hamper and gifts for their children in December. One cheque covers a family for 4 months!

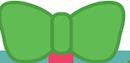
**Sponsor a single parent with one or two children - \$400**  
**Sponsor a single parent with three or four children - \$500**  
**Sponsor a single parent with five or more children - \$600**

**THE GIFT OF GIVING:** Do you have someone hard to buy for? Give the gift of giving by donating to Interfaith Food Bank in the name of a friend or family member. We will enclose an acknowledgement of your gift in an attractive Christmas letter 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.** We would like to have bins returned between December 1st - 9th. Encourage others to be a "Secret Santa" for families in need.

# GIFTS THAT GIVE BACK

Your financial gift can provide:

 <b>Food Hampers</b> Small: \$100 Medium: \$150 Large: \$250	 <b>Baby Bundle / Smart Pack and Pregnancy Supports</b> \$85	 <b>Project Protein</b> Beef \$650 Hog \$450	 <b>Fuel the Fleet that Feeds</b> \$100
 <b>Diabetic Bundle</b> \$20	 <b>Birthday Bundle</b> \$20	 <b>Cooking Class for an adult / child</b> \$40	 <b>Garden Experience</b> \$25



## BEYOND THE SEASON OF GIVING

While we normally see increases in demand at this time of year, 2022 has been different. Food Banks Canada recently released the National Hunger Count Report, and Alberta is reporting the highest food insecurity levels in the country. Troubling trends indicate that we also have the lowest levels of unemployment, which means that “getting a job” is no longer a road out of poverty in our province. We now also see unexpectedly high numbers of home owners having to access food banks, which makes it even more real in recognizing that many of us are only a paycheque away from not having enough food on the table.

Everyone has noticed the cost of groceries skyrocketing and fear of the upcoming cost of utilities is top of mind. It is no surprise that the food bank is being impacted more than ever. In addition to having to support so many more people, we are also experiencing the pinches of increased food prices and operational costs. We also know that it is more difficult to give when times are tough, and everyone will be watching their pennies more closely for the next while.

But the Season of Giving brings us hope – it is this time of year that we recognize the needs of others, and that gathering to share a meal is often more valuable than the amount of gifts under the tree.

Please join us beyond this Season of Giving, and think forward to how you might help us to meet the continued demands in the New Year. When drafting your calendar for 2023, think of us when planning your annual giving, community events, and sponsorships. We are eternally grateful for the support we receive, and are confident that together we'll continue to support local families in the year to come.



## SUGGESTIONS FOR CHRISTMAS INVOLVEMENT

The Season of Giving often inspires us to think about ways we can help others to enjoy a Merry Christmas. At Interfaith Food Bank, we encourage community members to take advantage of the spirit of generosity to engage family members, co-workers and other associates in activities that can help us to fulfill our mission. Every year we receive an outpouring of support from our community as the holiday season approaches.

Here are some ideas of how you can help:

- Collect on our behalf
- Incorporate giving into your annual Christmas party
- Volunteer at special events
- Create your own fundraiser
- Sponsorship Opportunities
- Select Interfaith Food Bank as your Charity of Choice
- Knit or Sew Baby Items, Quilts, Toques, Scarves, Mittens
- Bundle Birthday Bundles or Hygiene Packs
- Inspire Change for the Better, collect spare change
- Make a donation in Honor or Memorial
- Waste Not Want Not, Support The Second Door Thrift Store with Christmas decorations or gently used items.
- Do Your Thing – do what you do best and donate proceeds, product or services

A more detailed description of these activities can be acquired by connecting with our office, and activities can take place all year round, not just at Christmas time! We are happy to work with you to support your efforts. Let us know your plans and ask how we can help!

# UPCOMING EVENTS

**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 food bank families in the coming year. Financial donations are gratefully accepted.

**Centre Village Mall Toy Mountain** — Collection site at Centre Village Mall. Program will launch on November 21st and will continue until December 21st.

**Loblaws Extra Helping Holiday Campaign** — December 2nd-25th at the Real Canadian Superstore and Real Canadian Wholesale Club for local food banks. Drop off your food donation in store, or give cash directly at the till when purchasing your groceries.

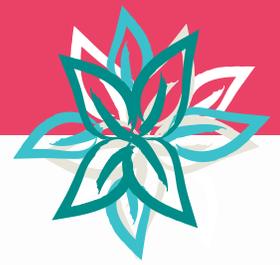
**Davis GMC Buick Annual Free Lube, Oil & Filter** — December 3rd, drop in from 8am - Noon, no appointment necessary, shuttle service or while you wait, Davis GMC Buick will provide a Free Oil Lube & Filter for a minimum \$100 donation to local food banks. All proceeds support Interfaith Food Bank and Lethbridge Food Bank, and donors receive a tax receipt for purchase price!

**Lethbridge Charity Check Stop** - December 3rd, from 11:30 to 4:30 bring new toys, gifts and donations of food or money to the Enmax Centre where Lethbridge Police will receive your gifts to share with Christmas Hope partners.

**26th annual Canadian Tire Lethbridge Hurricanes Toque & Teddy Bear Toss** — December 9th vs the Medicine Hat Tigers, the game begins at 7:00PM. Bring your toques and stuffies wrapped in plastic to throw out onto the ice when the Canes score their first goal! Volunteers needed.



For more community events, visit [www.ChristmasHope.ca](http://www.ChristmasHope.ca)  
For Interfaith events: [www.interfaithfoodbank.ca](http://www.interfaithfoodbank.ca)



Christmas Events to benefit Interfaith Food Bank are added daily — please connect with our office if you are fundraising or coordinating an event on our behalf, we'd love to help!

## CHRISTMAS MARKET - DECEMBER 17TH

Join us in the Co-op Community Kitchen on Saturday, December 17th from 10AM - 4PM. Purchase your Christmas baking and gifts while supporting the food bank!



For on-going and current information about our events and activities, visit us online at: [www.interfaithfoodbank.ca](http://www.interfaithfoodbank.ca)



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## Lend a Hand!

As we head into the colder months, and into the busy Christmas Season, we are in need of volunteers in several areas:

- Warehouse/Sorting
- Donations/Administration
- Second Door Thrift Store
- Client Advocacy
- Kitchen Programs
- Food Recovery
- Special Events



Please connect with our office if you are able to give of your time.

## Treat Trays!

Back by popular demand - our Christmas Treat Trays will be on sale in December!

Follow us on Social Media for exact dates and prices.

