

# INTERFAITH FOOD BANK SOCIETY OF LETHBRIDGE

## BAKELESS BAKE SALE

*The snow is finally melting,  
The grass is turning green,  
And right on time, like every spring,  
Our Bakeless Bake Sale is on the scene.*

*We know everyone is busy  
And how much time that it would take  
If we asked each of our supporters  
To send in cookies or a cake.*

*We thought we'd make it easier  
To help us feed a hungry tummy,  
Just use the enclosed envelope  
To send a bit of money.*

*And now your gift of giving  
Is done without the fuss  
Sit back, relax, your job is done  
Have a cup of tea on us!*

Donations can be made to Interfaith Food Bank Society of Lethbridge in person, by mail, or online. Donate by cheque, cash, or card. For online giving visit [www.interfaithfoodbank.ca](http://www.interfaithfoodbank.ca) or scan the QR code here.

Tea generously donated by Streetside Eatery



Interfaith Food Bank Society of Lethbridge, incorporated Edmonton, AB, July 5th, 1990, has set a goal to raise an estimated \$20,000.00 from the Bakeless Bake Sale. It will cost our organization an estimated \$4,000.00 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.

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SPRING 2023



# A MESSAGE FROM

The Executive Director

Springtime always feels like a fresh start, and after the last couple of years, we're really looking forward to new beginnings! Well into pandemic recovery now, we've returned to in-person programming and will be recruiting volunteers and support for multiple activities this summer. Soon the Interfaith Learning Garden will be in full-swing, and this will be our first full season of our new Indigenous Healing Garden.

Recovering from the Covid-19 Pandemic has proven challenging, especially when coupled with new economic challenges. Incredible increases in the cost of food in addition to general inflation have caused food banks across the country to have been hit by a double edged sword – more people asking for help and increased costs associated with the support we provide. In true Interfaith fashion, however, we've been able to meet that demand, thanks to the generosity of our community.

We are extremely grateful to our supporters – be it through food, funds or free time – your efforts have supported hunger needs in our community for our most vulnerable citizens. We are particularly proud to have been named by Charity Intelligence as a Top 10 Impact Food Bank for the second year in a row!

Every April, we present our Annual Report to inform our supporters of the collective impact of their contributions to our cause. It is thanks to a cohesive Board of Directors, our dedicated team of employees and generous spirit of donors and volunteers that we're able to do what we do. Our complete Annual Report, available online, can attest to the community effort required to help others in need.

I hope you'll join us in realizing our goals for 2023 by donating food, giving of your time, or by contributing to any of our fund-raising campaigns. Our Annual Bakeless Bake Sale is a quick and easy way to show your support, as are any of the opportunities listed in the Upcoming Events section of this newsletter.

Thank you for your ongoing support!



Funds raised from our Bakeless Bake Sale 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 Gardens
- Volunteer Program
- Shop Smart & Collective Kitchen Programs
- Community Referrals
- Outreach Programs

## OUR FOOD BANK GUARDIANS



With substantial recurring gifts, these long term commitments provide for the future of the food bank. Connect with us to join the Food Bank Guardians Program to mark the legacy and impact you can provide for food security in our community.

Thank you to Evangelical Free Church for providing support for our Client Advocacy and Food Share Programs

## WE CONTINUE TO GROW

Expanding Client Advocacy adding Volunteer Advocates

First full season for our Indigenous Healing garden

Renovation of our Food Share spaces

Increasing use of program spaces

Adding to our fleet to support Food Share

Creating Muslim friendly (Halal) Hampers

Development of Permanent Supportive Housing Partnership

Upgrading Cold Storage to accept more perishables

Thank you to The Church of Jesus Christ of Latter Day Saints for providing funding for an upcoming cold storage upgrade.

# GIFTS THAT GIVE BACK

Your financial gift can provide essential supplies for food bank families or support programs and operational costs. To specify your donations, simply note on the subject line of your cheque

## Food Hampers



Small: \$125  
Medium: \$175  
Large: \$250

## Baby Bundle/Smart Pack and Pregnancy Supports



\$85

## Project Protein



Beef \$600  
Hog \$400

For wills and bequests our legal name is

**Interfaith Food Bank Society of Lethbridge**

## Diabetic Bundle



\$20

## Birthday Bundle



\$20

## Cooking Class for an adult/child



\$40

Most wanted items:

- meat
- fresh produce
- baby food
- Halal friendly foods
- diabetic friendly foods
- celiac friendly foods
- grocery gift cards

## Halal Hampers



Small: \$125  
Medium: \$175  
Large: \$250

## Fuel the Fleet that Feeds



\$100

## Garden Experience



\$25

"Please give if you can. I don't always need it, but you never know when you will. It's a great and needed service."  
-Anonymous client

Project **Protein**



Interested in donating livestock? For more information on Project Protein visit [www.interfaithfoodbank.ca](http://www.interfaithfoodbank.ca)

**Canada Day**  
**BBQ IN A BAG**

4TH ANNUAL  
CANADA DAY BBQ IN A BAG  
ALL YOU NEED FOR A BBQ PICNIC!  
LIMITED QUANTITIES AVAILABLE  
PRE-ORDER YOUR BBQ KIT  
ONLINE OR CALL  
403-320-8779



**INTERFAITH  
FOOD BANK**  
SOCIETY OF LETHBRIDGE

**Enter to Win! \$4000 CASH PRIZE**

**CASH  
GIVE-AWAY**

Buy a \$10 ticket for a chance to win a \$4000 Cash Prize

Add on a ticket for the 50/50 Draw to win up to \$10,000!



**Tickets \$10**

Prize Value: \$4000  
Draw: Sept. 9/23  
License #640050

**50/50**  
CHARITY LOTTERY

1 for \$5  
3 for \$10  
7 for \$20  
20 for \$50

Draw: Sept. 9/23  
License #5640065



# Client Intake

It's been a busy few months in Client Intake here at Interfaith Food Bank. With the rising prices in food and necessities it's no wonder that there has been a 30% increase in food bank use every month since November. We are so grateful to be able to offer our clients all that we do. However, some days it's hard to keep food on our shelves with the increase in demand. We are so grateful to all the donors who work hard to help us fill our shelves and meet the needs of our clients. Without you we would not be able to support our clients the way we do. Thank you.

The resource room has had impressive growth this last year. We have been able to provide and connect people with many supports and programs. We are happy to see the support we give our clients helping them in a positive way beyond providing food supports. We have seen people stop using the food bank all together because of the supports we were able to give them.

- Client Services Team



# Kitchens

Designed for group cooking classes and community programming, our Co-op Community Kitchen offers opportunities to gather, share and learn and is available for community use.

In partnership with Family Centre, The Interfaith Chinook Country Kitchen is designed to teach people how to cook healthy food on a limited budget.



COMMUNITY KITCHEN



# Food Share

**By sharing our surplus food stock and supporting the National Food Share System in partnership with Food Banks Alberta, 336,326 pounds of food were distributed to Food Share Partners in 2022. We distribute food through our role as the Southern Alberta Food Hub, our Urban and Rural Food Share programs, and our Permanent Supportive Housing Partnership.**



*Food Share*

# Success Story

This is a story of three generations of one family, brought to Lethbridge by circumstances they had no control over, and living in a situation that makes life a constant struggle. Medical issues have made the mother unable to work and her daughter is now working to support her mother and her own son. There should have been help available to them, but they were denied twice. Language barriers and misunderstandings made this situation seem hopeless. Interfaith's Client Resource Advocate knew they were not getting the help that should be available to them, and after getting involved, the family has finally been approved for the added support that they need. The mother can now help her daughter with rent, pay her outstanding prescription bill and access dental care. Overwhelmed she came to share the good news with Interfaith, (and sneak in some hugs), expressing her thanks with a tearful "namaste"!



# Learning Gardens

Interfaith Learning Garden teaches families how to grow their own food, encouraging healthy and cost-effective means for providing for food security at home.

Ih'taapiinii'mopa inn'siimaan (Healing Garden) offers a public space for community use and recognition of Truth and Reconciliation, as well as a public display of our community's shared vision in moving forward together as Indigenous and non-Indigenous Canadians.



# Resource Room

Our resource room is a place where people can comfortably be directed to further supports that address underlying issues that lead to food insecurity. We offer services such as helping with housing referrals, rental applications, and building resumes. We also work with community partners to host programs and workshops to help clients build skills and access community resources.



*Community Connections*

# The Second Door Thrift Store

The Second Door Thrift Store is a place where clients and the community can shop for household supplies at a discounted price. Everything in our thrift store has been donated from the community.



**Shop, Save, Support**

# Helpful Hobbies and Outreach Classrooms

The Helpful Hobbies Room hosts activities such as knitting and sewing where community members can learn new skills and develop connections with new people. The products made in these activities are often donated to Interfaith Food Bank, used for fundraising, or are directly provided to clients. We also have classrooms that host various activities put on by partner organizations that need programming space.



*Interfaith  
Helpful Hobbies*



# UPCOMING EVENTS

You don't want to miss!

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

## Target Hunger - June 10th

This city wide initiative will help restock the shelves at our local food banks. Pre-printed bags will be delivered to every household in town requesting donations of non-perishable food items. Volunteer groups will begin distributing bags in June, with doorstep pickup scheduled for Saturday, June 10th.



Sign up as a Route Volunteer or to sort food on event day:

[www.targethungerlethbridge.com](http://www.targethungerlethbridge.com)



## Canada Day at Galt Gardens - July 1st 9:00 am to 4:00 pm

Join us this Canada Day at Galt Gardens. We are hosting a celebration with various activities, including charity breakfast, community stage, car show, picnic in the park and many more! Activities will showcase Canadian cultural diversity, traditions, food, and music. Be sure to take part in our exciting celebration!

Join



in sponsoring this event, or sign up to volunteer.



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



## Shaw Charity Classic Golf Tournament - August 16th-20th (Calgary)

Interfaith Food Bank is proud to have partnered again with Shaw Birdies for Kids presented by AltaLink, a non-profit program under the Calgary Shaw Charity Classic Foundation. For every dollar we raise, up to 50% will be matched by the Birdies for Kids program until August 31. This can turn a \$100 pledge into a \$150 contribution! Indicate Interfaith Food Bank as your charity of choice when you give online, or donate by cheque. Cheques can be written to Calgary Shaw Charity Classic Foundation. For more information connect with our office or visit our website for the link to participate.



## Grow A Row



Think of us this spring when you are planting your garden! No matter what you 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. Visit [www.growarow.org](http://www.growarow.org) for a Veggie Garden Guide and ideas of how to help!



# UPCOMING EVENTS

You don't want to miss!

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

## Pancake Breakfast - August 22nd 7:00 am to 10:00 am

On Tuesday, August 22nd, Interfaith will host a Pancake Breakfast to kick off Whoop-Up Days! The event will end just in time for the parade. We will be recruiting supplies and food products required for the breakfast and door prizes for the event.



## Rob Dixon Memorial Car Show - September 9th 10:00 am to 4:00 pm

Join us at the Logic Lumber Classic Car Museum for an opportunity to view classic cars, muscle cars and hot rods. Enjoy live music, prizes, raffles, 50/50 draw, and BBQ! Free admission for specators. \$10 Registration Fee - call 403-328-7755 to register.



## Interfaith Learning Gardens

We have lots of fun events and workshops planned in the garden, such as how to pickle, candle making, and how to grow a square foot garden. Stay tuned for dates and details on our website and social media.



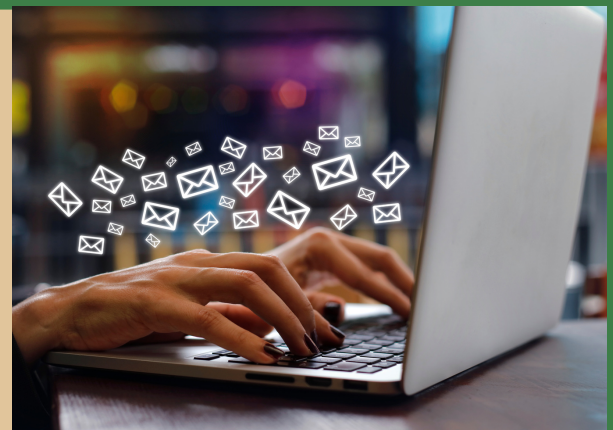
## Charity Dinner - September 22nd

Join us on Friday, September 22nd at the Sandman Signature Lodge, for this fund-raising event that includes a plated dinner, entertainment and silent auction. This year will again feature Trevor Panczak as our evening entertainer. We are recruiting substantial goods/services that are likely to bring in significant bids at the silent auction. Multiple Sponsorship Opportunities are available to help offset event costs, connect with our office for details.



We are moving to a digital means of communication! Please let us know your updated information and ask to receive electronic communication and tax receipts through email. This transition will help to reduce our costs and carbon footprint.

Contact us at [donations@interfaithfoodbank.ca](mailto:donations@interfaithfoodbank.ca)

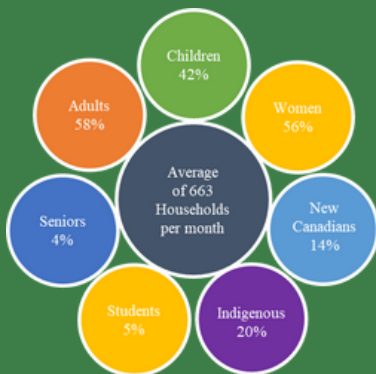




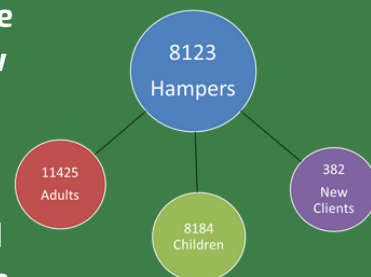
# 2022 Statistics

Thanks to the generous contributions of donors and volunteers we were able to support local families and multiple Food Share Partners in 2022.

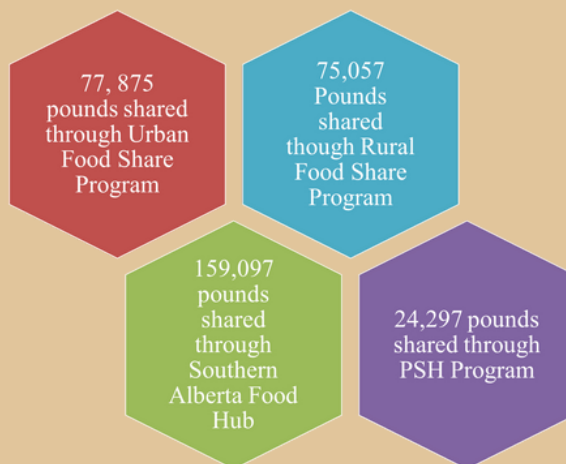
The complete Annual Report can be found at:  
[www.interfaithfoodbank.ca](http://www.interfaithfoodbank.ca)



Our clients are the core of our mission here at Interfaith Food Bank and we are continually finding new ways to serve our community. In 2022 we introduced our Halal Hamper Program and hired a dedicated Client Advocate to provide not just a hand out, but a hand up.



**336,326 pounds of food distributed to Food Share Partners in 2022**



**As we grow our reach in the community we are partnering with more agencies to help provide food to those who don't walk through our door.**

**More than 150 volunteers contributed 16,910 hours of service in 2022.**



880 hours - Board of Directors
104 hours - Other
200 hours - Learning Garden
221 hours - Events
470 hours - Food Recovery
1179 hours - Administration
1626 hours - Thrift Store
4496 hours - Client Services
6976 hours - Warehouse

**We are so grateful for our dedicated volunteers who help us sort, package, and support our clients and keep food moving.**

**We are always in need of more help. As we expand our reach to incorporate more programs and services we seek volunteers to make it all happen.**



Visit us at [www.interfaithfoodbank.ca](http://www.interfaithfoodbank.ca)



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