



INTERFAITH FOOD BANK SOCIETY OF LETHBRIDGE

CHRISTMAS NEWSLETTER 2023



The Season of Giving is upon us and we hope you'll join us to ensure everyone has a chance to enjoy a happy holiday. Collectively with our Christmas Hope Partners, we expect to provide 6500 children and 3500 adults with food and gifts to enjoy a Merry Christmas.

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 or scan the QR code here.



Interfaith Food Bank Society of Lethbridge, incorporated Edmonton, AB, July 5th, 1990, is planning to raise an estimated \$350,000.00 from the Annual Christmas Campaign. It will cost our organization an estimated \$5,000.00 to run the campaign. Donations will be used for food purchases and operational costs. For further information, please contact us at (403) 320-8779.

CHRISTMAS WISHLIST

- Turkey / Chicken / Ham
- Canned Vegetables
- Canned 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 offered free of charge to local families in need:

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



Christmas Hope is a collaboration of six agencies that work to ensure that less-fortunate members of our community get everything they need to feel hope and joy during the Christmas season. By working together, we can maximize resources and limit duplication of services. All of Interfaith Food Bank's activities during the Christmas season will support Christmas Hope. For more information visit:

WWW.CHRISTMASHOPE.CA

CHRISTMAS GIVING OPTIONS

CHRISTMAS HAMPERS: You can contribute by donating the supplies necessary for building a special Christmas hamper, or by offering a cash donation to purchase the necessary items:

\$200 will provide a hamper for an individual

\$250 will provide a hamper for a medium family

\$300 will provide a hamper for a large family

FOLLOW THE STAR: Make a pledge to sponsor a single parent and their 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.

Sponsor a single parent with one or two children - \$500

Sponsor a single parent with three or four children - \$600

Sponsor a single parent with five or more children - \$700

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 a festive Christmas letter for you to mail or hand deliver.

UNDER THE TREE TOY & GIFT PROGRAM: Put up a tree 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. **Please do not wrap gifts.** We would like to have bins returned between December 1st - 9th.

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, or with your online donation.

Food Hampers



Small: \$175
Medium: \$200
Large: \$250

Baby Bundle/Smart Pack and Pregnancy Supports



\$100

Project Protein



Beef \$650
Pork \$400

Diabetic Bundle



\$30

Birthday Bundle



\$30

Cooking Class for an adult or child



\$40

Halal Hampers



Small: \$175
Medium: \$200
Large: \$250

Fuel the Fleet that Feeds



\$100

Garden Experience



\$25

Donations must be submitted by December 31, 2023 to be eligible for 2023 Tax Returns.

“Interfaith is incredible! I don’t know what me or my kids would do without community donations”
-Anonymous client

GIFTS THAT KEEP GIVING

OUR FOOD BANK GUARDIANS



*Interfaith Food Bank
Guardian*



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.

Legacy Gifts

Legacy Giving is a great way to benefit your charity of choice over time, or to plan for a gift down the road that will support your cause for years to come.

Connect with our office to learn more about:

- Monthly giving
- United Way Workplace Giving
- Wills, Bequests & Life Insurance
- Gifts of Securities
- Interfaith Food Bank Endowment Fund administered by the Community Foundation



For wills and bequests our legal name is

**Interfaith Food Bank
Society of Lethbridge**

RELIEVING HUNGER TODAY

Interfaith Chinook Country Kitchen

In partnership with Family Centre, The Interfaith Chinook Country Kitchen hosts classes to teach families how to cook healthy food on a limited budget. A variety of programs are hosted for chefs of all ages.



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



Success Story

We were privileged to welcome Jim, a seasoned individual who had never imagined needing our services. His first visit left him with these heartfelt words: "Thank you for treating me with such dignity and kindness and encouraging me to ask for help in such hard times." Jim's story reminds us of the impact we have, not only in providing sustenance but in preserving dignity and instilling hope.



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.



Interfaith Helpful Hobbies

Helpful Hobbies encourages community members to share their skills and interests with program participants and each other, by using their hobbies to benefit others.



Community Connections

Our resource room builds bridges, encourages self advocacy, and makes referrals to community partners to address underlying issues that lead to food insecurity.

- Information & Referrals
- Advocacy Supports
- Outreach Programs



2023

TOP 100 CHARITY

Charity Intelligence's Highest Rated Charities



We are honored to be selected as a 2023 Top 100 Charity and receive a 5 star rating from Charity Intelligence. Interfaith Food Bank was selected for our financial transparency, reasonable overhead costs, and demonstrated impact.

PREVENTING HUNGER TOMORROW

The Second Door Thrift Store

Clients and Community Members can shop for new and gently used items at discounted pricing with all proceeds supporting our programs and services.



Food Share

We distribute food to partner agencies and food banks in the surrounding area.

- Southern Alberta Food Hub for Food Banks Alberta
- Urban and Rural Food Share programs
- Permanent Supportive Housing Partnership



“
Interfaith Food Bank’s programs have helped me and my daughter so much, we are truly grateful!
-Anonymous client”



COMMUNITY KITCHEN

Designed for group use our Co-op Community Kitchen offers opportunities to gather, share and learn. The space is available for community programming, connect with us for more details.



Emergency Food Assistance

Food Hampers provide 5-7 days of emergency food assistance. Households are eligible for one food hamper per calendar month and our Pick Room is available for perishable and surplus items 5 days per week. Various hamper options are available to accommodate special dietary needs and provide culturally appropriate foods:

- Halal Hampers
- Baby Bundles
- Birthday Bundles
- Pregnancy Increase
- Diabetic Bundles



We are proud to be honored with a Reconciliation Champion Award by the City of Lethbridge for our efforts towards Reconciliation. We share this award with the Indigenous leaders and partners that inspired us and hosted activities at our facility.



PLAN YOUR INVOLVEMENT FOR 2024

INDIVIDUAL, GROUP, OR CORPORATE WAYS TO GET INVOLVED

- Select Interfaith Food Bank as your Charity of Choice
- Corporate Sponsorship Opportunities
- Collect donations on our behalf
- Incorporate giving into your annual holiday party
- Volunteer at special events
- Knit or Sew Baby Items, Quilts, Toques, Scarves, Mittens
- Donate Birthday Bundles or Hygiene Products
- Inspire Change for the Better, collect spare change
- Make a donation in Honor or in Memoriam of a loved one
- Waste Not Want Not, Support The Second Door Thrift Store by donating gently used items
- Create your own fundraiser and Do Your Thing — do what you do best and donate the proceeds, products or services
- Include us in your workplace giving campaign or corporate matching program

PARTICIPATE IN OUR ANNUAL EVENTS

Sponsor ~ Volunteer ~ Donate

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

Canada Day at Galt Gardens July 1st



Annual Party in the Park which includes a charity breakfast, car show, community stage, outdoor market, and more!

- Multiple sponsorship opportunities available
- Donate food for breakfast and concession
- Market vendors needed
- Apply to perform
- Volunteers needed



Pancake Breakfast & Parade August 20th

A Pancake Breakfast and joining the Parade to kick off Whoop-Up Days!

- Multiple sponsorship opportunities available
- Donate food and supplies for the pancake breakfast
- Donate door prizes
- Help with parade float construction, costumes, and preparation
- Volunteers needed for the breakfast and to walk in the parade



Grow-A-Row

Think of us while you are planning your 2024 garden! Fresh produce is hard to come by at Interfaith Food Bank, and is so necessary for nutrition.

Visit www.growarow.org for a Veggie Garden Guide and ideas of how to help!



Charity Dinner - September 20th



An elegant evening event that includes a plated dinner, entertainment, and both live and silent auctions.

- Multiple sponsorship opportunities available
- Donate Auction Items
- Buy tickets and invite your friends!

UPCOMING CHRISTMAS EVENTS



November 27th- December 22nd
Toy Collection site at Centre Village Mall. Drop off new, unwrapped toys to be distributed during the holiday season.

Loblaws Extra Helping Holiday Campaign



December 1st-24th
Drop off your food donations in store, or give cash directly when purchasing groceries. All donations are collected on behalf of local food banks.

27th Annual Toque & Teddy Bear Toss

December 1st, game begins at 7:00PM
Lethbridge Hurricanes vs the Saskatoon Blades. Bring your toques and stuffies wrapped in plastic to throw out onto the ice when the Canes score their first goal!



Volunteers needed.



Mayor's Concert

December 9th, 7pm -9pm
Enjoy an evening filled with Christmas classics in concert with Lethbridge Community Band Society. Taking place at Southminster United Church, financial and food donations for both local food banks will be accepted as entry to the show.



Annual Free Lube, Oil & Filter

December 2nd, drop in from 8am - 12pm
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!



Charity Check Stop

December 2nd, 11:30am to 4:30pm
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.

Mayor's Hockey Challenge

December 10th, 2pm -5pm
Lethbridge Mayor Blaine Hyggen is challenging City partners to a game of hockey to help support community food banks. Attendees are encouraged to bring financial and food donations.



CHRISTMAS MARKET

Saturday, December 9th 10AM - 4PM

Join us in the Co-op Community Kitchen and purchase your Christmas baking and gifts while supporting the food bank!



Events to benefit Interfaith Food Bank are regularly added to our calendar. Connect with our office if you are fundraising or coordinating an event on our behalf, we would love to help!

Treat Boxes

\$15 - Small Box

\$35 - Large Box



Back by popular demand - our Christmas Treat Boxes are available for pre-order at interfaithfoodbank.ca/treat-boxes. Limited quantities available, reserve yours today!
Pickup at the Christmas Market on December 9th.

BEYOND THE SEASON OF GIVING

It has been an incredibly busy year here at Interfaith Food Bank. With the rising prices of food and necessities it's no wonder that there has been a steady increase of over 40 new food bank clients month. Beyond this, we have seen a 75% increase in food bank use by working individuals. 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 that seems to be never ending.

Glimpses of our impact can be seen in Sarah's story (name has been changed to respect our clients privacy). It had been a difficult few months that brought Sarah here, her first time applying to access services at a food bank. With thoughts going through her head like "How did it get to this?", Sarah never thought she would need a Food Bank. In fact, until very recently she had not thought about Food Banks at all. Upon entering Interfaith, she was welcomed and made to feel cared for. She was shown the pick room and chose some food items she could use. As she was leaving, a volunteer called her back. "Don't forget your food hamper!" She turned and looked at first in stunned silence at the hamper, and then began to cry. "That's all for me?"

Moments such as Sarah's remind us of the importance of providing emergency food assistance, and the true impact we make in peoples lives each and every day. We are grateful to all the donors who help us fill our shelves and meet the needs of our clients. Whether you are able to contribute financially, through food donations, or by giving your time; your gift is a lifeline to others.

From the bottom of our hearts, **thank you.**

- Interfaith Food Bank Team



For on-going and current information about our events and activities, visit us online at:
www.interfaithfoodbank.ca



Scan to connect with us online!

1103 - 3 Ave. North

Phone: 403-320-8779

Lethbridge, AB, T1H 0H7

Fax: 403-328-0521

Email: info@interfaithfoodbank.ca

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.