



INTERFAITH FOOD BANK SOCIETY OF LETHBRIDGE

Bakeless Bake Sale



We know everyone is busy
And don't want to be a pain,
As timely as the seasons change
It's Bakeless Bake Sale time again!

We won't ask you to heat the oven,
or get flour on your hands;
No need to shop for ingredients,
Because we have other plans...

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.

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!

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, has set a goal to raise an estimated \$30,000.00 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. Teabags were generously donated by Streetside Eatery. For further information, please contact Danielle McIntyre, Executive Director at (403) 320-8779.



Celebrating 35 Years of Fighting Food Insecurity in the Lethbridge Community!

Average Number of Hampers Distributed Monthly

1989
262 Hampers

2009
600 Hampers

2024
950 Hampers

Help us continue to be a pillar in the community for the next 35+ years!



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!

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
- Kitchen Programs
- Community Referrals
- Outreach Programs

Become an IFB Member

Purchase an \$5 annual membership to formalize your support and ensure your voice is heard in the decisions that determine overall direction of Interfaith Food Bank.

- Membership term runs from May 1st - April 30th annually
- Attend and vote on any motion at our Annual General Meeting (AGM)
- Eligibility to apply for nomination to the Board of Directors
- The right to request membership on Board Committees

Learn more & download the application form:
interfaithfoodbank.ca/how-you-can-help/membership/

Join our Volunteer Community!

Positions include:

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



Scan the QR code or apply online:

interfaithfoodbank.ca/how-you-can-help/volunteers/

GIFTS THAT GIVE BACK

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



Food Hampers

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

Birthday Bundle

\$30

Processing Fees for Project Protein

Beef \$650
Pork \$400

Diabetic Bundle

\$30

Fuel the Fleet that Feeds

\$100

Garden Experience

\$25

Baby Bundle, Smart Pack and Pregnancy Supports

\$100

Halal Hampers

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

Cooking Class for an adult or child

\$40

Project Protein



Interested in donating livestock? For more information on Project Protein visit www.interfaithfoodbank.ca/programs-services/project-protein/



Interfaith Food Bank Guardian

OUR FOOD BANK GUARDIANS

Those who make substantial, long term commitments to provide for the future of the food bank are honored as "Guardians" to mark the legacy and impact they provide for future food bank users in our community.

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.



Grow-A-Row

Think of us while you are planting your garden! Fresh produce is hard to come by at Interfaith Food Bank, and is vital for proper nutrition.

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

For wills and bequests our legal name is

Interfaith Food Bank Society of Lethbridge



Most Wanted Items

Non-Perishable Food Items

Canned Fruit	Boxed Cereal
Canned Vegetables	Peanut Butter
Meat/Salmon/Tuna	Jam
Lentils & Beans	Macaroni & Cheese
Soup	Hamburger Helper
Canned Pasta/Stew	Oil
Spaghetti Sauce	Instant Cereal
Unsweetened Juice	Baby Food in Jars
Tomato Paste	Baby Formula

Perishable Food Items

Fresh Meat
Fresh produce
Dairy Products
Gift Cards

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

2023 Statistics

Thanks to your generous contributions we were able to support our growing community and multiple Food Share Partners in 2023.

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.



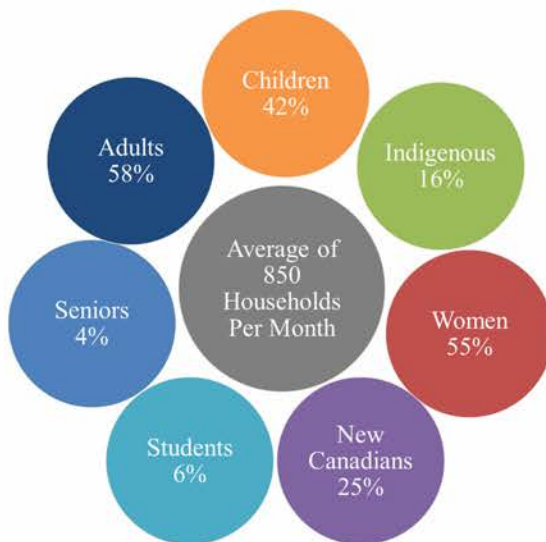
Interfaith Learning Garden

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

38 workshops hosted with 416 participants

Over 900 lbs of produce grown

Demographics 2023



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.

15 species of Indigenous plants

Over 230 volunteer hours



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.

767 Visits to the Interfaith Resource Room

283 Referrals made to 20 Local Supports

Over 484 People Directed to IFB Programs



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.



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.

The Second Door Thrift Store

With the assistance of volunteers, donated second hand items are sold through our Second Door Thrift Store. Funds raised are used for food and operational costs — every purchase helps to support those in the community who need it most.

New & gently used items can be brought to the Donations and Administration desk at Interfaith Food Bank.

On average, The Second Door Thrift Store earns \$2100 per month



Food Share

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

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

Approximately 106,500 lbs of food are processed each month.

70 Food Share Partners

Volunteer Hours 2023

More than 250 volunteers contributed 34,687 hours of service in 2023.



At minimum wage, the time contributed has a value of \$534,000



COMMUNITY KITCHEN

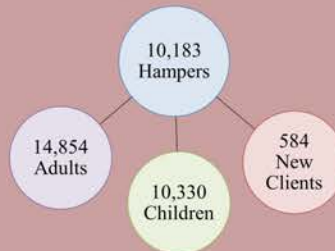
Designed for group use our Co-op Community Kitchen offers opportunities to gather, share and learn. The space is available for community programming, connect with us for more details.

Food Hamper Statistics 2023



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.



IFB Programming 2023



Food Recovery
53 Programs



Collective Kitchen
24 Sessions



Helpful Hobbies
124 Participants



Classrooms
207 Learning Experiences

CHARITY INTELLIGENCE 2023

TOP 10 IMPACT FOOD BANK

We are humbled to be selected as a **2023 Top 10 Impact Food Bank by Charity Intelligence**. We were selected based on our demonstrated impact per dollar donated.

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.

Interfaith Learning Garden Workshops

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



Interfaith
Learning Garden



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 much 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.



National Garden Days Party June 15th - 12:00 pm - 3:00 pm

This event is in conjunction with National Garden Days and will take place in the Interfaith Learning Garden. A BBQ lunch will be provided to enjoy in our outdoor space. There will be crafts, games, and activities for both kids and adults to enjoy.



35th Anniversary - Open House July 12th - 10:00 am - 2:00 pm

We invite you to celebrate 35 years of fighting hunger in Lethbridge with Interfaith Food Bank. We will be hosting an open house and invite community members to come celebrate with us. Join us for a behind the scene tour of our operations, see how we are able to serve so many in our community and learn what we have planned for the future.

35 Years



INTERFAITH
FOOD BANK
SOCIETY OF LETHBRIDGE

Fairmont Family Fun Fest August 19th

Come on down to the Fairmont Common for a pre- Whoop-Up Days Pancake Breakfast filled with fun!

The best part? 100% of proceeds go towards supporting Interfaith Food Bank's programs and services.

Stay tuned to learn more details about the days festivities!

UPCOMING EVENTS

You don't want to miss!

For more information about our events and activities, visit us online at:

www.interfaithfoodbank.ca/events

The 16th Annual Logic Lumber Dixon Memorial Car Show September 7th - 10:00 am to 3:00 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, and BBQ! Free admission for spectators. \$10 Registration Fee - call 403-328-7755 to register. Tickets for 50/50 raffle and \$4000 cash prize draw are on sale now and can be purchased in person at Interfaith Food Bank or Logic Lumber. Draw will be made on September 7th.

Charity Classic Golf Tournament August 12th-18th (Calgary)

Interfaith Food Bank is proud to have partnered again with Birdies for Kids. 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.

For more information connect with our office or visit our website for the link to participate.



Pancake Breakfast

August 20th - 7:00 am to 10:00 am

On Tuesday, August 20th, Interfaith will host a Pancake Breakfast to kick off Whoop-Up Days! We are proud to serve a well balanced, healthier meal to our community members. Enjoy a plate filled with baked beans, pancakes, sausage, and fresh fruit! 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.

Join

WESTCO
CONSTRUCTION

in sponsoring this
event, or sign up
to volunteer.



Join our
Whoop - Up Days
Float Design
Committee!



Email - events@interfaithfoodbank.ca

Charity Dinner & Silent Auction | September 20th - 6:00 pm to 11:30 pm

Our annual Dinner and Auction will once again be held at the Sandman Signature Lodge, featuring Trevor Panczak as our evening entertainer. The evening includes a plated dinner, entertainment and silent auction.

We are recruiting substantial goods and 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.



A Note from Team Interfaith Food Bank

It's no secret that the price of food and necessities have been increasing at an alarming rate. We have felt the huge impact this has had on the Lethbridge community. In the first quarter of 2024, we have seen numbers increase to an average of over 2,500 individuals in over 950 households using our emergency food services each month; nearly half of whom are children. This is an approximate 25% increase from last year at this time, but an almost 80% increase since 2022. We are grateful for the chance to offer our clients our programs and services. However, it can be difficult to keep our stock levels up with the ever-increasing and seemingly endless demand.

Our impact becomes evident in client stories such as Jim's (name changed to safeguard client privacy). Jim, is a devoted father of three who recently lost his wife. In the aftermath of this tragedy he prioritized his family's well-being, unfortunately, the relentless arrival of bills, particularly utility payments, strained the recent widower's finances. Eventually, with limited options, Jim and his eldest son sought assistance from the Interfaith Food Bank.

We swiftly enrolled them as clients, ensuring they received an Emergency Food Support Hamper along with Bread and Produce Supplements on that same day. While this aid eased Jim's family's burden, we recognized the potential for further assistance. Jim and his son were then introduced to Mariam, our Client Advocacy & Resource Coordinator, in our Resource Room. Leveraging the extensive network of the Interfaith Food Bank, Mariam successfully connected Jim with an organization that could assist in covering a significant portion of the family's outstanding utility bills. With one less overdue bill to worry about, Jim could once again devote his attention to what matters most, his family's well-being.

Thinking about the impact Interfaith Food Bank has on our clients is what inspires our team. We appreciate all the donors who support us in stocking our shelves and assisting our clients. Whether you can donate money, food, or your time, your generosity is a lifeline for others. With heartfelt gratitude, we say **thank you**.

-Team Interfaith Food Bank

WE CONTINUE TO GROW

Co-op Kitchen Expansion

Funding provided by Community Foundation of Lethbridge



New Cold Storage

Funding provided by The Church of Jesus Christ of Latter Day Saints



These Capital Projects were funded by grants. Operations costs like our Emergency Food services are funded by community donations.

New Cargo Van

Funding provided by an Anonymous Donor



Donation & Administration Renovations

Funding provided by Community Facility Enhancement Program

