



# INTERFAITH FOOD BANK

SOCIETY OF LETHBRIDGE

## Annual Report 2023

Over 150 volunteers are the  
lifblood of Interfaith Food Bank



CHARITY INTELLIGENCE 2023

**TOP 10 IMPACT  
FOOD BANK**



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**Vision Statement**  
*In partnership with the community, Interfaith Food Bank Society of Lethbridge is a leader in alleviating hunger and its root causes.*

**Mission Statement**  
*Interfaith Food Bank Society of Lethbridge recognizes the human dignity of those in need and provides food and access to services and resources generated from within our community.*

## Membership & Accreditation



IN ALLIANCE WITH  
 COMMUNITY FOOD CENTRES CANADA

# ABOUT US

We have been providing emergency food assistance to Lethbridge and area since 1989 and work with the community to secure the resources necessary to provide services to individuals and families in need.

Food security is our main goal. We believe it is necessary to meet immediate needs first, and then to connect our clients with the other community resources that can help address the underlying issues that place them in need of emergency food assistance.

We also play a significant role within the Food Bank Network and support local agencies and programs by sharing food for food security and poverty related initiatives. We glean, we share, we support and empower.

## 4 Foundational Pillars

### *Service & Care*

*Providing support in an environment that is welcoming, inclusive, and accessible while empowering clients and decreasing barriers to service.*

### *Community Engagement & Public Education*

*Developing opportunities for, and contributing to, conversations on poverty and food security in our community. Supporting recommendations for change and working to find long term solutions.*

### *Operations*

*Operations are run effectively and safely through detailed, efficient processes and policies while using nutritional guidelines to inform and support the community's needs.*

### *Administration & Governance*

*Ensuring organizational accountability, governance, and capacity to achieve goals and objectives through planning and strategic decision making.*

# A Message from our President



The 2023 year proved to be a continuing challenge with the increasing needs of our community. Interfaith Food Bank, its staff, volunteers, and the Board of Directors had a busy year.

The Board continued to develop and maintain the multitude of policies that support IFB organizational function. The Board renewed the Society's Bylaws and clarified our membership structure. Through these improvements, our organization looks forward to increased membership and participation by all stakeholders. The Board of Directors jointly completed close to one thousand hours of volunteer time. I am grateful for the time and skills these volunteers bring.

The introduction of the National Standards of Excellence by Food Banks Canada is an exciting opportunity for all food banks to reflect and improve. Although IFB meets a vast percentage of these standards, the Board, its committees, and our staff are committed to making sure all the standards are met or exceeded.

In 2023, our donors were amazing in their gifts. We received fruit and vegetables from backyard gardens, financial resources, and an enormous, much-needed cold storage upgrade. Our Fall dinner and auction raised significant funds and the Christmas donations were substantial again this year. We are grateful for the individuals and groups in our community that make such a difference.

Alberta has one of the highest levels of food insecurity in Canada. Thankfully, our community has been sensitive and generous to these needs. I am grateful for the dedication and skill of the staff and all our volunteers in battling hunger and Danielle McIntyre for her leadership. Together, we will continue to seek food security for our neighbours and region.

Susan Burrows-Johnson, Board President



## *Emergency Food Assistance*

*Meeting immediate needs and connecting community members with supports to address issues preventing food security.*



## *Community Connections*

## *Interfaith Chinook Country Kitchen*

*Providing free cooking classes to empower healthy eating on a limited budget; and building skills, knowledge, and community connections in our commercial kitchen spaces.*



# A Message from our Executive Director



What a year it's been! We expected 2023 to be the year of post-pandemic recovery, finally saying good-bye to extreme health safety measures and moving into the "new normal".

Challenges were expected, and we knew we would see continued increases in demand, but we had no idea the need would be so drastic due to inflation and ever rising costs of food.

We were hit with the double edged sword – more people needing food and increased costs for providing support.

In true IFB fashion, our community stepped up to help. Volunteers came forward to give of their time, groups campaigned on our behalf, and partners joined us in the fight against hunger. If there is a silver lining, the cost of groceries is impacting everyone, so the issue of Food Security seems to finally be on the table – when everyone is impacted, everyone looks for solutions.

We are proud of the progress we made in 2023 while also responding to the food security crisis. Our Client Advocacy, Kitchen and Garden Programs are empowering those we serve to address the underlying issues that place them in need of the food bank. Our Food Share and Food Recovery Programs are streamlining the distribution of surplus food to people before animals and landfills. Our partners work with us to meet immediate needs and to ensure we have the capacity to provide for our community safely, efficiently and with the most impact.

Investing in our governance and human resources has been key to our "new normal", and in 2023 we prioritized the new IFB Way. We improved our capacity through renovations, updating cold storage and vehicles, and refining our organizational structure and systems. I am exceptionally proud of our staff team for their commitment to mission and clarity on why we do what we do. It has created an atmosphere of cooperation and gratitude, inspired by the efforts of our Board of Directors, volunteers and community that supports us.

We know we still have work ahead of us, but we're clear on our path, and know we're not in it alone!

Danielle McIntyre, Executive Director



*Inspiring food literacy, growing food, knowledge and skills, and providing an outdoor gathering space, reconnecting us to the land that sustains us all.*



***Food Share***

*Sharing food within a streamlined system with partner agencies and area food banks; and extending the shelf life of valuable food resources.*



***Interfaith Food Recovery Program***

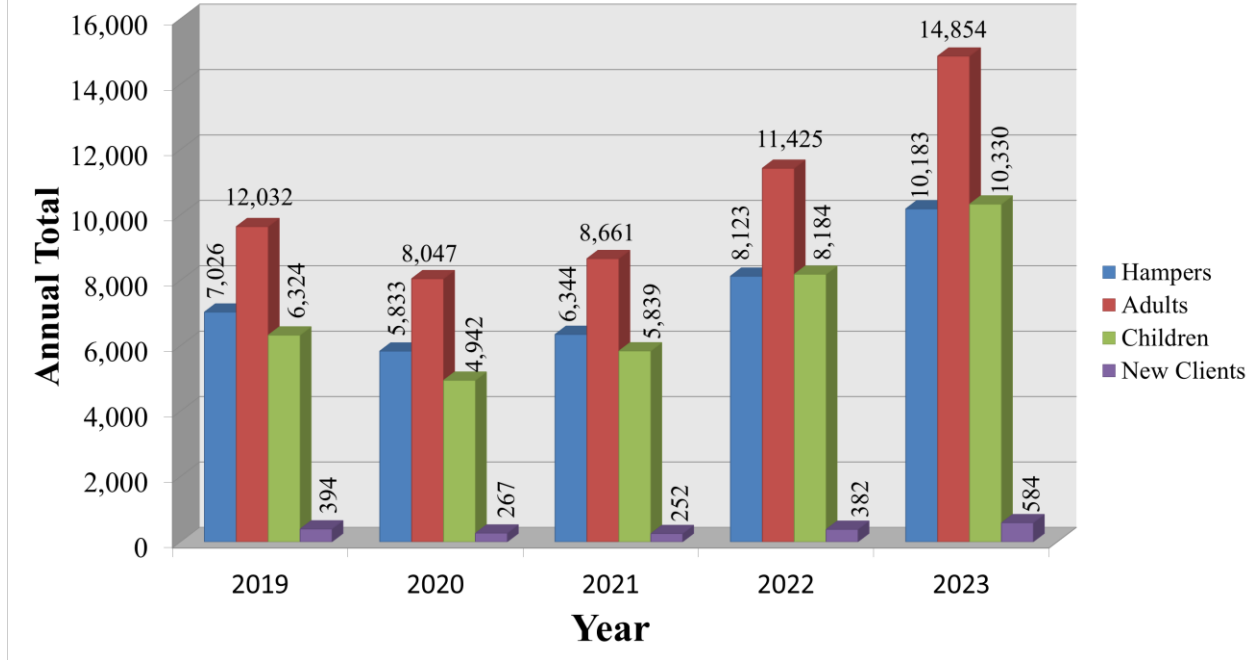
# EMERGENCY FOOD ASSISTANCE



## Emergency Food Assistance

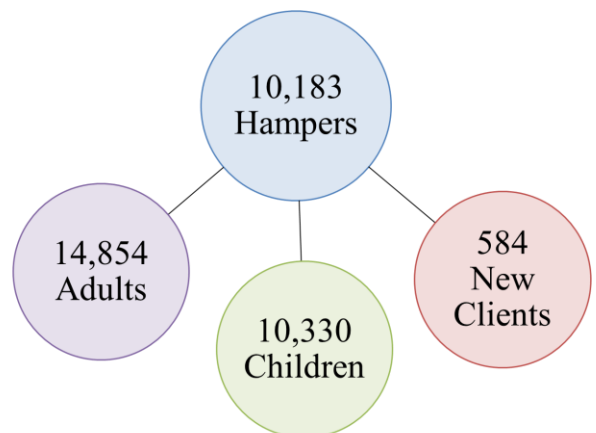
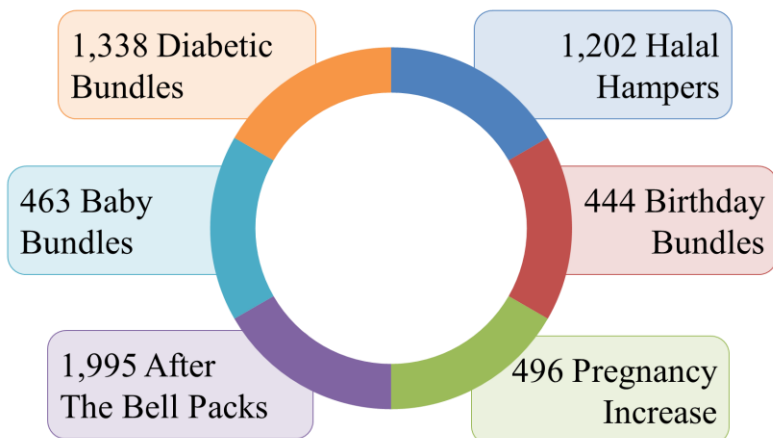
*We meet immediate needs first, and then work to empower those we serve towards their own food security.*

**IFB Annual Totals for Hampers, Adult & Child Clients, and New Clients 2019-2023**



*From 2022 to 2023 we saw a significant increase in monthly hamper distribution, going from an average of 663 Hampers a month to 850. The number of additional packages distributed also went up significantly.*

## Additional Food Packages 2023      Food Hamper Statistics 2023



# CLIENT ADVOCACY

*Our Resource Room provides a safe and inviting space where clients can access resources and create connections to address the underlying causes of their food insecurity.*

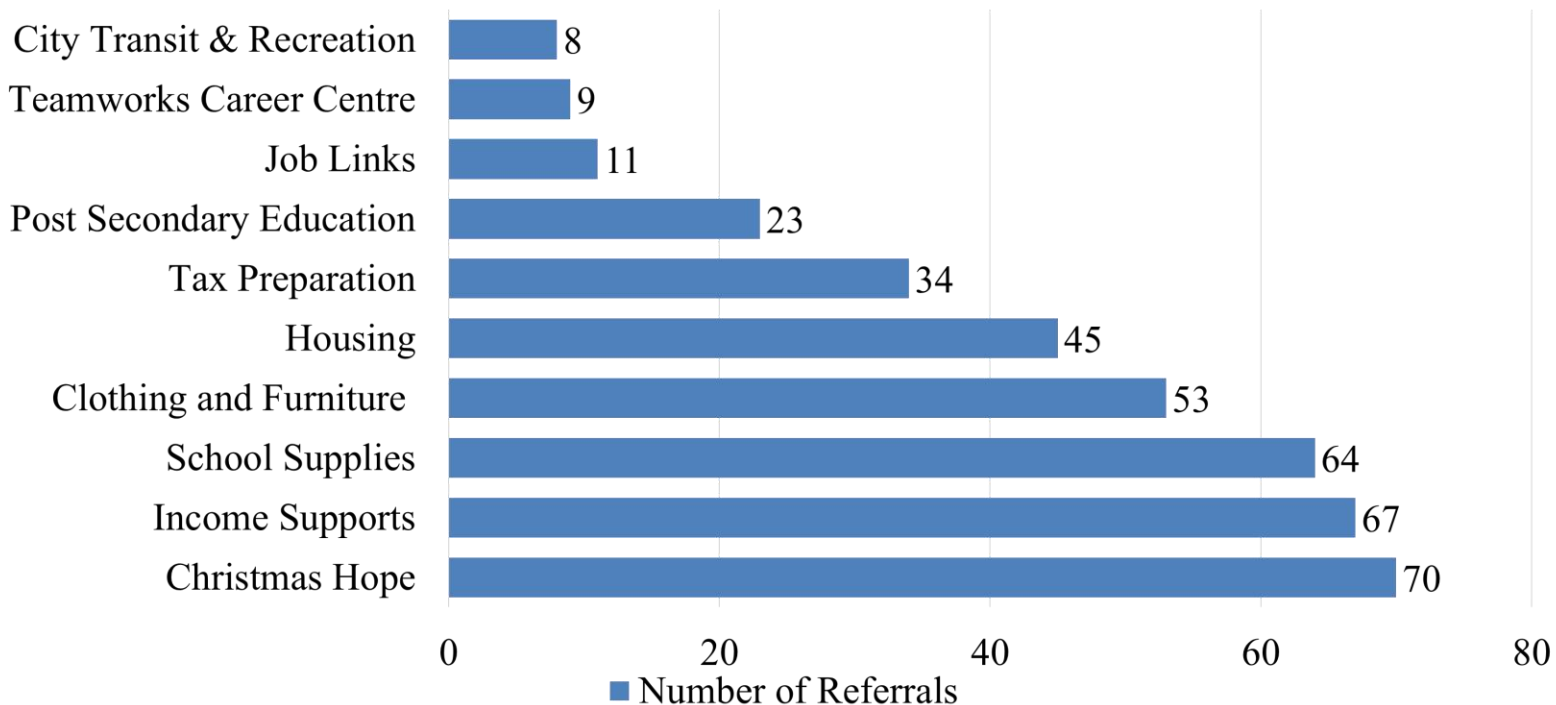


767 Visits to the Interfaith Resource Room

283 Referrals made to 20 Local Supports

Over 484 People Directed to IFB Programs

## Top 10 Referrals 2023



## Community Connections

*Our mission is to recognize the human dignity of those in need and to provide food and access to services and resources generated from within our community.*

# KITCHENS



**Community Kitchen**

*Designed for group cooking classes and community programming, this large commercial kitchen offers opportunities to gather, share and learn.*

## IFB Programming 2023



Food Recovery  
53 Programs



Collective Kitchen  
24 Sessions

## Co-op Community Kitchen Usage 2023



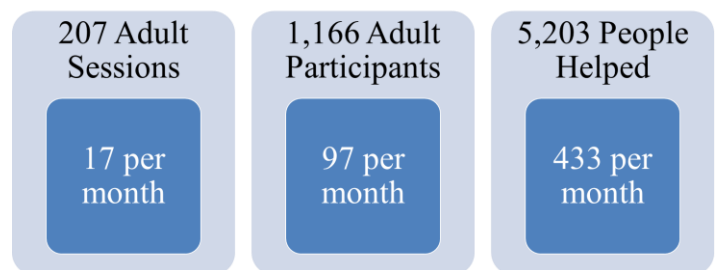
*In Partnership with:*



*Designed to teach people how to cook healthy food on a limited budget, free cooking classes empower participants with knowledge, skills, and community connections.*



## Adult Cooking Classes 2023





# GARDENS

*We aim to empower community members towards food security through gardening and access to traditional food sources.*

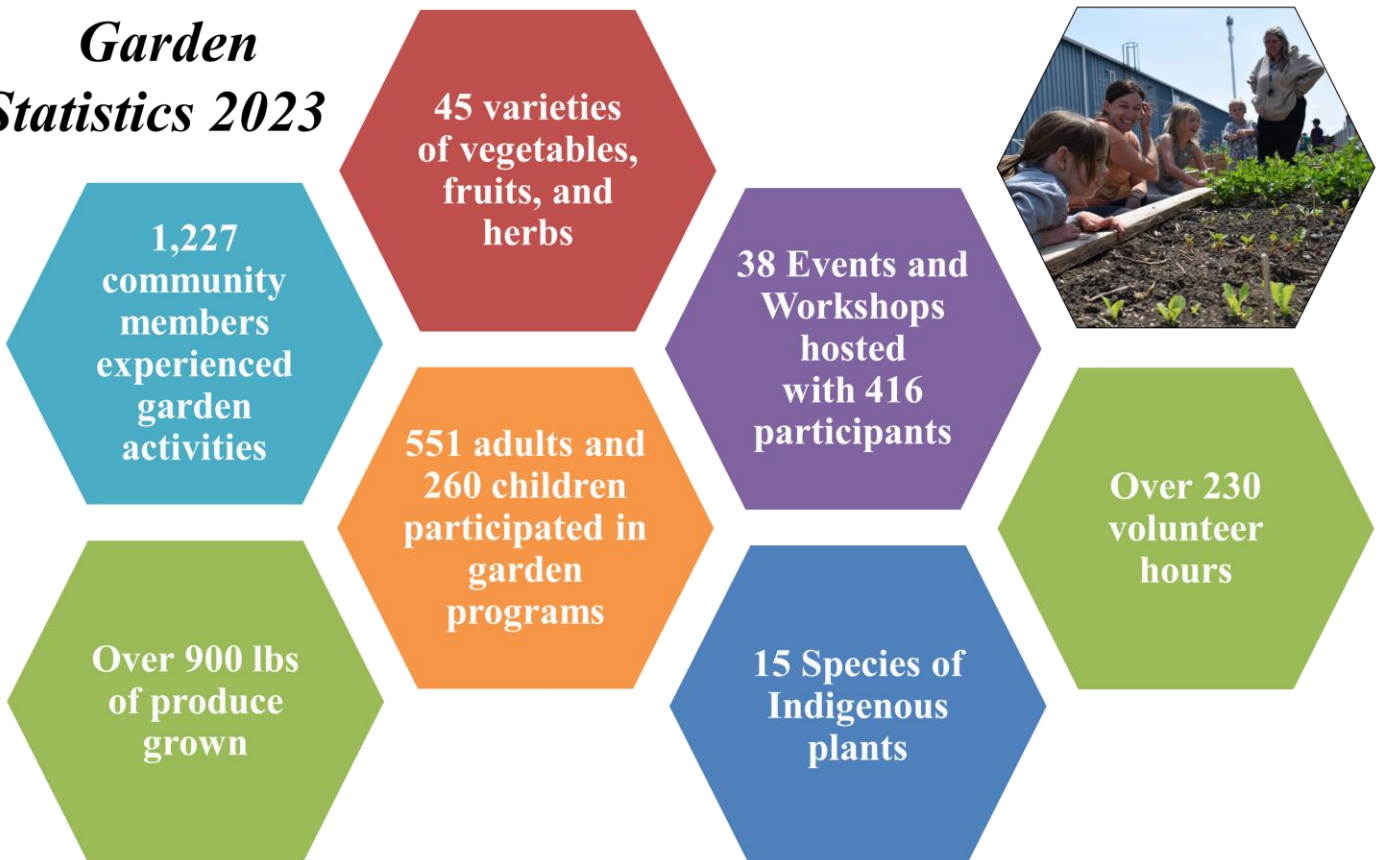


*The Indigenous Healing Garden grows plants traditionally used by the Blackfoot people for food, medicine and spiritual use, reconnecting to the land that sustains us all.*



*Interfaith Learning Garden teaches people how to grow their own food. Different than a community garden, this produce is primarily for use in cooking classes and for distribution to food bank clients.*

## Garden Statistics 2023



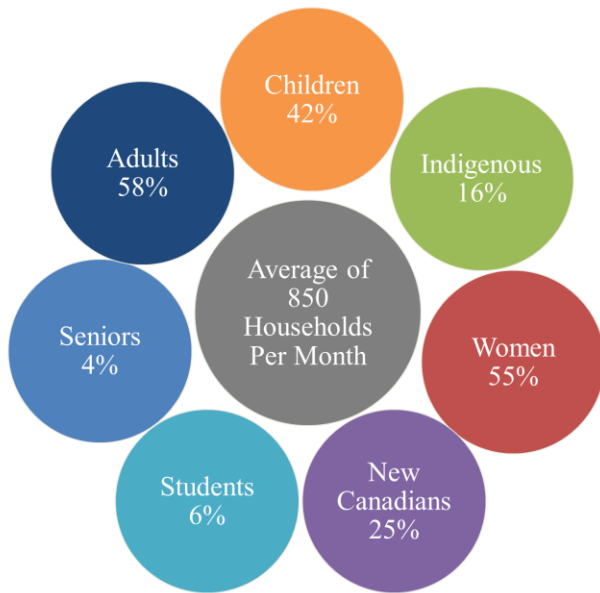
# PUBLIC EDUCATION

*By telling the stories of those we support, we aim to influence policy and create opportunities for positive change.*

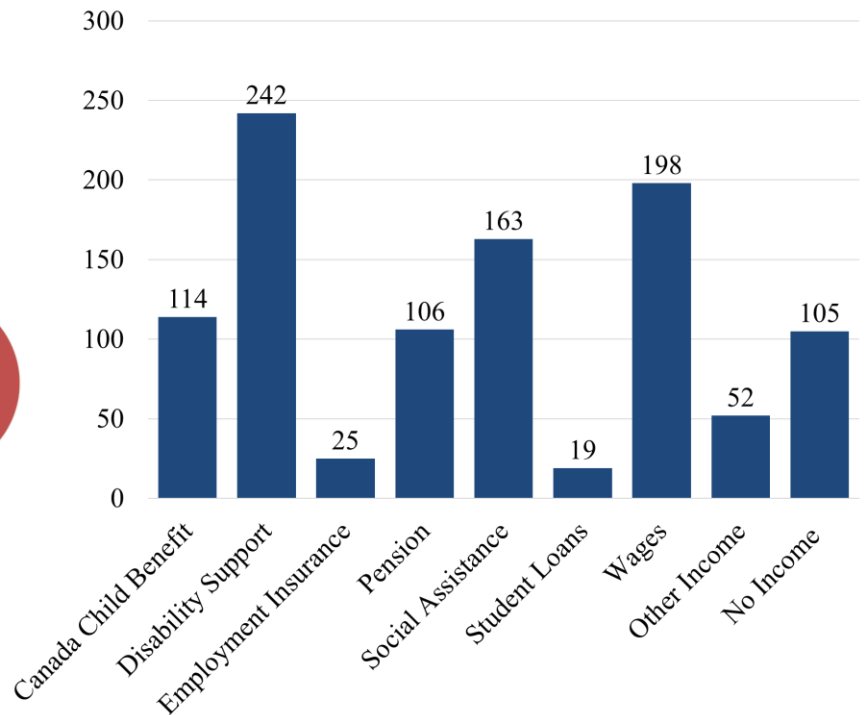
We support to those in a variety of situations. During times of crisis, anyone may find themselves in need of our services. We are here for our community, and prioritize vulnerable populations.

*The faces we see here at IFB have been changing. In 2023 we saw an increase from 14% to 25% of our clients being New Canadians.*

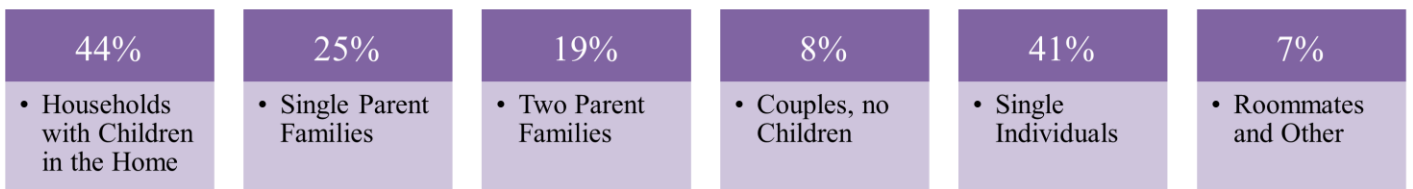
## Demographics 2023



## Primary Income Sources



## Household Dynamics 2023



*More homeowners and working people have needed help. The number of wage earners accessing our services has increased by four times in the last two years.*

## Housing Types



# VOLUNTEERS



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

## *Volunteer Hours 2023*

We are a community organization inspired by, led by, and operated by community members. We have a very small staff team and rely upon a dedicated crew of volunteers to bring our vision to reality.

Our volunteers have a passion for community and recognize the privilege it is to serve those in need. Our community focus includes not only the clients we serve, but also the volunteers who enable us to offer the services we do. We work hard to create an encouraging and enriching environment that our volunteers will want to keep coming back to, and a team they can be proud to be a part of.

231 hours – Garden

253 hours – Events and Off Site Activities

1,022 hours – Board of Directors

1,220 hours – Kitchen Programming

1,778 hours – Reception and Administration

2,079 hours – Thrift Store

2,152 hours – Other

6,737 hours – Client Services

20,468 hours – Warehouse

# COMMUNITY ENGAGEMENT

*Engaging with our Community raises the awareness of Food Security and sometimes helps to recruit resources. Most importantly, it inspires community members to action, and to advocate on behalf of our cause.*



Engineering firms joined forces to compete in Canstruction, showing off their skills and collecting canned goods for local food banks



Hundreds participated with the annual Target Hunger City Wide Food Drive



Thousands joined us for Canada Day Party in the Park at Galt Gardens



More than 500 community members came to our Whoop Up Days Pancake Breakfast despite the dreary weather.



We were humbled to receive the Reconciliation Award for Not for Profit Organizations from the City of Lethbridge in recognition of our efforts to move forward together as Indigenous and Non-Indigenous Community Members.



# COMMUNITY ENGAGEMENT



Multiple agency partners worked together for Ready Set Go Back to School Fairs that helped over 1100 students with school supplies.



The Lethbridge Bulls scared away hunger with the Field of Screams.



Collaborating with the Permanent Supportive Housing Consortium, Interfaith Food Bank established a new program in 2022 that experienced its first full year in 2023. PSH supports partner agencies in securing food for residents that require on-going and consistent support. By gleaning as much as possible from food bank stock before making purchases, this new program has saved thousands of dollars for partner agencies that included Hestia House, River House, SASHA House and the YWCA Women's Residence.



Multiple community groups booked our facilities for community programming, using kitchens, classrooms and gardens. Yes, we even hosted Goat Yoga in 2023!



Working collaboratively with Christmas Hope Agencies, more than **9500 individuals** received holiday hampers, complete with all fixings for a special meal, and gifts for children. More than **1350 volunteers** contributed **12,300 hours** of service to ensure every family had the chance to enjoy a Merry Christmas.

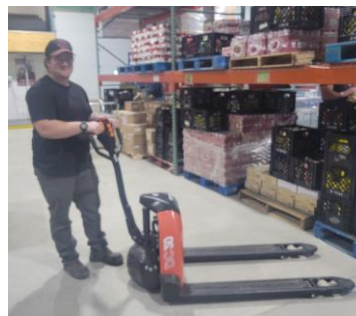
# CAPITAL IMPROVEMENTS



Taking advantage of space available after relocating client services to the front of the facility, our North Warehouse underwent major renovations to create a new Food Share Office providing us the space to coordinate our expanding operations.



An anonymous donor provided \$50,000 towards the purchase of an additional Food Share Van



Grant funding helped to purchase a new power stacker, jacks and pallet racking



Thanks to support from The Community Foundation of Lethbridge and Southwestern Alberta, additional cabinets installed in the Co-op Community Kitchen will provide for additional workstations and storage of tools for cooking classes, Big Cooks, Collective Kitchens, and our Food Recovery Program.

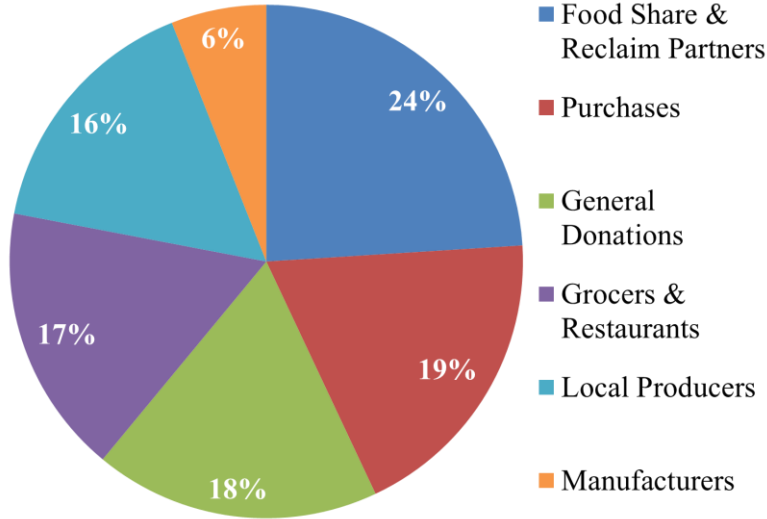


The Church of Jesus Christ of Latter-Day Saints provided \$140,000 to assist us with the replacement of the aging coolers and freezer in our North Warehouse. In addition to being much more energy efficient, these new cold storage units have tripled our storage capacity and ability to accept and distribute more fresh and frozen.

# FOOD STOCKS & FOOD SHARING

*Our gleaning process provides for our internal programs and allows us to share with other agencies and area food banks.*

## Food Intake 2023



**Food Surplus**  
End of 2022:  
97,910 pounds

**Food Intake 2023:**  
1,278,855 pounds

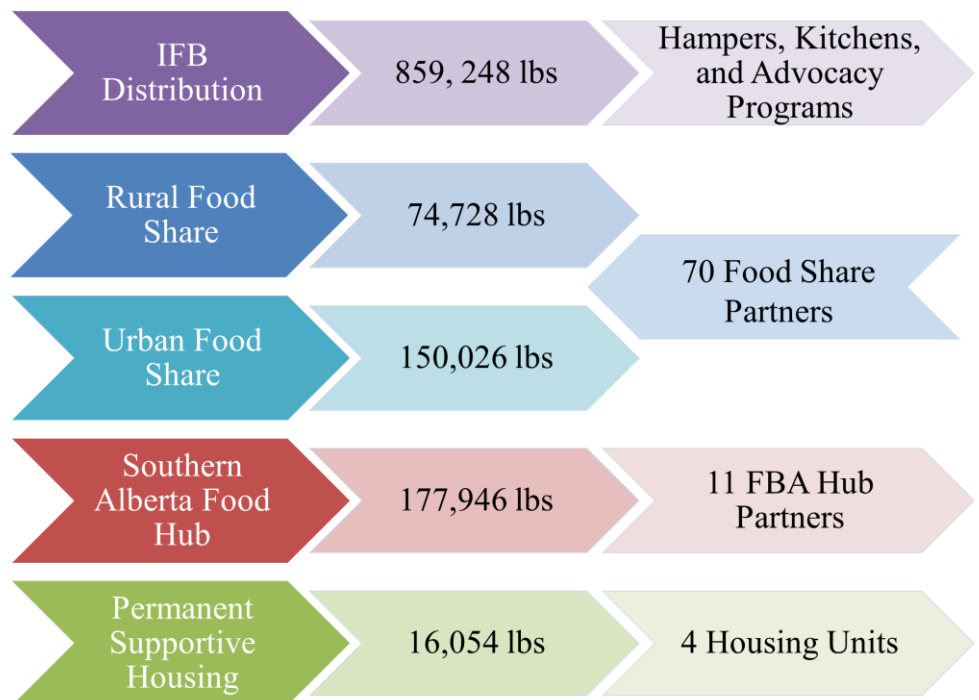
**Food Output 2023:**  
1,278,002 pounds



## Food Share

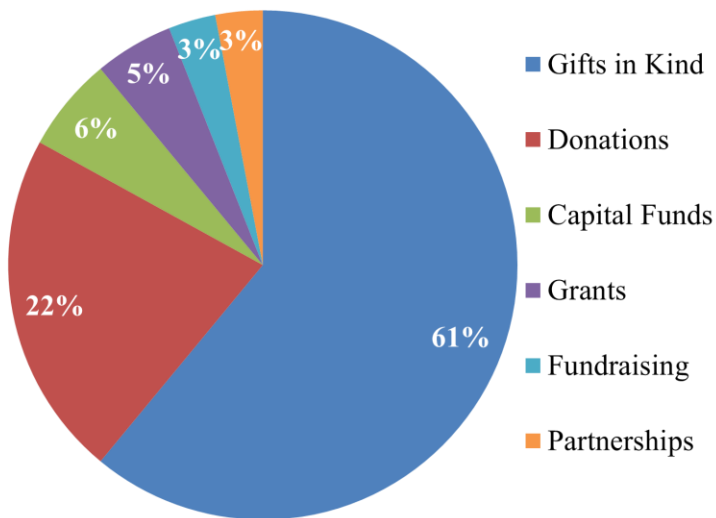
*By sharing our surplus food stock and supporting the National Food Share System in partnership with Food Banks Alberta, almost 419,000 pounds of food were distributed to Food Share Partners.*

## Food Share 2023

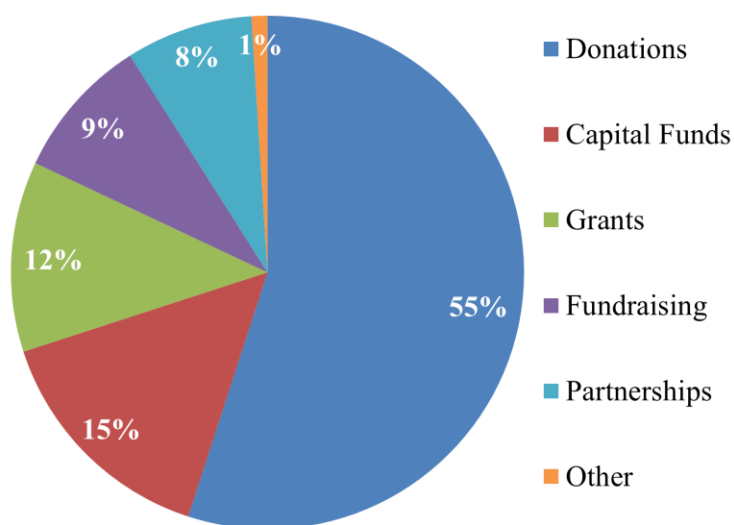


# FINANCE & FUNDRAISING

## Income Breakdown 2023



## Financial Breakdown 2023



**\$3,108,158.20**  
*Total Gift in Kind Donations 2023*

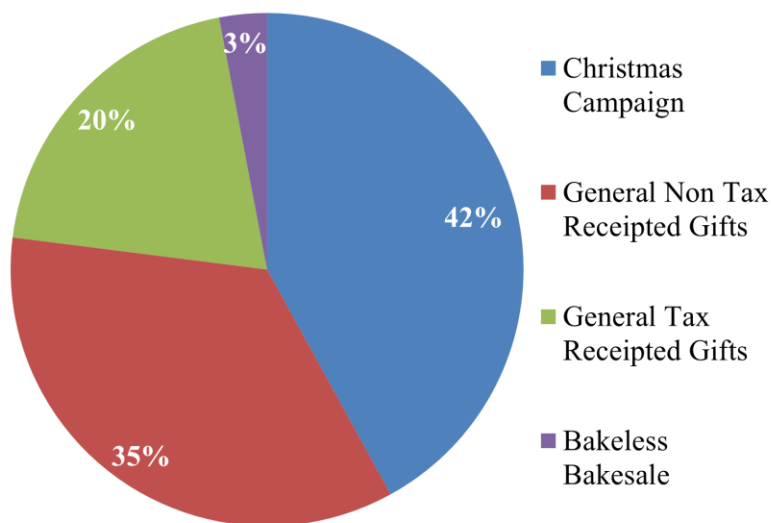
*Food*  
**99%**  
**\$3,059,278.39**

*Non-Food*  
**1%**  
**\$49,099.81**

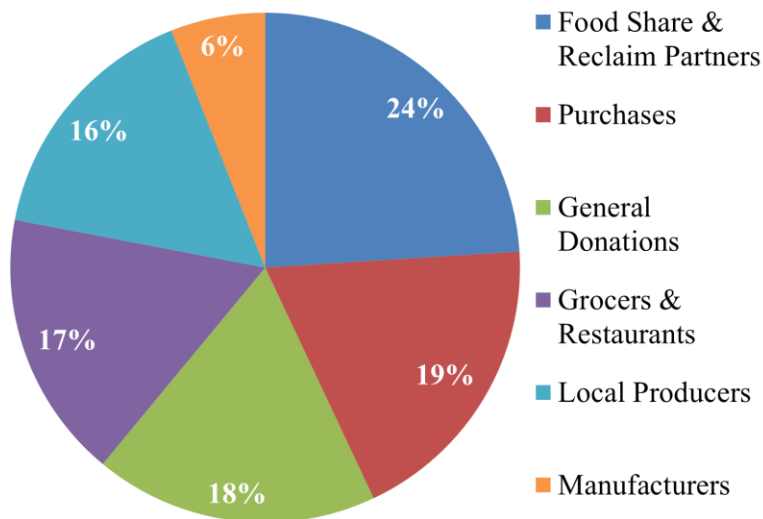
*Non-Food Distributed to Clients*  
**60%**  
**\$29,554.28**

*Non-Food Used for Fundraising*  
**40%**  
**\$19,545.53**

## Financial Donations 2023



## Food Intake 2023



*The majority of our support is received In-Kind, primarily in food. The bulk of our finances are received from donations, grants and fundraising initiatives.*



# GRANTS AND FUNDERS

*We do not receive ongoing funding from any source, but instead are eligible for project specific grants. In 2023, we were able to access additional funds due to the focus on Post Pandemic Recovery and the elevated importance of Food Security. The majority of support is received in donations, and fund-raising initiatives hosted by others on our behalf.*



Food Banks Canada builds partnerships with supporters and coordinates with Food Banks Alberta to benefit the work of local food banks. In 2023, we received support through:

- Emergency Food Access Grant to continue to provide Emergency Food Assistance and to ensure adequate stocks in our Pick Room
- Walmart Fight Hunger Spark Change (Food and Operating Costs)
- Loblaws National Food Drive (Food and Operating Costs)
- After the Bell (Healthy Lunch Packs Children), supported by Subway Canada and several corporate partners
- Tax Clinic Outcomes Reporting Grant, supported by KPMG Canada for preparation of tax returns for client families
- Standards of Excellence Grant to support our work towards Food Banks Canada Accreditation
- Food Banks Alberta Bulk Food Purchases Grant
- Food Banks Alberta Rural Transportation Grant



The United Way supported our Baby Bundle Program with a Community Fund Grant to provide a triad of support that includes nutrition, health and safety to expectant mothers and newborns.



**United Way**  
Lethbridge &  
South Western Alberta



City of Lethbridge provided funds through the Community and Social Development Department to assist with food purchases.

The Government of Canada provided grant support through the Canada Summer Jobs program to fund 2 summer students.



The Community Foundation of Lethbridge and Southwestern Alberta provided funds for additional cabinets in our Community Kitchen; and we were proud to accept funds on behalf of a Youth In Action Grant project that will be implemented in 2024.

The Government of Alberta announced funds to alleviate extra stress on food banks as Alberta had the highest level of food insecurity in 2022. Facilitated through FCSSAA, we received emergency funding for direct provision of food to vulnerable Albertans in both 2022 and 2023. We also received a Community Facility Enhancement Program Grant to finalize work on the Indigenous Healing Garden.



*Food Bank Guardians ensure capacity for future services through substantial, multi-year commitments.*



Mikado Electric and Hobgoblin Holdings Foundation continued their commitments as Food Bank Guardians and encourage others to join in their pledge to ensure the food bank is here to serve our community for years to come.



**Food Bank Guardian**

# CAMPAIGNS & EVENTS



EVANGELICAL  
FREE CHURCH  
of LETHBRIDGE

Evangelical Free Church engaged their congregation in an Advent Conspiracy Campaign to provide over \$96,000 to support our Client Advocacy and Food Share Programs



PRESENTED BY **ALTALINK**  
ALTERNATIVE ENERGY TO GREAT SUCCESS

Shaw Charity Classic Birdies for Kids Campaign matched community donations up to 50%, raising over \$33,000



The Second Door Thrift Store sells new and gently used household items to raise funds for food purchases and operational costs and provides affordable items for food bank families.



The annual Friends of Interfaith Charity Dinner and Silent Auction was a huge success. New this year was the Golden Ticket Raffle, the winner taking home their choice of live auction items.



***The majority of our support is received from others hosting events on our behalf. Our team is always ready to help out!***

- AMA Fill Our Fleet and annual Shred It Campaigns
- Logic Lumber Dixon Memorial Car Show
- Fairmont Family Fun Festival
- Denny's Grand Slam Day
- Davis Free Oil Lube and Filter Event
- Lethbridge Truck Expo
- And so many more!

# SPONSORS & MAJOR CONTRIBUTORS



South Country



# 2023-2024 Board of Directors



Susan Burrows-Johnson  
President



Holly Kletke  
Past President



Carol McLean  
Vice President



Laurie Gibson  
Secretary



Keith Greeno  
Treasurer



Jan Johnson  
Director



Penny Kwasny  
Director



Darren Armah  
Director



Jeremy DeBow  
Director



Colin Nemeth  
Director



Sandra McGrath  
Director



Kim Waterfield  
Director



Echo Nowak  
Director



Angela Wilde  
Director



INTERFAITH  
FOOD BANK  
SOCIETY OF LETHBRIDGE

## 2023 Staff Team

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



Danielle McIntyre  
Executive Director



Neil Heaton  
Operations Manager



Gladys Karanja  
Client Intake Supervisor



Amy Granger  
Fund Development



Bill Selles  
Volunteer Coordinator



Myla Krippel  
Admin & Finance  
Assistant



Troy Tollestrup  
Warehouse Manager



Mariam Ghali  
Client Advocacy  
Coordinator



Taylor Doyle  
Marketing &  
Communications



Jessica Gelata  
Kitchen Facilitator



Michelle Parry  
Food Share Coordinator



Aaron Fedunec  
Driver & Operations



RJ Westra  
Food Access Coordinator



Parker Brown  
Garden Coordinator



Megan Miller  
Kitchen Coordinator  
(Family Centre)