



INTERFAITH  
FOOD BANK  
SOCIETY OF LETHBRIDGE

VOLUME 19 ISSUE 2  
WINTER 2025

2025  
TOP 100 CHARITY  
Charity Intelligence's Highest Rated Charities  
★★★★★

## The “IFB Elves” are back for the Season of Giving!

### CHRISTMAS HOPE

Interfaith Food Bank is one of seven agencies that form Christmas Hope; a collaboration that works 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. Our goal? To bring smiles to the faces of 6000 children, 3000 adults, and 250 seniors with nourishing meals and heartfelt gifts.

For more information visit:

[WWW.CHRISTMASHOPE.CA](http://WWW.CHRISTMASHOPE.CA)

*Help Interfaith Food Bank make this Christmas merry for all!*



Interfaith Food Bank Society of Lethbridge, incorporated Edmonton, AB, July 5th, 1990, is planning to raise an estimated \$525,000.00 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.

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

Email: [info@interfaithfoodbank.ca](mailto:info@interfaithfoodbank.ca)

Phone: 403-320-8779

Connect with us online:



1103 - 3 Ave. North

Lethbridge AB T1H 0H7

Fax: 403-328-0521

# GIVING THE GIFT OF HOPE

A Message From Interfaith Food Bank

This Holiday season, Interfaith Food Bank is busier than ever. Rising costs continue to push families to our doors, and new reports show food bank visits in Canada have reached over two million each month—a 90% increase since 2019. Even as shelves are harder to keep stocked, we remain committed to standing alongside those who need us most. Some days are challenging, but thanks to the generosity of our donors, we are able to provide not only food, but also hope and comfort during this season. We'd like to share a story that shines a light on the impact your support is making, and the difference it brings to families. *Source: foodbankscanada.ca/poverty-report-card*

After Christmas last year, when the decorations came down and the cold settled in, Maria (name changed to maintain confidentiality) felt the weight of winter more than ever. As a single mother of four, she was already balancing tight finances, but January brought new challenges — higher heating bills, growing grocery costs, and the worry of how to stretch every dollar just a little further.

That's when Maria was told she was selected for Interfaith Food Bank's 'Follow the Star' Program. Families receive larger food hampers in January, February, and March, helping bridge the gap when expenses rise and budgets tighten.

For Maria, the extra food support was a blessing. It meant she could keep nutritious meals on the table for her children without having to choose between groceries and utilities. The program not only eased the strain on her household, but also reminded her that her community cared. Through our Resource Room, Maria was also able to access credit and debt management support, giving her the confidence and tools to plan ahead for a more stable future.

Because of our donor's generosity, parents like Maria entered the new year with hope, warmth, and the reassurance that they are not alone.

- Interfaith Food Bank Team

*We'd love to celebrate your contribution with a festive photo!*



## CHRISTMAS WISHLIST

- Grocery Gift Cards
- 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
- Chickpeas
- Rice
- Cooking oil
- Flour
- Lentils
- Cake Mix
- Pudding/Jello Mix
- Coffee/Tea
- Hot Chocolate
- Chocolates/Candies
- Candy Canes
- Mandarin Oranges
- Special Dietary Items
  - Diabetic Friendly
  - Halal Friendly
  - Gluten Free

## MAKE GIVING EASY

### FOOD OR FUND DRIVES

You can make spirits bright by organizing your own fundraiser in support of Interfaith Food Bank. From festive bake sales to office food drives, every event helps nourish local families in need. We can support you with:

- Collection Bins
- Equipment Rental
- Tip Tap Device
- Event Promotion

Did you know you can create your own **Canada Helps Fundraising Page** to collect donations on our behalf online?

Visit: [www.canadahelps.org/en/fundraise/](http://www.canadahelps.org/en/fundraise/)

### BORROW OUR TIPTAP

Help spread holiday cheer by borrowing our TipTap device to facilitate cashless donations on our behalf at your workplace, party, or community event. With a simple tap of a card or phone, supporters can give quickly and securely, no cash needed.

Together, let's make giving simple — connect with us if you'd like to borrow our TipTap device.



Connect with our office if you are fundraising on our behalf, we would love to help!

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

# CHRISTMAS GIVING OPTIONS

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

**Donations must be submitted by December 31, 2025 to be eligible for 2025 Tax Returns.**

## UNDER THE TREE TOY & GIFT PROGRAM:

Set up a tree at your office, church, school, or business and invite others to donate non perishable food items or unwrapped toys and stocking stuffers for children under 18. Don't have space for a tree? No problem—we can provide a festive collection bin. Please plan to have bins returned by December 8th.

## CHRISTMAS HAMPERS:

Donate non-perishable food items for a special Christmas hamper or by giving financially to purchase the needed food items.

**\$200 for a hamper for an individual**

**\$250 for a hamper for a medium family**

**\$300 for a hamper for a large family**

## 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.

## FOLLOW THE STAR:

Pledge to support a single parent and their children by providing a larger food hamper in January, February, and March.

**Single parent with one or two children - \$500**

**Single parent with three or four children - \$600**

**Single parent with five or more children - \$700**

*Each small contribution is a sprinkle of Christmas cheer, growing into a joyful gift of support over time!*



## 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.

- Consider becoming a Monthly Donor
- Wills, Bequests & Life Insurance
- United Way Workplace Giving
- Gifts of Securities
- Endowment Fund Administered through the Community Foundation

*For wills and bequests  
our legal name is*

**Interfaith Food Bank  
Society of Lethbridge**  
Charitable #132743576 RR001

**Did you know we accept donations of Grocery Gift Cards?**

***Gift card donations make a big difference! They give us flexibility to buy essentials for our clients when we need them.***



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:



# UPCOMING CHRISTMAS EVENTS

Events to benefit Interfaith Food Bank are regularly added to our calendar.

Find an up to date event list: [www.interfaithfoodbank.ca/events](http://www.interfaithfoodbank.ca/events)

## Interfaith Food Bank's CHRISTMAS MARKET

### TREAT BOXES

Large - \$35

Small - \$15



### LightTheWorld Giving Machine

### Giving Machine

### Tim Hortons

### Holiday Cookie Campaign



### Toy Mountain



### 30th Annual Toque & Teddy Bear Toss



### Annual Free Lube, Oil & Filter



### Charity Check Stop



### Mayor's Concert



Please connect with us if you are able to give your time.

### Saturday, December 6th 10AM - 2PM

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

Back by popular demand - our Christmas Treat Boxes are packed with festive cookies, tarts and other sweet treats, and are now available for preorder at [interfaithfoodbank.ca/treat-boxes](http://interfaithfoodbank.ca/treat-boxes).

Pickup at the Christmas Market on December 6th.

November 13 – December 8

Park Place Mall, just outside of Winners

November 17<sup>th</sup> - 23<sup>rd</sup>

Fairway, Mayor McGrath South, Mayor McGrath North, 43rd, Heritage Blvd, Copperwood, Scenic Drive South

November 22nd- December 22nd

Centre Village Mall

December 5th, game begins at 7:00 pm

[VisitLethbridge.com](http://VisitLethbridge.com) Arena

December 6th, drop in from 8:00 am - 12:00 pm

115 Wt Hill Blvd South

December 6th, 12:00 pm to 4:00 pm

Park Place Mall Parking Lot

December 13<sup>th</sup>, 7:00 pm - 9:00 pm

Southminster United Church

Donations & Administration and The Second Door Thrift Store will be open From 9:00 am- 1:00 pm on December 6<sup>th</sup>, 13<sup>th</sup>, and 20<sup>th</sup> to make your holiday giving and shopping even easier.

### 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
- Parking Lot Attendants
- Kitchen Support
- Donations/Administration
- Second Door Thrift Store
- Client Services
- Client Advocacy
- Food Recovery
- Special Events



### BECOME A MEMBER

Purchase a \$5 annual membership to formalize your support and ensure your voice is heard in decisions that determine overall direction of Interfaith Food Bank. Visit our website to learn more:

[www.interfaithfoodbank.ca/how-you-can-help/membership](http://www.interfaithfoodbank.ca/how-you-can-help/membership)