

INTERFAITH FOOD BANK SOCIETY OF LETHBRIDGE

It's Time for Our Annual **Bakeless Bake Sale**

Baker's Note: Skip the batter and go straight to what matters!
No whisking, no washing up, no wondering if it'll turn out right.
Just pure, guaranteed impact. **Now THAT'S a recipe worth sharing.**



Bakeless Impact Recipe

Yield: One nourished community

Ingredients

- 1 cup of community generosity
- A pinch of neighbourly love
- 1 donation to Interfaith Food Bank (no exact measure needed — every amount counts!)

Instructions

1. **Don't get in a huff about baking** — this year, we're raising “dough” the easy way!
2. **Donations can be made in person, by mail, or online.** *Your generous contribution is the sweetest “ingredient” of all.*
3. **Watch your “dough” rise.** Every dollar helps us feed neighbours in “knead”.

Choices Matter



At Interfaith Food Bank, we work hard to recognize the human dignity of those in need. One way we do this is to offer our clients choice in the food that they receive, as much as we can. We believe choice isn't a luxury - it's a form of respect.

To help carry our clients through the month, every household receives one emergency food hamper: roughly 5–7 days of non-perishable and frozen food based on the *Canada Food Guide*. It's a lifeline, but we know that a box of food, however carefully assembled, is not a nutritional one-size-fits-all for the needs of each unique household we serve.

That's why our Pick Room is so vital.

Think of it as a small, welcoming grocery space — one where clients can stop in and choose fresh produce, bread, and surplus goods for themselves. Clients can select what fits their needs based on availability, because a diabetic grandmother and a household of young kids don't need the same things.

Nearly 150 people walk through the Pick Room every day that it's open. What happens there is about far more than food. The simple act of reaching for a cabbage instead of bell peppers — of making a choice — quietly restores something that hardship so often strips away: autonomy. This gives authorship of ones own life, even during a difficult chapter.

Thanks to donors like you, we are able to ensure the hampers are always available. As much as we can, we keep the Pick Room stocked and the people who depend on it are met not just with food, but with the dignity they deserve.

Grow-A-Row

Think of us while you are planting your garden! Fresh produce is less frequently donated at Interfaith Food Bank, but is vital for proper nutrition.

We are a bridge between a community of donors like you and individuals and families in need of support.



Meet our clients immediate food needs

We meet individuals where they are at and offer emergency food support without judgement.



Connect to community supports

We connect those we serve with resources that help to address the underlying issues leading to food insecurity.



Build skills and community

Often through partnership, we facilitate cooking classes and skill building programs to empower our clients.



Move from crisis towards long-term food security and independence

We want to offer a hand-up, not just a handout.

Most Wanted Items

Non-Perishable Food Items

Canned fruit	Boxed cereal
Canned vegetables	Peanut butter
Meat/salmon/tuna	Jam
Lentils & beans	Macaroni & cheese
Chickpeas	Hamburger Helper
Soup	Oil
Canned pasta/stew	Instant cereal
Spaghetti sauce	Baby food
Pasta/rice	Baby formula
Tomato paste	Coffee & tea

Perishable Items Dietary Items

Fresh meat	Diabetic
Fresh produce	Halal
Dairy products	Gluten free

Grocery Gift Cards

Giving Options

Find more ways to support our mission online: www.interfaithfoodbank.ca/how-you-can-help



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.



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.

- Monthly giving
- Wills, bequests & life insurance
- Gifts of securities
- United Way workplace giving

For wills and bequests our legal name is

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



Presented by **ALTALINK**

Interfaith Food Bank is proud to have partnered again with Birdies for Kids. **For every dollar we raise with this campaign, up to 50% will be matched by the Birdies for Kids program until August 31st.** Ask about it next time you visit our donations office or indicate Interfaith Food Bank as your charity of choice when you give online:

www.rogerscharityclassic.com/donatenow



FUNDRAISE TO FIGHT FOOD INSECURITY

FOOD OR FUND DRIVES

Start your own fundraiser to support Interfaith Food Bank! From bake sales to workplace food drives, each event helps feed local neighbours in need. We can support your efforts with:

- *Collection bins*
- *Equipment rental*
- *tiptap© 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



BORROW OUR TIPTAP

Support our community 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

Sharing Food

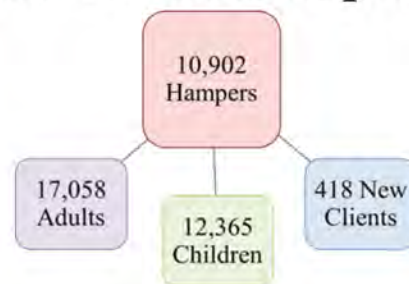
Your support through volunteering or donations is vital. Thank you for helping us fight hunger.



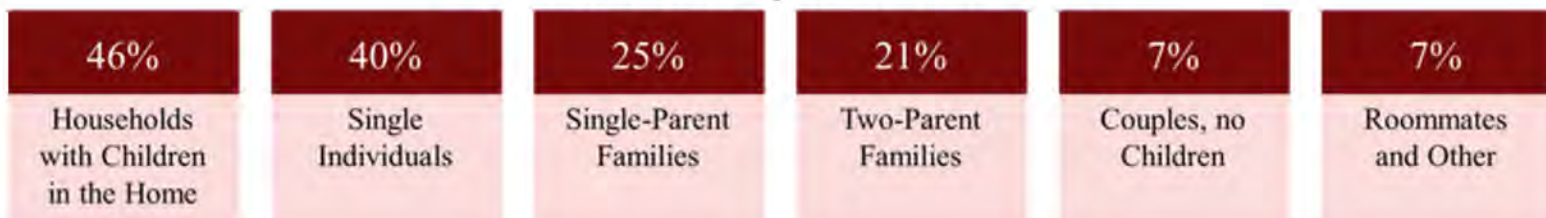
Emergency Food Assistance

Food hampers offer 5-7 days of emergency food assistance, with households eligible for one per month, and various hamper options cater to special dietary needs and cultural preferences. The Pick Room provides perishable and surplus items five days a week.

2025 Food Hampers



Household Dynamics 2025



Over 250 volunteers contributed 32,750 hours of service in 2025!



Food Share

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

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

Did You Know?
Our warehouse moved 1.9 MILLION lbs. of food in 2025!



Our Co-op Community Kitchen is designed for group use, providing opportunities to gather, share, and learn. This space also hosts our Food Recovery Team who work to transform surplus food into meals for our clients.



In collaboration with Family Centre, The Interfaith Chinook Country Kitchen offers cooking classes for families to prepare healthy meals on a budget, catering to chefs of all ages.

2025 Food Distribution



Nourishing Community

The complete Annual Report can be found at: www.interfaithfoodbank.ca



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.



Did You Know? Helpful Hobbies makes bibs, burp cloths, & blankets for Baby Bundles!

Over 280 adults and 140 children participated in garden programs

Over 15 species of Indigenous plants grown

2025 Garden Statistics



Over 50 varieties of vegetables, fruits, and herbs grown

Over 530 lbs of fresh produce grown



Ih'taapiinii'mopa inn'siimaan (Healing Garden) provides a public space for community engagement and acknowledges Truth and Reconciliation, reflecting a shared vision for progress among Indigenous and non-Indigenous Canadians.



Interfaith Learning Garden

The Interfaith Learning Garden educates community members about growing their own food, promoting healthy and cost-effective food security at home.



Did You Know? On the first Tuesday of each month we have a 50% sale!

The Second Door Thrift Store

On average, The Second Door Thrift Store earns just over \$2,500 per month

Volunteers help sell donated items at our Second Door Thrift Store, with proceeds supporting food and operational costs for those in need in the community. New and gently used non-food items can be donated at the Donations and Administration desk.



Community Connections

629 People Directed to IFB Programs

Our Resource Room fosters connections, promotes self-advocacy, and refers to community partners to tackle the client's underlying issues.

507 Referrals made to over 20 Local Supports



1136 Visits to the Resource Room

Upcoming Events

Donate ~ Sponsor ~ Volunteer

The Second Door Thrift Store Garage Sale

Co-op Community Kitchen

Friday, May 22 - Saturday, May 23

9:00am - 6:00pm

Explore our wide selection of new and gently used items and find fantastic deals! We offer a diverse range of treasures for every taste from houseware, books, toys, fitness equipment, and more!

Interfaith Learning Garden Workshops

We have lots of fun events and workshops planned in the garden, such as how to preserve produce through canning, pot painting, and more! **Stay tuned for dates and details on our website and social media.**



National Garden Days Party

Interfaith Learning Garden


Friday, June 19

12:00pm - 3:00pm

This event celebrates National Garden Days and will take place in the Interfaith Learning Garden. A free BBQ lunch and activities will be provided to enjoy in our outdoor space.

Canada Day Party in the Park

Galt Gardens

Wednesday, July 1 

9:00am - 4:00pm

We are hosting a Party in the Park with various activities, including a charity breakfast, community stage, market, car show, and much more!



Whoop Up Days Pancake Breakfast

Interfaith Learning Garden

Tuesday, August 18

7:00am - 10:00am

Interfaith Food Bank will host our annual Pancake Breakfast to kick off Whoop-Up Days! We are proud to serve a well balanced meal to our community members. The event will end just in time for the parade.



The 18th Annual Dixon Memorial Car Show

Logic Lumber Classic Car Museum

Saturday, September 12

10:00am - 3:00pm

View classic cars, muscle cars and hot rods. Enjoy live music, prizes, and BBQ! Free admission for spectators. Tickets for a \$4000 cash prize are on sale now and can be purchased in person at Interfaith Food Bank or Logic Lumber for just \$10. Draw will be made on September 12th.

Friends of Interfaith Charity Dinner & Auction

Sandman Signature Lethbridge Lodge

Friday, September 18

6:00pm - 11:00pm

Our annual Dinner and Auction will take place at the Sandman Signature Lethbridge Lodge, featuring a plated dinner, entertainment, and both live and silent auctions.



For more information: www.interfaithfoodbank.ca/events

Community Connections

A Taste of Something New - Tulu's Experience in Our Learning Garden

At Interfaith Food Bank, we believe that growth, whether in soil or in spirit, has the power to transform lives. The Interfaith Learning Garden teaches community members how to grow their own food, supporting healthy and affordable food security at home. What began as a simple gardening program has blossomed into something far more meaningful: a place where clients, staff, volunteers, and our community discover new things together, side by side.

Last growing season, our garden produced a wonderful variety of fruits and vegetables — some grown for learning, programming and many shared directly with our clients. Among last year's most exciting crops were ground cherries: a small, papery-husked fruit with a sweet, tropical flavour that most of our staff, volunteers, and clients had never encountered before. For many, simply trying something unfamiliar was an adventure in itself.

When Tulu visited our food bank to receive his monthly hamper, he was offered a ground cherry to try — and his reaction said it all. His eyes lit up as he popped the little fruit in his mouth, and within moments he was raving about how delicious it was. The joy on his face was immediate and infectious. Our team didn't hesitate. We handed Tulu a bag and invited him to pick as many ground cherries as he wanted, straight from the garden. He dove in with delight, filling his bag with the ripest fruits.

This joyful moment embodies the essence of Interfaith Food Bank. It goes beyond food distribution — it's about enhancing food security by building community connections that surprise, delight, and unite people. The Learning Garden, vibrant and colorful, is a testament to the connections we cultivate and the hands-on learning it offers.

Tulu's story reminds us that sometimes the smallest gifts, such as a little fruit, a sunny afternoon in the garden, an invitation to help yourself, can make a lasting impression. We are proud to grow a space where moments like these happen every season.

Our Learning Garden grows food, community, and connection.



Become a Member

Purchase a \$5 annual membership to formalize your support and ensure your voice is heard in the decisions that determine the 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
- Be eligible to apply for nomination to the Board of Directors
- Acquire 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!
Scan the QR code to apply online:



Join our
Summer Fun Crew!

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



Proud to Lead

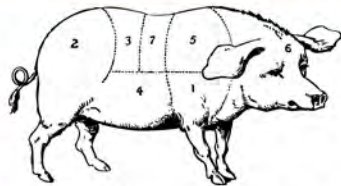
CHARITY INTELLIGENCE 2025

**TOP 10 IMPACT:
FOOD BANK**

We are humbled to be recognized for a fifth year as a **Top 10 Impact Food Bank** and a third year as a **Top 100 Charity** with a **five-star rating** by Charity Intelligence. Interfaith Food Bank was selected for our financial transparency, reasonable overhead costs, and demonstrated impact.

2025
TOP 100 CHARITY

Charity Intelligence's Highest Rated Charities

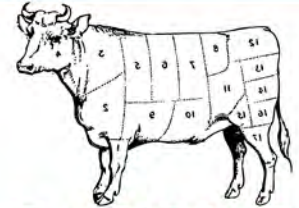


Project Protein is a program designed to source animals from the livestock industry to process into ground meat for low-income community members who rely on Interfaith Food Bank.

Program sponsored in part by:

sunnysouthvet

Project Protein



How Can YOU Help? DONATE LIVESTOCK

- Cattle or hog
- Project Protein *can* cover processing fees
- Receive a charitable tax receipt!

MONETARY DONATIONS

- Cover processing fees

Contact our office to learn more

See a List of Our Participating Abattoirs: www.interfaithfoodbank.ca/ProjectProtein



Interfaith Food Bank Society of Lethbridge, o/a Interfaith Food Bank, is planning to raise an estimated amount of \$1,525,000 this year on Fund-raising campaigns. It will cost our organization an estimate of \$105,000 to raise this. The money raised will be going to food purchases and operational costs associated with emergency food assistance and food security initiatives. For further information, please contact Danielle McIntyre (403) 320-8779.

Our address is 1103 – 3rd Ave. North, Lethbridge AB T1H 0H7.

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.

Scan to Donate or
Connect Online:



www.interfaithfoodbank.ca
Email: info@interfaithfoodbank.ca
Phone: 403-320-8779