

**INTERFAITH FOOD BANK SOCIETY OF LETHBRIDGE**  
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## **INTERFAITH FOOD BANK – ABOUT US**

### **Our Mission:**

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.

### **About Us:**

We cater to those in a variety of situations, ranging from single-parenthood, to seniors on fixed incomes, to the under or unemployed, or to those with other social or economic barriers. We have been providing emergency food services to citizens of Lethbridge and area since 1989. Since then, we have grown exponentially as the community recognizes, assesses and attempts to satisfy the needs of those in crisis.

### **Our services:**

We act as a bridge between a community of donors and those who are in need through:

- Distribution of monthly food hampers, daily food supplements, and clothing vouchers
- Referrals to other community and/or government agencies to connect individuals and families with resources available within our community
- Offering *The Interfaith Chinook Country Kitchen* – through partnerships with Chinook Health and Family Centre, we facilitate cooking classes that teach healthy eating on limited budgets.

### **Who we serve:**

A survey done in March 2008 shows that 43% of our client base receives some form of government assistance such as Assured Income for the Severely Handicapped (AISH), Supports for Independence (SFI), or Social Assistance; 22% are those we would consider “the working poor”; 7% are students or seniors; and the remaining 28% are in some type of short-term financial crisis.

### **A bit of our history...**

Interfaith Food Bank is the offspring of a service which had its beginnings in our Lady of the Assumption Church. Requests for food and assistance were coming to the church, not only from people in the parish, but from all areas of Lethbridge and district. The food bank outgrew its quarters in the Assumption Church and moved to the basement of the Catholic Charities Clothes Bank, taking the name of Catholic Charities Food Bank.

In October of 1989, Catholic Charities Food Bank moved to share a vacant area in a city of Lethbridge building occupied by the Lethbridge Soup Kitchen. However, another move was scheduled when that building was torn down to make way for the new Lethbridge Family Services building. The food bank moved to a small building, 1102 3rd Avenue North.

As support was coming from all the churches in the community, the name of the organization was changed to the Interfaith Food Bank Society of Lethbridge and its growth necessitated another move to 1116 3rd Avenue North. We are now a provincially registered non-profit society, and nationally registered charitable organization. Today, Interfaith operates out of all four bays in the building, and includes The Interfaith Chinook Country Kitchen, a community kitchen program that teaches participants how to cook healthy meals on a limited budget.

## **HOW YOU CAN HELP**

Last year over 753 000 Canadians accessed food banks in one month. In 2007, Interfaith Food Bank provided food for 13,372 citizens in Lethbridge, 46% of whom are children. Individual Canadians can take action to help solve the problem of hunger in Canada. You can make a difference.

### **1. Donate**

Interfaith Food Bank Society of Lethbridge relies heavily upon donations of food, funds, and gifts in kind from within our community. We are only able to give what we receive.

#### **FOOD DONATIONS**

We are constantly recruiting donations of non-perishable food items.

- Drop Off Food Donations at Interfaith Food Bank
- Contribute at your local grocery store
- Donate at special events
- Organize your own food drive

#### **FINANCIAL CONTRIBUTIONS**

Financial contributions are used to purchase food, to cover operating costs, make capital purchases and to fund activities such as our Back to School Program or Christmas Campaign.

- One Time Donation
- Monthly Giving
- Project Specific Gifts
- Honor & Memorial Donations

#### **IN-KIND DONATIONS**

Choose to donate products, services or discounts that will help us to achieve our goals:

- Donate or offer discounts on products / services
- New or gently used items for the Garage Sale

### **2. Volunteer**

Volunteers are the lifeblood of the food bank, without their commitment to serve, our organization would be unable to deliver the quantity or quality of services that we provided clientele this year. Volunteers can choose to donate their time to Interfaith on either a regular or casual basis:

#### **REGULAR VOLUNTEERS**

Volunteers may choose to commit to morning or afternoon shifts (or both) for one to five days per week. Our regular volunteers contribute to the daily operations of our food distribution program:

- Client Intake
- Warehouse
- Garage Sale

#### **CASUAL VOLUNTEERS**

This option is more flexible, as volunteers can decide to commit time dependent upon their own schedules, often on an on-call basis:

- Maintenance
- Repackaging
- Special Events
- Group Opportunities

**For more information contact us:** (403) 320-8779 or [info@interfaithfoodbank.ca](mailto:info@interfaithfoodbank.ca)