



Facts To Chew On

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Official Volunteer Newsletter

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Volunteer Resources
receives funding from:



And Calgarians like you.

Donors with Drive

By: Karen Warrington



Over the past month I have recorded various food drives taking place in our community. Stories of generosity and commitment to feeding Calgary's hungry have been inspiring. The following stories are great examples of the kindness and countless hours that volunteers dedicate to Food Drives.

A man with a mission

Darren D, a long time resident of Rideau Park, has gotten into the holiday spirit by donating 120 Care Hampers to the Calgary Food Bank at the Mission Safe-way. This is something Darren does year round. It is never timed or thought out but rather an added \$25.00 at the till when he is buying his groceries. "It isn't a lot for me to do, but it means a lot to someone else. We sometimes take for granted the things we have and this is a way in which I can give to my community," said Darren.

As a city of wealth and prosperity, people are becoming more aware of ways in which they can give back. "I don't expect accolades, in fact I'm a shy guy, but I hope my giving will raise awareness for the Calgary Food Bank and the Care Hamper Program," said Darren.

The Care Hamper Program has been around for many years and the Calgary Food Bank is proud to partner with Safe-way, Co-op and Sobeys to make these hampers available to donors. Each Care Hamper consists of emergency food items that are needed year round and are available in different denominations.

For more information visit us on-line at www.calgaryfoodbank.com or call us at 253-2059.

Calgary Police Service Food Drive

November 30th marked the official launch of the 2006 annual Mayor's Food Drive. Constable Paul Wagman of the District 1 Police Office is once again coordinating all District and Community Police Stations in support of this community event. All food and funds raised will go to help the Calgary Food Bank feed the hungry in our community. Since 1999 the Calgary Police Service has raised over \$30,000 in food and funds.

This year we are pleased to report that all district and community police stations are taking part in the Mayor's Food Drive



and a challenge has been issued between the District and Community stations to raise the greatest amount of food and funds.

It is great to see such a coordinated effort to help Calgarians in need.

Wash for Wishes

The Calgary Food Bank welcomes the North and South locations of Big Bucket Car Wash to our community of supporters. Thanks to the efforts of Jodie

Aebly, Site Manager and owner Jim Mitchell, Big Bucket assisted the Calgary Food Bank with fulfilling our Christmas Wish List. A food drive was coordinated for the month of December to raise food and funds to help feed Calgarians in need. For every food item donated, customers received a \$1.00 off coupon (up to \$5.00) towards a car wash. "We like the warm and fuzzy feeling of giving back to the community," said Jodie. We wish them success with their event and look forward to their continued support next year!



Food Drives create hampers for over 90,000 people in Calgary!

Food Drives Help Us!

Food Drives involve huge amounts of work from the volunteers involved, which we often fail to think about. Organizing and executing these initiatives generate funds and food that enable the Food Bank to develop and strengthen programs.



CIFB Client Demographics

- 29.5% of our Clients are single parents and 41.6% of single parents in Calgary are low income.
- 23.5% of our Clients are two-parent families and 33% of young families (15-24 yrs) in Calgary are low income.
- 36% are of our Clients are single and 45% of single people in Calgary are low income.
- 11% of our Clients are couples with no children.
- 42% of our Clients are children and 20% of children in Calgary live in low income households.

Calgary Socio-Economic Conditions

- In 2004, 113,000 full time employed Calgarians earned less than \$10.00 per hour....60% were women and 40% were under the age of 24.
- 36% of Calgarians are spending more than 30% of all income on housing.
- The ratio of personal income to debt for the average Calgary Household was 119%.
- 12.6% of Food Bank clients are AISH recipients.



FAST FACTS 2006

- *94,686 Calgarians came to the Calgary Food Bank
 - *42% of our clients are children
- *\$3.5 million in fund donations and \$13 million in food donations is needed to meet the needs in our community
- *Supported solely by the generosity of the community, we do not receive Government or United Way funding

- *85% of clients receive a hamper three times or less per year
- *165 Emergency Food Hampers are distributed on an average day
- *36,322 food Hampers were distributed through the Emergency Food Hamper program
 - *1,923 fruit and vegetable Hampers were provided

- *10,908 clients were referred by partner agencies
- *We provided 12,409 clients with referrals to over 100 community agencies
- *200 or more Hampers for the Homeless are shipped each week to our partner agencies
- *11,322 food Hampers were distributed through the Hampers for the Homeless program

- *80 - 100 people volunteer per day
- *4,200 individual and group volunteers give an incredible 95,800 hours
- *102 pick-ups of food and donations are made each week
- *2.6 million pounds of food is distributed through the Regional and National Bulk Food Share program

- *2.3 million pounds of food is distributed to over 100 Calgary agencies through the bp Food Link program
 - *1,467 containers of Infant formula are delivered annually
 - *3,792 home deliveries of milk were made to over 500 households
- *37,246 litres of milk was distributed through the Childrens Milk program providing 250 children a week with fresh milk

VIP Feature

LEATHER CARPENTERS GLOVES
HOODIES
WOMEN'S 3/4 SLEEVE SHIRTS
COOLER CHAIRS

To pre-order:
253-2059 ext.225 or vip@calgaryfoobank.com

Upcoming Events!



SPRING LEGACY SEMINAR SERIES

WHERE? The Ross Glen Hall,
Mount Royal College

WHEN? Saturday, March 31, 2007

For more information call Diane at 253-2059 ext. 258 or visit our website at www.calgaryfoobank.com



Warm Thoughts to Claudia Tennant...

Claudia played an integral role in the creation of the CIFB. She was one of the first Board members, and a volunteer in Client Services and Communications and Resource Development. Her early years were spent travelling to underdeveloped countries to implement programs and provide medical training to nurses assisting crisis victims. Claudia died at the age of 89 and will be greatly missed by all.



Bring Your Pal!

Expecting company this winter?
Talking to colleagues about philanthropy?
Relatives in from out of town?
"Bring a friend to volunteer" and join us for a shift!
Call Volunteer Resources @ 319-0830 and learn how.

Thank you to all of the Calgary Inter-Faith Food Bank Volunteers.
It is because of you that this organization has been able to assist Calgarians for 24 years.

