

Hunger Bytes

NEWSLETTER OF THE SOUTHERN & CENTRAL ALBERTA FOOD BANK FEDERATION

Volume 1 Issue 1

The Main Course



Welcome to the first edition of Hunger Bytes - the Newsletter of the Southern & Central Alberta Food Bank Federation.

As I sat at my computer contemplating what words of wisdom to write, I replayed the past couple of months in my mind. I have visited many of our members; large food banks feeding 200 clients a day and food banks consisting of 1 room in the church basement. The size of the facility, how much food they have or how many hampers went out in a day is of little consequence. What is important is the people that I have met and how hard they are all trying to feed those in need.

I realized that I am in the very fortunate position to be involved with food bank managers, staff and volunteers who love what they do. One does not enter into this arena for the money or the retirement benefits. These people who so generously give of themselves do because for some reason, food banks become a part of the soul that nourishes their spirit.

For many it is a job with no real defined job descriptions other than do what needs to be done. There are more questions than answers in the business of Food Bank management. Where funding will be coming from. Will community donations continue? How many clients will be walking through the door? Will there be enough food? Riding by the seat of your pants is a good analogy. There is no measure of certainty other than no one knows what is next.

Food Banks have their own unique challenges that other non-profits do not have. As resources and time are limited for many food banks, I am frequently asked as to how other Food Banks provide services for their clients. What type of programs are food banks offering? What products are in their hampers? What has been a successful fundraiser? The list is endless. Managers want to know this information so they can learn from others so they may provide the best service for their clients.

There is no magic formula or textbooks that will teach how to manage a food bank, just as there is no right or wrong way. Each food bank is as diverse as their community and they have their own unique way of providing services to their clients. My goal for this newsletter is to share some of these great ideas, information and tidbits about life in a food bank. There are real benefits by working together and joining a network of people whose commitment helps thousands of lives every year.

As a Federation, we are here to share information, resources and support. The challenges may be large and often the rewards small but realize that as managers and volunteers you are making a difference one food hamper at a time.

Darcie

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There are 78 Food Banks in the Province of Alberta who assisted 31,132 adults and 23,240 children March 2004 - CAFB Hunger Count

Side Dishes (the extras)

Vitalize 2005



Vitalize 2005 is a conference sponsored by the Wild Rose Foundation and the Alberta Lottery Fund. It is a development opportunity that offers a myriad of sessions addressing the needs of Alberta's volunteers and those involved in the volunteer sector. It is anticipated that over 1,100 delegates from various agencies and more than 150 municipalities will be represented at Vitalize 2005.

Vitalize is open to all Albertans, but is targeted primarily to citizens working in the voluntary sector, those managing volunteer programs, committee and board members and individual volunteers wanting practical information to take home and apply to their community work.

Vitalize 2005 will be located in Calgary at the Telus Convention Centre June 9th, 10th and 11th. I would highly suggest attending this event if possible

Registration fee of \$120.00 includes conference meals, kit bag, Friday night gala, all workshops and sessions.

For more information on sessions and registration information contact the Wild Rose Foundation at 310-0000 - 422-9305 or check out their website www.cd.gov.ab.ca/wrf

Hope to see you there!

Committee - A group of people who keep minutes & waste hours

Recipe File

Everyday Easy KD

With thanks to Kraft Canada

Prep time: 5 min

Ready in: 15 min

Serves:4

1. Prepare Kraft Dinner according to package directions, adding vegetables (few handfuls) during the last 2 minutes of boiling.
2. Stir in cooked meat and add-ins
3. Cook until heated through

Take 1 box (225g) KD Mac & Cheese and Mix and Match your recipe from these options:

| <u>Meat Options</u> | <u>Vegetable Choices</u> | <u>Add in possibilities</u> |
|---------------------------------|--------------------------|---|
| 1 lb ground beef | Corn | 1/2 cup salsa |
| 1 lb cubed boneless chicken | Chopped broccoli | 2 cups cooked rice Green onions, soy sauce |
| 1 can tuna(120 gram) | Peas | 1 can cream of mushroom soup 1/2 can milk |
| Meatless—a can of drained beans | celery | 1 can Italian style |

MACARONI & CHEESE/KRAFT DINNER IS IN THE TOP 3 PRODUCTS THAT FOOD BANKS DISTRIBUTE TO FAMILIES IN NEED



Banana Box (a bit of everything)

Calgary Interfaith Food Bank is planning its largest ever food drive. This event will take place in September 10th and will involve members of the Mormon Church who will collect food from all sectors of the city. They anticipate 300,000 households will participate. **The Red Deer Food Bank will be having their first annual Appreciation Awards Banquet for their donors and sponsors June 8th. They are going all out with entertainment, door prizes and a gourmet BBQ showcasing the culinary talents of Fred Scaife.** Lethbridge Food Bank and the Mountain View Food Bank have clients pack their own hampers. Large totes hold the hamper items and clients then pack only what items they need or will use into plastic bags. Both have experienced a reduction in hamper products taken. **Trochu Food Bank delivers each hamper to the clients home.** Sharon Gillespie of the Taber Food Bank has a background in psychiatric nursing - that is sure an asset in this business! **Welcome to Jason Bird the new Manager of the Kainai Food Bank, they will also be fortunate enough to move into a brand new building this September.**



Fundraising

Empty Bowls is a popular and successful event that a number of food banks have adopted and turned into an annual event. This event not only assists food banks and increases awareness of hunger, it also encourages community participation and partnerships.

For a minimum donation participants choose a unique handcrafted bowl which is filled with a simple meal. Participants take the bowl home when finished.

The bowls are crafted and donated by local potters, handicraft guilds and associations, local art clubs and school art classes.

Some communities encourage businesses to take their

employees for lunch by providing a "business luncheon".

The meals provided may vary from soup and bread to chili and stew. Visit your local restaurants and invite them to participate by preparing and donating the meals. If you are preparing your own meals ensure you are following regulations and check with your local health inspector.

Promotional Tag Lines:

"Come out and support the effort so that no persons in your community will be faced with empty bowls."

"The bowl you take home is intended to serve as a reminder that hunger is an ongoing concern in our community and around the world."

Empty Bowls

"This event combines art with outreach and soup with service."

The Calgary Interfaith Food Bank is generously offering the opportunity for SCAFBF members to participate in their online auction Empty Bowl Benefit. With your assistance, CIFB will provide bowls and paints to "famous or infamous" members of your community who wish to participate. They are asked to decorate the bowls which will be offered online on the CIFB website. All proceeds received from your community bowls will go to your food bank. CIFB will also assist you with promotion. If you wish to participate or need more information please contact Angela Knight at 253-2059.

Objectives of the Southern & Central Alberta Food Bank Federation

1. To develop a Southern & Central Alberta focus to support food banks in achieving their mission to feed the hungry in their local communities through sharing information and resources between food banks.
2. To create opportunities for Food Banks to collectively represent concerns/issues to government and policy makers.
3. To plan and implement collective approaches and methods to public education and awareness of initiatives concerning poverty and hunger issues.
4. To represent the members collectively in approaches or agreements with food industries or other sources of food.
5. To represent the members in any centralized approaches to donors of funds or resources for the collective benefit of the Food Banks.

**VOLUNTEER CANADAS'
VOLUNTEER MANAGEMENT AUDIT
RESOURCE 2001 DETERMINED THE VALUE
OF AN HOUR OF VOLUNTEER EFFORT WAS
\$16.50
THE ACTUAL VALUE OF A VOLUNTEER IS
PRICELESS!!**

That ugly word - Policy

Volunteers—Where would food banks be without them? The easy answer is not able to provide services.

The number of volunteers and the duties they perform vary with each food bank. Presented are a few examples of policies that food banks have adopted to address the following issue:

Do volunteers have access to food for personal use?

1. If a volunteer qualified for a food hamper they will receive one for every 48 hours of volunteering
2. Inventory of the Food Bank are for the distribution to our member agencies and direct service program clients only.

Volunteers

3. Food products taken by volunteers will be monitored by weight with a set weight maximum per day
4. Volunteers will have access only to outdated bread and fresh produce at the end of the day.
5. No policy in place

Leadership does demand a good degree of independence, yet is also requires the ability and humility to ask for help. Simply asking for assistance can build a community of supporters that are invaluable, thus growing upon the rewards we receive from learning to lean on one another in a spirit of progress.

Great Idea

Birthday Kits

Food Banks have the priority of offering the basics of food to clients, however sometimes it's the little things that can make a difference. Some of our member food banks have recognized that all children deserve to have a Happy Birthday and are offering Birthday Party Kits to their clients.



This project truly brings smiles to clients who might otherwise not be able to afford the luxury of birthday party supplies for their children.

When clients come in for their food hamper and if their child has an upcoming

birthday they are given a birthday kit.

Kits are made up of shoe boxes or cartons that are decorated and contains a box of cake mix, can of icing, pack of birthday candles, birthday card, a few balloons and other fun items.

Birthday Kits are a fun and easy way for children of all ages to help food bank clients. Local schools, youth groups and organizations are a great resources. The younger the participant the more creative they are!

Kids enjoy helping kids. This is a great way to educate and plant the seed of giving.

Board of
Directors 2004

Chair-

Chris Harris

Calgary Interfaith FB

Vice-Chair-

Fred Scaife

Red Deer Food Bank

Treasurer -

Dan Gonzales

The Lords Food Bank

Secretary -

Sharon Gillespie

Taber Food Bank

Members at Large:

Paul Van Doren

Three Hills FB

Chris Vogt

Brooks Food Bank

Jock Carpenter

Lethbridge Interfaith

Violet Smith

Ponoka Food Bank



Check out www.charityvillage.com - a great source of information
www.techsoup.org - technology for non-profits

Food For Thought

Every Food Bank has their own way of servicing their clients. I found the following Food Bank interesting in their approach. Community Harvest Food Bank in Fort Wayne Indiana, collects and distributes nearly 7 million pounds of food annually through a network of 550 social service agencies. They provide 5 direct service programs:

SeniorPak - a biweekly grocery delivery program to homebound older adults.

Kids Café, a children's hunger relief program

Farm Wagon Project, a delivery program that takes

fresh produce and other perishable items directly to hungry folks so they can get the food at its highest nutritional value.

Emergency Pantry –no info

Community Cupboard, is an innovative model program developed by Community Harvest Food Bank and now implemented at food banks throughout the country.

Their Community Cupboard program allows their member agencies to directly refer clients for food assistance. This program provides food and grocery products to the agency clients without additional intake procedures,

assessments or other duplicative processes in a non-judgmental atmosphere of dignity and service.

The member agency is then invoiced a "shared handling fee" of \$.18 per pound for items selected by their clients.

Example:

Agency authorizes client to select 100 pounds

Shared handling fee\$.18 per pound

Total cost to the agency \$18.00

This is quite a different approach for all involved and is *Food for Thought*.

Site information was found:

www.communityharvest.org