



# Hunger Bytes

Volume 1 Issue 2

## The Main Course



**F**all, a time of thanksgiving and the time to prepare for the hectic Christmas season that will soon be upon us. It is a period of transition.

Transition will be a key word for food banks in the coming years. Those generous souls who first started a food bank in your community never thought it would be where it is now. Food banks are no longer a temporary measure but are a permanent fixture in the community. For the past years, many

food banks have been providing food for clients working from one day to the next. Many of those food banks are now seeing shortages in funds and food donations in relation to the increase in clients. Food banks are also competing with other non profits for an ever shrinking supply of funds. The reality of the need for long term strategic planning for food banks needs to be addressed. Food banks can no longer afford to view themselves as just a charity, they must realize they are a business that can give tax receipts.

The governance of food banks is of utmost importance during a transition stage. It is a challenge to Boards and management to effectively recognize and address the concerns and needs of the clients, staff, volunteers, donors and the community. To plan for an uncertain future is a difficult exercise, however in the long term the benefits of public accountability and credibility will demonstrate that you are a positive and progressive organization ready to meet the needs of your community. The need for guidelines, policies and strategic planning are required to provide stability and a firm foundation for the future. Often difficult choices must be made for the successful long term viability of your food bank. I ask our members to always go back to their mission statement. 95% of members mission statements are to "Provide emergency food assistance." To address concerns of lack of funding and food donations, many organizations are reviewing their present policies or developing new ones on client accessibility, frequency and hamper contents to better provide for long term stability.

The Federation is still in its development stage and recognizes its need for firm direction from its members for long term strategic planning. We are a member driven organization and we invite you to be an integral part of this process. Preliminary plans are in place for a Strategic Planning Conference for our member food banks and further details will be forthcoming. The outcome of this conference will allow us to provide the best services to our members and ensure the future sustainability and effectiveness of the Federation. Your participation will not only assist the Federation in obtaining its aims and objectives but you will also be learning skills and receiving resources to assist your food bank through its own transition stage. The challenges and issues that the Federation will be discussing and preparing for are universal to all members and may we all learn from each other.

*Darcie*

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15% of Canadians had experienced food insecurity at some point in 2000/01 according to the latest Stats Can Report

## Side Dishes (the extras)

## Dignitaries Visit



The Calgary Inter-Faith Food Bank has been fortunate to have hosted visits from a number of dignitaries from the Alberta Government.

The Hon. Gary Mar, Minister of Community Development, Hon. Gordon Graydon, Minister of Gaming and Hon. Ron Stevens, Minister of Justice (formally Minister of

Gaming) have toured the CIFB.

The visits allowed the opportunity to address the concerns of food banks within the region including the issues of food distribution, transportation and the logistics involved.

Initial response to these concerns from the Ministers was favourable and very encouraging. All ministers were

impressed with the cooperation with the sharing of resources and information amongst Federation members

The Federation intends to pursue these issues further and plans to formulate a proposal to be presented to the Alberta Government. The support of the Hon. Gary Mar, Gordon Graydon and Ron Stevens will greatly assist us in advancing the aims and objectives of the Federation.

62.5% of food banks limit recipients to 1 visit per month

CAFB Hunger Count

### Recipe File

### Hot Potato Supper

With thanks to Kraft Canada

1. Pierce potatoes in several places. Microwave on High 8 to 10 min or until tender. Cut lengthwise in half.
2. Place on microwavable plate. Top each potato with 1 Tbsp of the meat and 1 Tbsp of each of the add-ins.
3. Sprinkle each potato with 1 Tbsp Cheese. Microwave on High or until cheese is melted.

**Take 2 baking potatoes and Mix and Match your recipe from these options:**

<u>Meat Options</u>	<u>Cheese Choices</u>	<u>Add in possibilities</u>
Bacon Bits	Grated Parmesan	Ceasar dressing, shredded lettuce
Sliced pepperoni	Mozzarella	Pizza Sauce, chopped green peppers
1 can flaked tuna	Cheddar	Ranch dressing, sliced tomatoes, green onions
Meatless—a can of black beans, drained & rinsed	Monterey Jack	Salsa, corn, crushed tortilla chips

"A DIET OF WHOLE MILK & POTATOES WOULD SUPPLY ALMOST ALL OF THE FOOD ELEMENTS NECESSARY FOR THE MAINTENANCE OF THE HUMAN BODY".

US DEPT. OF AGRICULTURE



### Banana Box (a bit of everything)

Welcome to our newest members; the Acme Community Food Bank and the Drumheller Salvation Army. **The Calgary Interfaith Food Bank food drive in which LDS members canvassed every household in Calgary, resulted in 300,00 pounds of food received. It may well be worth your while to contact your local LDS churches and suggest this as a community project.** Welcome to Les Payne new manager of the Brooks Food Bank. Les was previously a government meat inspector. **Congratulations to the Lethbridge Inter-Faith Food Bank on being the first Food Bank to become a partner in Alberta's Promise -a movement to inspire communities, businesses, service clubs, foundations and agencies to work together to direct more resources to benefit children and youth (www.albertaspromise.org.)** The Acme Food Bank has been going for 30 years and started as 1 hamper for Christmas in 1975. **The Lords Food Bank in Rocky Mountain House offers a hot lunch of soup and hot dogs to their clients.** Welcome back to Kimberly Jimmy who is retuning as manager of Kainai Food Bank and is very eager to get into their brand new Food Bank in late October.



## Fundraising

The key to fundraising is to make it easy.

Many businesses would very much like to participate to raise food and funds for your food bank, however for various reasons (food box doesn't fit in the office décor, keep forgetting to bring food in to donate, no place for a donation box) it is not convenient.

The following is a creative way to fundraise in businesses in your community. Participants just order something from the Food Bank Take Out Menu. No muss no fuss and its easy. Participants check off what foods they want to order and pay all funds to your food bank.

Example:

### Appetizers

Crackers		1.00	<input type="checkbox"/>
Oriental noodles	(12)	2.00	<input type="checkbox"/>
Cornflakes		2.50	<input type="checkbox"/>
Granola Bars	(12)	1.75	<input type="checkbox"/>

### Entrées

ground beef	(1 lb)	1.50	<input type="checkbox"/>
Pork & beans	(12)	4.00	<input type="checkbox"/>
Tomato soup	(12)	6.00	<input type="checkbox"/>
Mac & Cheese	(12)	4.50	<input type="checkbox"/>
Spaghetti	(6)	7.50	<input type="checkbox"/>
With sauce	(6)	16.00	<input type="checkbox"/>
Tuna/Salmon	(6)	4.00	<input type="checkbox"/>
Peanut Butter	(4)	5.00	<input type="checkbox"/>
Vegetables	(4)	3.50	<input type="checkbox"/>

### Dessert

Canned fruit	(4)	4.00	<input type="checkbox"/>
Jam		1.50	<input type="checkbox"/>

Total \_\_\_\_\_

## Take Out Menus

Donor information could be printed on the back for Tax receipt purposes. "Delivery drivers" would pick up the orders during the day.

This is also a very cost effective fundraiser as at a minimum all that is required is a photocopier and the time to drop them off at businesses. . Take Out Menus are easily be adapted to a specific day or week. This fundraiser could become a media event, for example - "Take Time Out for Take Out" in support of your local food bank.

It offers a perfect opportunity to inform the public of the need for funds as well as food so food banks will be able to purchase products when donations are low.

## Objectives of the Southern & Central Alberta Food Bank

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.

6. To provide a positive and timely response to crisis and food emergencies affecting food banks in the region.

**AS YOU GROW OLDER YOU WILL  
DISCOVER YOU HAVE 2 HANDS. ONE  
FOR HELPING YOURSELF, THE  
OTHER FOR HELPING OTHERS**  
AUDREY HEPBURN

## That ugly word - Policy

Board of Directors, they may meet only once a month, however they are the persons who ultimately decide the direction in which your food bank is going.

It is often a challenge to find individuals willing to commit the time and energy needed to be an effective member of the Board.

**How do you find board members?**

1. Nominating committee makes recommendations to the Board following a critical selection criteria.

2. Shareholders and other involved community agencies are asked to send a representative.

## Board Recruitment

3. Retiring members are asked to replace themselves.

4. Who ever sticks their hand up at the AGM (or nominations from the floor).

5. Each church in the community sends a representative.

Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better.

## News to Know

## Charitable tax receipts

### **Can businesses receive receipts for donations made out of their inventory?**

From the CCRA: Registered charities can issue official donation receipts for gifts that a business makes out of inventory, and the taxpayer can use these receipts to claim a charitable deduction. However, the business has to include in its income the fair market value of any goods out of its inventory that it gives to a charity. The income of a business is increased because it must include the value of the gift. However, this increase is offset by the charitable deduction or credit. Where a transaction results in a material benefit to the business, the rules related to split receipting may apply, or the benefit may be such that no part of the transaction can be considered a gift. In cases where there is consideration a

business may claim these costs as promotional expenses, rather than seeking a charitable donation.

Under some circumstances, it may be more financially advantageous to claim these costs as a promotional expense.

### **I want my monthly United Way deductions to go to my local Food Bank.**

United Way deductions will be given to the local food bank if it is a specified request. This applies even if the Food Bank does not receive funding from the United Way. All that is required is the Food Bank's charitable tax number and the United Way will forward the monies to you. Many employers will often match funds donated.

### Board of Directors 2005

**Chair-Fred Scaife**  
Red Deer Food Bank  
**Vice-Chair-Chris Vogt**  
**Treasurer -**  
Dan Gonzales  
The Lords Food Bank  
**Secretary -**  
Sharon Gillespie  
Taber Food Bank

**Members at Large:**  
Paul Van Doren  
Three Hills FB  
Jock Carpenter  
Lethbridge Interfaith  
Chris Harris  
Calgary Interfaith FB  
Vaughn Caldwell  
Coaldale Food Bank



[www.feedingminds.org](http://www.feedingminds.org) - school lessons on hunger  
[www.dietitians.ca](http://www.dietitians.ca) - information on food insecurity

## Food For Thought

## USDA

Food banks in the United States have an advantage to Canadian Food Banks as they are supported by their federal and state governments.

The Emergency Food Assistance Program is a Federal program to provide an emergency response to hunger and is administered by the Food and Nutrition Service (FNS) of the U.S. Department of Agriculture (USDA). This program helps supplement the diets of low-income needy people by providing food at no cost.

The USDA created this free food program to protect American farmers from

economic collapse. The USDA buys up product that farmers can't sell and distributes the food to states. The amount received by each state depends on its low-income and unemployed population. Approximately 30 million pounds of food is distributed to low-income households throughout the country.

Each state sets criteria for determining what households are eligible to receive food for home consumption. Income standards may, at the States discretion be met through participation in other existing Federal, State, or local food, health or welfare programs for which eligibility is based on income.

State agencies work out details of administration and distribution. For example in Illinois, the Northern Illinois Food Bank contracts with The Department of Human Services to oversee the distribution of food to food pantries and soup kitchens in 18 counties. The money granted under the contracts is used to distribute both privately donated food and USDA food.

Although such an infusion of food and cash would be welcomed by any food bank, it also appears that governments would be setting policies for local food banks.

*Food for thought*