



Hunger Bytes

Volume 2 Issue 1

The Main Course



Hello once again. Thank you to all our members who graciously invited me to visit your food banks last year. I look forward to visiting you all once again, seeing familiar faces and meeting new friends. Thanks to all our members who attended our Strategic Planning Workshop. This event was highly successful as we now have a Mission and Vision Statement, Guiding Principles and have established an outline for our long term strategic plans which will take us into the future. These were achieved from the comments and input from those members who

participated in this workshop and also from ideas expressed during my food bank visits. The Federation receives its strength and direction from our members as we are proudly a “from the ground up” organization. You have spoken, and I am pleased to present:

Our Mission Statement: Dedicated to representing and providing support to Food Banks through leadership, direction and sharing information and resources.

Our Vision Statement: A collective approach to build capacity so that members may alleviate hunger and food insecurity in their communities.

Our Guiding Principles: We share resources and information. We conduct our affairs with integrity, honesty and transparency while honoring required confidentiality. We seek and respect the valued opinions of members. We are an inclusive organization.

The Federation has been busy addressing the needs of our members and there are numerous new and exciting events taking place. Our website will be up and running by March 15 please be sure to visit us at www.scafbf.ca. I look forward to receiving your comments and news.

Our membership has expressed the desire to have more workshops and networking opportunities made available to them. We are very happy to meet the needs of our members so please “Save the Date” on May 26th & 27th for a Fundraising and Media Relations seminar in conjunction with the Federations Annual General Meeting. This event will be held in Lethbridge at the Lethbridge Lodge Hotel & Conference Centre. There will be more information concerning this event in the near future.

The Federation understands and realizes the difficulties of food banks to attend events outside of their communities. We are therefore very pleased to offer the opportunity for a representative from one of our member food banks to attend the Canadian Association of Food Banks AGM and Conference in Vancouver on May 4th, 5th and 6th as outlined in our membership renewal letter. Good luck to all those who renew their membership early.

“I know the price of success; dedication, hard work and an unremitting devotion to the things you want to see happen” Frank Lloyd Wright. From my experience with our members, the above quote is an accurate description of what you do so unselfishly and you are all successful.

Darcie

Inside this issue:

SIDE DISH	2
NEW SPONSOR	
RECIPE FILE	2
15 MINUTE PASTAS	
BANANA BOX	2
FUNDRAISING	3
CANSTRUCTION	
POLICY	3
DONATIONS	
NEWS TO KNOW	4
ONLINE DONATIONS & CRA	
FOOD FOR THOUGHT	4
HUNGER & OBESITY	

SCAFBF Office

5000 - 11th St. S.E.
Calgary T2H 2Y5

Phone: 403-640-8817

Cell: 403-860-8817

Fax: 403-259-4240

Email info@scafbf.ca

Web www.scafbf.ca

Coordinator
Darcie Hofmann

Side Dishes (the extras)

New Sponsor



The Federation is pleased to announce a new funding partnership with Black Dog Comics. Black Dog Comics is a young publisher bringing new & fresh comic concepts to the public. Their first new comic for 2006 will be "The Strokes Club® Worlds Only Golf Cartoon. The comics launch will be throughout Alberta, Canada and will be available at golf courses, retailers, festivals, fairs and every

where the Black Dog RV is parked. There will be an initial printing of 20,000 copies and their goal is 100,000 printed. Black Dog Comics is committed to helping local communities and charities. A portion of the proceeds from each comic will go the Federation. We will be receiving .25 from each copy sold. The Federation will also be promoted as our logo will be printed on the inside cover

well as featured on the "wrapping" of the RV. There will be a chance to win a trip for two for the Bell Canadian Open for each comic purchased. Food Banks are encouraged to assist Black Dog Comics with promotion in their local communities when they come rolling in with their RV and mascots. For more information contact Craig Whitney at 403-863-3641 or email: strokesclub@shaw.ca / blackdogcomics@shaw.ca

Social Assistance is the primary source of income for 51.6% of Food Bank Clients

CAFB Hunger Count

Recipe File

15 Minute Pastas

With thanks to Kraft Canada

1. Cook 3 cups of your favorite bite-size Primo pasta adding a few handfuls of chopped vegetables during the last 5 minutes of cooking. Drain and return to pot.
2. Stir in diced me (leftovers work well) and just enough Kraft dressing to coat pasta.
3. Toss in a couple of handfuls of cheese and serve - topping with more cheese.

Take 3 cups of pasta, shredded cheese and Mix and Match your recipe from these options:

<u>Meat Options</u>	<u>Vegetable Choices</u>	<u>dressing possibilities</u>
Cooked Chicken	Broccoli & carrots	Ranchers Choice
ham	Peas & onions	Ranch with Bacon
1 can flaked tuna	Celery & onions	Thousand Island
Meatless	Onions, peppers & mushrooms	Creamy Caesar

IN 18TH CENTURY ENGLAND, MACARONI WAS A SYNONYM FOR PERFECTION AND EXCELLENCE. THAT'S WHY THE FEATHER IN YANKEE DOODLES CAP WAS CALLED MACARONI.

NATIONAL PASTA ASSOCIATION



Banana Box (a bit of everything)

Welcome to our newest members; the Turner Valley and District Food Bank Association (Oilfields Food Bank), Oyen & District Food Bank Association and the Banff Food Bank.. Welcome to Lori McRitchie the new manager of the Airdrie Food Bank. Lori was previously the Director for the Breakfast for Learning Program in Airdrie. **Congratulations to Peter Verhesen of the Trochu Food Bank for recently winning the Governor Generals Caring Canadian award for his dedication to serving others.** Concerns about the CAFB Hunger Count or the CAFB? . Kimberly Jimmy would love to hear your concerns and comments as she is one of the 2 Alberta representatives for the CAFB. Kimberly can be contacted at 403-737-2949 or visit her at her brand spanking new food bank. **I once again missed a great fundraiser in Red Deer. It was a tethered balloon ride and participants were charged \$10.00 per person to go up. Unfortunately a stiff wind closed it early but it was still very successful and enjoyed by everyone.** It will be my one year anniversary in March - thanks to all of you for making it one of the best years I've had.....Darcie



Fundraising



Canstruction is a community event that helps fight hunger in a way that is entertaining, fun and a remarkable display of the talent in your community.

Teams create fantastic structures using only canned food and other non-perishables. Seeming to defy gravity, some designs may be completely self-supporting, with out framework or other structural supports. At the close of the exhibition all of the food used in the structures is donated to the local food bank.

Teams may consist of companies, schools and professional associations. Arrange for a prominent area to build and display the sculptures such as in a public place reception area. This is a great event to work in conjunction with a community event such as fairs. This could also tie into an awards ceremony with a dinner or wine & cheese reception, BBQ etc. that admission could be charged for.

You may have a theme or leave it open to whatever goes, however define sculpture dimensions such as a height limit or size to unify competition and ease judging.



Canstruction



A few suggestions for judging criteria that "Celebrity" judges may follow:

- Complexity of design
- Quality of food
- Creativity
- Variety of food
- Clarity of Design

Peoples Choice award - a collection box may be located at each sculpture and participants donate a dollar a vote. The sculpture with the most dollars donated wins.

THE CAMROSE "WORLDS LONGEST BBQ" FUNDRAISER FOR THE ALBERTA BEEF BANK RESULTED IN \$29,292.63 WORTH OF GROUND BEEF DONATED TO 81 RURAL ALBERTA FOOD BANKS.

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.

That ugly word - Policy

Food banks receive no government funding for core operations therefore community and personal donations are the life blood of food bank financing.

Although generous, some donations may come with conditions attached. These conditions may vary from "This is for the purchase of food only or for a specific program to I will give you

money if you purchase your office supplies from me"

Does our Food Bank accept donations with conditions attached?

1. The request fits into the parameters of the food banks mission, beliefs and mandate.
2. The benefit will out weigh the conditions.

Donation Conditions

3. The conditions and requirements requested are reasonable.
5. The organization must be impartial to outside interests and not show a favoritism to any one business
4. The organization is confident in that it will not discourage other donations from the community.

This is the duty of our generation as we enter the twenty-first century - solidarity with the weak, the persecuted, the lonely, the sick and those in despair. It is expressed by the desire to give a noble and humanizing meaning to a community in which all members will define themselves not by their own identity but by that of others.

Elie Wiesel

News to Know

CRA & Donations Online

What's new with the CRA?

The name Canada Revenue Agency and the Web site address www.cra.gc.ca/charities must now be printed on official donation receipts. For the year 2005, you can use current receipts and add this new information by hand, sticker or stamp. As receipts may have already been issued without this information, the CRA will still honor these receipts for the year 2005.

If you do not file your return, your charity is now subject to a \$500.00 penalty in addition to having the registration revoked. Your charity will be required to pay this penalty before a request for re-registration is considered.

For more information visit www.cra.gc.ca/charities

How can a food bank receive donations online?

CanadaHelps is a unique Canadian donor portal that provides access to all of Canada's 80,000 charities. For charities, it provides a cost effective alternative to setting up their own online donations facilities: Using EFT, all funds minus a 3% transaction fee are transferred to the charities bank account on a weekly basis. Email communication provides the charity with real time reporting and notification of each donation made on the site. For donors it simplifies the donating process, making it easy, quick and secure. Put simply, donors go online, select as many charities as they wish, make their donation and receive tax receipts for each donation immediately.

For more information visit CanadaHelps.org



www.volunteer.ca - information on the volunteer sector & volunteers

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

Food For Thought

Hunger and food insecurity have been called America's hidden crisis. At the same time obesity has been declared an epidemic. Their existence sounds contradictory, but those with insufficient resources to purchase adequate food can still be overweight, for reasons that researchers now are beginning to understand.

Food insecurity exists when people, due to economic constraints, lack access to enough food to fully meet basic needs at all times. They fear running out of food, and reduce the quality of their diets and/or reduce the quantity of food they consume. The greater the economic constraints, the harder it will be for families to achieve the nutritional quality of foods they desire.

A lack of adequate resources for food could result in weight gain in several ways:

The need to maximize the caloric intake. Without adequate resources for food, families must make decisions to maximize the number of calories they can buy so that they do not suffer from frequent hunger. Low-income families therefore may consume lower-cost foods with relatively higher levels of calories per dollar to stave off hunger when they lack the money to purchase a healthier balance of more nutritious foods.

The trade off between food quantity and quality. Households reduce food spending by changing the quality or variety of food consumed before they reduce the quantity of food

Hunger & Obesity

eaten. In the short term, the stomach registers that it is full, not whether a meal was nutritious.

Overeating when food is available. Obesity can be an adaptive response to periods when people are unable to get enough to eat. Research indicates that chronic ups and downs in food availability can cause people to eat more when food is available than they normally would.

Physiological changes. These changes may occur to help the body conserve energy when diets are periodically inadequate. The body can compensate for periodic food shortages by becoming more efficient at storing more calories as fat.

Food for Thought