

INTERFAITH FOOD BANK SOCIETY OF LETHBRIDGE



CHRISTMAS NEWSLETTER 2024

It's that wonderful time of the year again, the Season of Giving! We're joining forces with our Christmas Hope Partners to spread joy and happiness. Our goal? To bring smiles to the faces of 6500 children and 3500 adults with nourishing meals and heartfelt gifts.

Help Interfaith Food Bank make this Christmas merry for everyone!

Donations can be made to Interfaith Food Bank Society of Lethbridge in person, by mail, or online. Donate by cheque, cash, or card. For online giving visit www.interfaithfoodbank.ca or scan the QR code here.



Interfaith Food Bank Society of Lethbridge, incorporated Edmonton, AB, July 5th, 1990, is planning to raise an estimated \$425,000.00 from the Annual Christmas Campaign. It will cost our organization an estimated \$5,000.00 to run the campaign. Donations will be used for food purchases and operational costs. For further information, please contact us at (403) 320-8779.



Christmas Hope is a collaboration of six agencies that work to ensure that less-fortunate members of our community receive food and toys for children, bringing hope and joy during the Christmas season. By working together, we can maximize resources and limit duplication of services. All of Interfaith Food Bank's activities during the Christmas season will support Christmas Hope. For more information visit: WWW.CHRISTMASHOPE.CA

CHRISTMAS GIVING OPTIONS

CHRISTMAS HAMPERS:

You can contribute by donating the supplies necessary for building a special Christmas hamper, or by making a financial contribution to purchase the necessary items:

- \$200 will provide a hamper for an individual
- \$250 will provide a hamper for a medium family
- \$300 will provide a hamper for a large family

FOLLOW THE STAR:

Make a pledge to sponsor a single parent and their child(ren) through the colder winter months. These families will be provided with a larger hamper during January, February, and March in addition to receiving a plentiful Christmas Hamper.

- Sponsor a single parent with one or two children - \$500
- Sponsor a single parent with three or four children - \$600
- Sponsor a single parent with five or more children - \$700

UNDER THE TREE TOY & GIFT PROGRAM:

Put up a tree in your office, church, school or business and encourage others to bring food, toys, goodies, or stocking stuffers for children under 18 years of age. No room for a tree? We will provide you with a decorative bin to collect items on behalf of Interfaith Food Bank. Please do not wrap gifts. We would like to have bins returned between December 1st - 9th.

THE GIFT OF GIVING:

Do you have someone hard to buy for? Give the gift of giving by donating to Interfaith Food Bank in the name of a friend or family member. We will enclose an acknowledgement of your gift in a festive Christmas letter for you to mail or hand deliver.



GIFTS THAT GIVE BACK

Your financial gift can provide essential supplies for food bank clients or support programs and operational costs. To specify your donations, simply note on the subject line of your cheque, or with your donation.

Food Hamper

Small: \$175
Medium: \$200
Large: \$250

Birthday Bundle

\$30

Project Protein Processing Fees

Beef \$650
Pork \$400

Diabetic Bundle

\$30

Fuel the Fleet that Feeds

\$100

Garden Experience

\$25

Baby Bundle, Smart Pack and Pregnancy Supports

\$100

Halal Hamper

Small: \$175
Medium: \$200
Large: \$250

Cooking Class for an adult or child

\$40

Donations must be submitted by December 31, 2024 to be eligible for 2024 Tax Returns.

GIFTS THAT KEEP GIVING



Average Price per Dozen Eggs



We have set a goal to raise \$35,000 in honor of our 35 years of service to our community.

All financial donations specified for the 35th Anniversary Campaign will be put into an Endowment Fund to ensure long-term sustainability for Interfaith Food Bank. To specify your donation, simply note on the subject line of your cheque, or with your donation.

Help us continue to be a pillar in the community for the next 35+ years!

CONTRIBUTE TO THE ENDOWMENT FUND

www.interfaithfoodbank.ca/35years



CHRISTMAS WISHLIST

- Grocery Gift Cards
- Turkey/Chicken/Ham
- Canned Vegetables
- Canned Beans
- Macaroni & Cheese
- Canned Meat/Fish
- Peanut Butter/Jam
- Cereal
- Dry Pasta
- Pasta Sauce
- Baby Food
- Canned Soup/Mix
- Canned Fruit
- Cranberry Sauce
- Stuffing Mix
- Instant Noodles /Ichiban
- Cake Mix
- Pudding/Jello Mix
- Coffee/Tea/Hot Chocolate
- Chocolates/Candies
- Candy Canes
- Mandarin Oranges
- Special Dietary Items
 - Diabetic Friendly
 - Gluten Free
- Halal Hamper Items
 - Chickpeas
 - Rice
 - Canned Meat/Fish
 - Cooking oil
 - Flour
 - Lentils

Project Protein



Interested in donating livestock? For more information on Project Protein visit:
www.interfaithfoodbank.ca/programs-services/project-protein/

Become a Member

Purchase a \$5 annual membership to formalize your support and ensure your voice is heard in the decisions that determine overall direction of Interfaith Food Bank.

Learn more:

interfaithfoodbank.ca/how-you-can-help/membership/

Legacy Gifts

Legacy Giving is a great way to benefit your charity of choice over time, or to plan for a gift down the road that will support your cause for years to come. Connect with our office to learn more about:

- Monthly giving
- Wills, Bequests, & Life Insurance
- Gifts of Securities
- Interfaith Food Bank Endowment Fund administered by the Community Foundation
- United Way Workplace Giving

Funds raised from our Christmas Campaign will go directly to programs and services offered free of charge to local families in need:

- Food Hampers
- Baby Bundles
- Diabetic Bundles
- Birthday Bundles
- Cooking Classes
- Learning Garden
- Volunteer Program
- Collective Big Cooks
- Community Referrals
- Outreach Programs

For wills and bequests our legal name is

Interfaith Food Bank
Society of Lethbridge

RELIEVING HUNGER TODAY



Interfaith Helpful Hobbies

Helpful Hobbies encourages community members to share their skills and interests with program participants and each other, by using their hobbies to benefit others.



Interfaith Learning Garden

Interfaith Learning Garden teaches families how to grow their own food, encouraging healthy and cost-effective means for providing for food security at home.



“
Volunteer, it'll be worth your time. You're treated with respect. IFB is friendly and non-judgmental -Food Bank Client”

Interfaith Chinook Country Kitchen

In partnership with Family Centre, The Interfaith Chinook Country Kitchen hosts classes to teach families how to cook healthy food on a limited budget. A variety of programs are hosted for chefs of all ages.



Ih'taapiinii'mopa inn'siimaan (Healing Garden) offers a public space for community use and recognition of Truth and Reconciliation, as well as a public display of our community's shared vision in moving forward together as Indigenous and non-Indigenous Canadians.



Community Connections

Our resource room builds bridges, encourages self advocacy, and makes referrals to community partners to address underlying issues that lead to food insecurity.

- Information & Referrals
- Advocacy Supports
- Outreach Programs

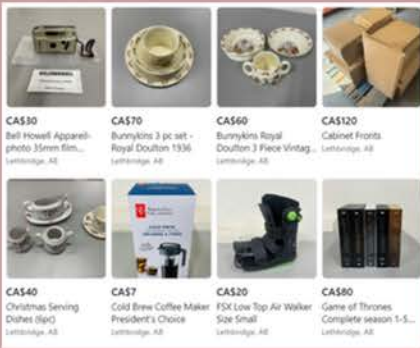


We are honored to be selected for the second consecutive year as a 2024 Top 100 Charity and receive a 5 star rating from Charity Intelligence. Interfaith Food Bank was selected for our financial transparency, reasonable overhead costs, and demonstrated impact.

PREVENTING HUNGER TOMORROW

The Second Door Thrift Store

Clients and Community Members can shop for new and gently used items at discounted pricing with all proceeds supporting our programs and services. Did you know The Second Door is on Facebook Marketplace? Find higher value items on our profile!



Food Share

We distribute food to partner agencies and food banks in the surrounding area.

- o Southern Alberta Food Hub for Food Banks Alberta
- o Urban and Rural Food Share programs
- o Permanent Supportive Housing Partnership



“

IFB does absolutely everything to ensure families in need thrive
-Food Bank Client ”



COMMUNITY KITCHEN

Designed for group use our Co-op Community Kitchen offers opportunities to gather, share, and learn. The space is available for community programming, connect with us for more details.



Emergency Food Assistance

Food Hampers provide 5-7 days of emergency food assistance. Households are eligible for one food hamper per calendar month and our Pick Room is available for perishable and surplus items 5 days per week. Various hamper options are available to accommodate special dietary needs and provide culturally appropriate foods:

- o Standard Hamper
- o Baby Bundles
- o Birthday Bundles
- o Halal Hamper
- o Pregnancy Increase
- o Diabetic Bundles



We are humbled to be selected to receive a Community Builder Award from Rachael Thomas, Lethbridge Member of Parliament. These awards are intended to highlight individuals and organizations who go above and beyond to make a positive impact on the community.



PLAN YOUR INVOLVEMENT FOR 2025

INDIVIDUAL, GROUP, OR CORPORATE WAYS TO “LEND A HAND”

Giving back is a great way to boost employee morale and community engagement! Local businesses, corporations, clubs, churches, and schools can assist the food bank by:

- Holding an in-house food drive
- Volunteering as a group or individual
- Organizing or participating in an event which promotes the food bank or offers attendees the opportunity to donate

Please connect with our office if you, or your group are able to give of your time.



25+
EMPLOYEES
FROM
CORTEVA
AGRISCIENCE
JOINED US FOR
A GROUP
VOLUNTEER
EXPERIENCE!

PARTICIPATE IN OUR ANNUAL EVENTS Sponsor ~ Volunteer ~ Donate

Please contact our office if you are able to contribute your time or resources to any of these activities.

Canada Day at Galt Gardens July 1st



Annual Party in the Park which includes a charity breakfast, car show, community stage, outdoor market, and more!

- Multiple sponsorship opportunities available
- Donate food for breakfast and concession
- Market vendors needed
- Apply to perform
- Volunteers needed



Pancake Breakfast & Parade August 19th

We will be hosting a Pancake Breakfast and creating a Parade Float entry to kick off Whoop-Up Days!

- Multiple sponsorship opportunities available
- Donate food and supplies for the pancake breakfast
- Donate door prizes
- Help with parade float construction, costumes, and preparation
- Volunteers needed for the breakfast and to walk in the parade



Charity Dinner - September 19th

Our annual Dinner and Auction will once again be held at the Sandman Signature Lodge. The elegant evening includes a plated dinner, entertainment, Silent Auction, and Live Auction.

We are recruiting substantial goods and services that are likely to bring in significant bids at the silent auction. Multiple Sponsorship Opportunities are available to help offset event costs, connect with our office for details.

- Multiple sponsorship opportunities available
- Donate Auction Items
- Buy tickets and invite your friends!



UPCOMING CHRISTMAS EVENTS

Events to benefit Interfaith Food Bank are regularly added to our calendar. Find an up to date event list: www.interfaithfoodbank.ca/events

Connect with our office if you are fundraising or coordinating an event on our behalf, we would love to help!

Visit: www.interfaithfoodbank.ca/fundraising/



Lethbridge POLICE SERVICE Charity Check Stop

November 30th, 12:00 pm to 4:00pm

Bring new toys, gifts and donations of food or money to Park Place Mall Parking Lot where Lethbridge Police will receive your gifts to share with Christmas Hope partners.



28th Annual Toque & Teddy Bear Toss

December 6th, game begins at 7:00PM



Lethbridge Hurricanes vs the Medicine Hat Tigers. Bring your toques and stuffies wrapped in plastic to throw out onto the ice when the Canes score their first goal! **Volunteers needed.**



Annual Free Lube, Oil & Filter

December 7th, drop in from 8am - 12pm

No appointment necessary, shuttle service or while you wait, Davis GMC Buick will provide a Free Oil Lube & Filter for a minimum \$100 donation to local food banks. All proceeds support Interfaith Food Bank and Lethbridge Food Bank, and donors receive a tax receipt for purchase price!

Attridge Family Christmas Display & Food Drive

Saturdays, November 30th - December 21st, 5:30 pm - 9pm

Visit 1803 14th Ave North to see enchanting Christmas displays, free hot chocolate, and even visit Santa! Bring Angel Tree gifts and non perishable food items to be donated to Interfaith Food Bank to ensure everyone enjoys a Merry Christmas.



November 25th- December 23rd Toy Collection site at Centre Village Mall. Drop off new, unwrapped toys to be distributed during the holiday season.

Loblaws Feed More Families Food Drive



November 28th - December 24th

Drop off your food donations in store, or give cash directly when purchasing groceries. All donations are collected on behalf of local food banks.

CHRISTMAS MARKET

Saturday, December 7th 10AM - 2PM

Join us in the Co-op Community Kitchen and purchase your Christmas baking and gifts while supporting the food bank!

Treat Boxes

Large - \$35

Small - \$15



Back by popular demand - our Christmas Treat Boxes are available for pre-order at interfaithfoodbank.ca/treat-boxes Limited quantities available, reserve yours today! Pickup at the Christmas Market on December 7th.

BEYOND THE SEASON OF GIVING

Interfaith Food Bank has been buzzing this year, busier than a hive in spring. It's no surprise given the climbing costs of everyday essentials. The need for food banks in Canada is spiraling out of control. The one-two punch of housing and food inflation is hitting those with low income the hardest. Food Banks Canada has reported a 90% increase in food bank usage since 2019! Despite the ever-growing demand, we stand firm in our commitment to our clients. Some days may be challenging, but we remain thankful for the ability to make a difference in their lives. We appreciate all the donors who support us in stocking our shelves and assisting our clients. We wanted to share some heartwarming success stories to see a glimmer of your impact:

This year, Amy, our Fund Development Supervisor, had an inspiring conversation with Susie, a talented local artist preparing for her gallery at CASA. Susie expressed her desire to donate one of her creations to Interfaith Food Bank Society of Lethbridge to raise funds for those in need, once the gallery was done.

What resonated with Amy was Susie's candid sharing of her journey. Revealing she was a client, she expressed her desire to give back to the community that supported her during tough times. Initially hesitant about food banks, Susie had misconceptions about seeking help. However, her experience with our community transformed her perspective, providing not only sustenance but also kindness and support that ignited hope during her struggles.

Using second hand materials, Susie creates pieces that reflect her resilience and creativity. This was clearly evident to our donors, who engaged in fierce bidding for her painting, which ultimately sold for \$1000 at our annual Friends of Interfaith Charity Dinner & Auction. Remarkably, the winning bidder, touched by Susie's story, donated the painting back to Interfaith Food Bank for us to keep on display.

These generous acts highlight the spirit of community that defines our mission. We are excited to announce that this beautiful artwork now hangs in our Helpful Hobbies room, symbolizing hope, resilience, and compassion. Susie's journey reminds us that even in difficult times, we can uplift one another and create beauty from our experiences.

In September, Interfaith Food Bank crafted a culinary mosaic at our first Arabian Nights Cooking Event. We had the pleasure of hosting 16 remarkable women from three different Arab nations. The ladies teamed up in four different groups and cooked traditional dishes, creating a warm atmosphere of friendship and strengthening community bonds. The laughter and camaraderie among the participants was infectious, creating an environment where learning and sharing went hand in hand.

The event not only celebrated the rich tapestry of Arab cuisine, but also underscored the importance of unity and understanding in our diverse community. The positive feedback from the participants was overwhelming, with many expressing a desire for more such events in the future. Each participant had armloads of meals to bring home to their families.

This success has inspired Interfaith Food Bank to explore additional cultural cooking events, inviting this group back to share their culinary traditions and stories. By doing so, IFB continues to build bridges across cultures, fostering an inclusive and supportive environment for all.

Whether you can donate money, food, or your time, your generosity is a lifeline for others. With heartfelt gratitude, we say thank you.



Visit us at www.interfaithfoodbank.ca

Connect with us online:



1103 - 3 Ave. North
Lethbridge AB T1H 0H7

Phone: 403-320-8779

Fax: 403-328-0521

Email: info@interfaithfoodbank.ca