



Who Can Access our Services?



We help those in a variety of situations, ranging from single- parenthood, to seniors on fixed incomes, to the under- or unemployed, and to those with other social or economic barriers. In order to qualify for our services, we ask each household to submit to our screening process.

For this we require the following information:

- Photo ID (for 18+)
- AB Healthcare Cards (for all household members)
- Proof of Income (child tax benefits, AISH or SA slips, pay stub, EI statement, etc.)
- Proof of Address (rent receipt, or utility/phone/cable bill, etc.)

Once clients are deemed eligible for service, a Client Card is issued, and can be presented along with photo ID to access services.

Client Cards are valid for a predetermined period, and once expired, the screening process must be repeated to determine further eligibility for service.



**INTERFAITH
FOOD BANK**
SOCIETY OF LETHBRIDGE

Clients Rights & Responsibilities

All food bank clients have the right to respectful service. The same courtesies are to be shown to fellow clients, volunteers & staff.

See the full list of rights & responsibilities on our website: interfaithfoodbank.ca

Get In Touch.

403-320-8779

1103 3 Avenue North
Lethbridge, AB T1H 0H7
interfaithfoodbank.ca

Hours of Operation:

Monday - Thursday

9:30 am - 11:45 am &

1:00 pm - 3:30 pm

Friday

9:30 am - 11:45 am ONLY



@Interfaithfoodbank



Interfaith Food Bank
Society of Lethbridge



**INTERFAITH
FOOD BANK**
SOCIETY OF LETHBRIDGE

Client Services

*Interfaith Food Bank
recognizes the human dignity of
those in need, and provides food
and access to services and resources
generated from within our community.*



Emergency Food Assistance

Monthly Food Hampers

5-7 days of emergency food assistance.
One per household each calendar month.

Daily Food Supplements

Bread, produce, and other items, once daily, as required.

Halal Hampers

Hampers offered to align with Halal diets



Diabetic Bundles

Supplement a diabetic diet with low-sugar, high fibre options and information on self-care.

Baby Bundles

Formula, diapers and other necessities, once monthly until baby is one year old. We also offer Safety Packs to ensure a safe environment at home for new babies.

Pregnancy Increase

Upsized hampers during this crucial development stage, until baby is one.



Birthday Bundles

Cake mix, icing and a gift (as available) for children 1-12.

School Supplies

School supplies for children, offered in partnership with local programs.

Christmas Hampers

In addition to a regular monthly hamper, families receive all the fixings for a festive meal. Christmas gift referrals are offered in partnership with local programs.



Community Connections

Our **Resource Room** builds bridges, encourages self advocacy, and makes referrals to address underlying issues that lead to food insecurity.

We offer services such as housing referrals, rental applications, and building resumes. We also work with a variety of community partners to host programs and workshops to help clients build skills and access community resources.



Second Door Thrift Store

turns non-food items into funds that can be used for food and other program costs. Shop, Save, Support!



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

Ih'taapiinii'mopa inn'siimaan (Healing Garden) offers a 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.



Cooking Classes and More!



The **Interfaith Chinook Country Kitchen (TICCK)**, is a community kitchen program that provides **FREE** cooking sessions intended to teach healthy eating on a limited budget.



CO-OP Community Kitchen houses additional kitchen programs and is available for community use.



Collective Kitchen participants work collectively to plan a menu, grocery list, and prepare several days of meals.

Food Recovery Program transforms surplus food stock into baked and canned goods to extend its shelf life in support of our other programs.



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