

Parkland Food Bank



... helping to take the bite out of hunger.

OUR MISSION

The Parkland Food Bank exists to address the needs of hunger in Spruce Grove, Stony Plain, and Parkland County, primarily by providing food to those in need.

PARKLAND FOOD BANK

ANNUAL REPORT 2014

The purpose of human life is to serve, and to show compassion and the will to help others.

- **Albert Schweitzer**

PARKLAND FOOD BANK

ANNUAL REPORT 2014

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FAST FACTS

Parkland Food Bank:

- Works with agencies throughout Parkland County, such as Auggies Café, Boys and Girls Club Wabamun After School Program, Stony Plain Baptist Church Christmas Dinner, and the Stony Plain Youth Center. These agencies receive food from Parkland Food Bank to assist with their programming
- Serves more than 1600 people per month through our hamper programs
- Provides food to 4 schools for breakfast, lunch and snack programs
- Approximately 40 percent of our clients are children under the age of 18
- Collected, sorted, repackaged, and redistributed 115,076 kg's of food in 2014. The approximate value of this food is \$632,918.00
- Started expanding our current building with an overall budget of \$540,000

Volunteers:

- In 2014, more than 9,000 volunteer hours were contributed
- Volunteers assist with warehouse duties such as sorting, repackaging food and packing food hampers as well as picking up food from local businesses and events

Everyday Heroes

Here's to the everyday heroes,
The volunteers who do what they can,
To ease the suffering of others,
And be of service to their fellow man.

May they know the true satisfaction
That comes from helping others
Less fortunate than themselves,
But no less their sisters and brothers.

May they feel the gratitude in our hearts
For all of the good that they've done.
The appreciation that we all feel for them
Is truly second to none.



MESSAGE FROM THE BOARD CHAIR

Excitement and gratitude!

Those are the words that best describe how we are feeling at the Food Bank right now. There is now less than one month to go before our new building expansion is turned over to us and our future can begin. We are buzzing with excitement. Some of us are looking forward to the space - the space to be able to move around and not trip over other volunteers as we build hampers for our clients. Others are looking forward to the space that will allow us to support the increasing number of clients we have coming in the door. Others are looking forward to be able to turn our focus from the new building to helping the wider community through new programs and services that we will be able to offer. Still others view the expansion as the culmination of years of efforts to see this expansion built and opened.

We live an amazing Tri-community area and because of support from local residents and businesses, we now have a new 2,400 sq. ft. expansion opening in May 2015. This expansion will afford us an opportunity to be able to better support the increasing number of people who rely on our services.

For this we are grateful!

Regards,

A handwritten signature in blue ink, appearing to read "Craig", with a stylized flourish extending to the right.

Craig Curran-Morton

Board Chair, Parkland Food Bank

MESSAGE FROM THE EXECUTIVE DIRECTOR

What an incredibly crazy year here at Parkland Food Bank! I am very pleased to say that our community enabled us to provide food to over 3,000 more people in 2014 over 2013. That was a 20% increase of clients. It is only by the amazing hard work of our volunteers and the incredible community support that we are able to keep up with the demand we are facing! This report will give you a lot of information based on our Food Bank statistics, but I think some of the stories of our clients would give you a better idea of the different situations people are facing that bring them to our doors. Of course, for the sake of privacy I will change the names!

Susan is a wonderful senior in our community who lives alone and has very little family support. She has spent the better part of her life taking care of children as a single mother, but has been unable to work for several years due to health limitations. Currently she receives government assistance of \$1546 per month, out of which she pays \$1150 to rent and utilities for a one bedroom apartment. That leaves her less than \$400 a month to pay for transportation, medications, personal care items, and food. Without the assistance of the community through the food bank, Susan simply would continue to fall further behind every month with her basic necessities costing more than her income could afford. For a client like Susan, coming to the food bank is a long term situation as she does not have the ability to make any change to her income level with cost of living going up every day.

And then we have a client like Sarah. Sarah, her husband and their two very young boys lived in eastern Canada and like many others faced a very poor job market, decided to move west. After selling most of their possessions (as it is cheaper to buy new stuff than move old stuff across Canada), they emptied out their savings and made the move. They arrived in Alberta, Sarah's husband got a job, and they started to set up their lives again. Before too much time went by though, Sarah's husband was killed in an accident and unfortunately did not have life insurance. Sarah needed to come to the food bank for a short time until she could get her boys set up with child care and find a job that could support them, all the while, dealing with her grief and loss. She is an amazing individual that only needed a short term hand up, and through the generosity of our community, we were able to provide her with it!

I could go on and on with the different stories of the 828 families that I have interviewed this year, but I think that those two examples give a pretty good picture of the situations people can find themselves in. And so, this is a thank-you note, for taking the time to think about us, for sending food for us to give, and money to keep this building standing and to give us the ability to hand out necessities like milk, meat, eggs and produce, and for your prayers and continued support! As we move into 2015 we look forward to our building growing a little bigger with our expansion project and with that being able to make our warehouse a little safer and easier on our 70 volunteers that give their time here week after week! We look forward to growing our relationships with the different individuals, businesses, and organizations in our community as we all work together to give everyone in Spruce Grove, Stony Plain and the County of Parkland, the opportunity to feel loved and taken care of, in the most practical of ways. And finally we look forward to continuing to meet the needs of our community by making healthy food available to anyone who needs it!

God bless you, and we look forward to a new year of working together with you!

Sincerely,



Sheri Ratsoy
Executive Director, Parkland Food Bank

CLIENT SERVICES

Hamper Programs

To access services at Parkland Food Bank, a client may drop in during any of our open hours and fill out a registration form. Much of the client intake occurs with the Executive Director during a private interview. To receive assistance clients must be eligible and that is dependent on proof of residence and financial need. Once a client is registered, he or she must re-register with us on a yearly basis.

Full hamper

Once a month clients can receive a Full Hamper of dry goods, milk, meat, eggs, produce and bread.

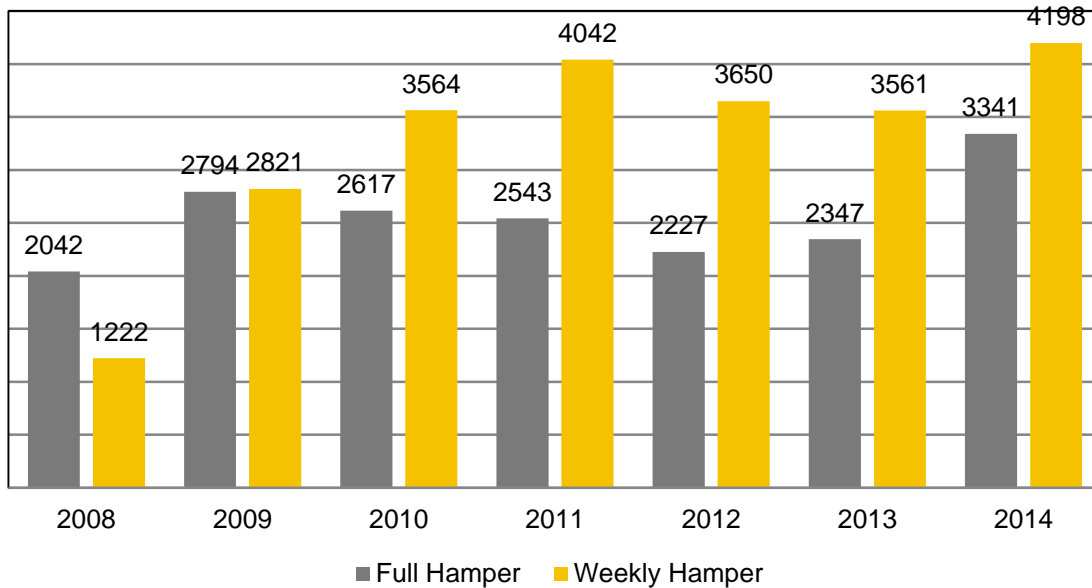
Weekly hamper

Any week a client is not receiving a Full Hamper he or she can receive a Weekly Hamper of produce, bread, and extra canned or frozen food items we may have.

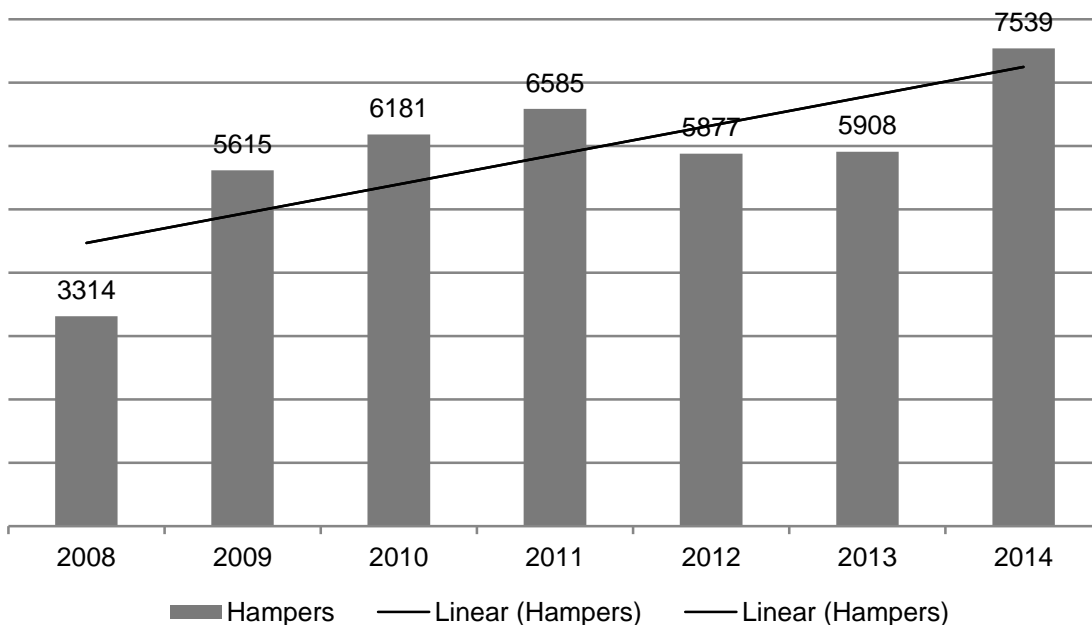


HAMPER DISTRIBUTION

Types of Hampers Distributed



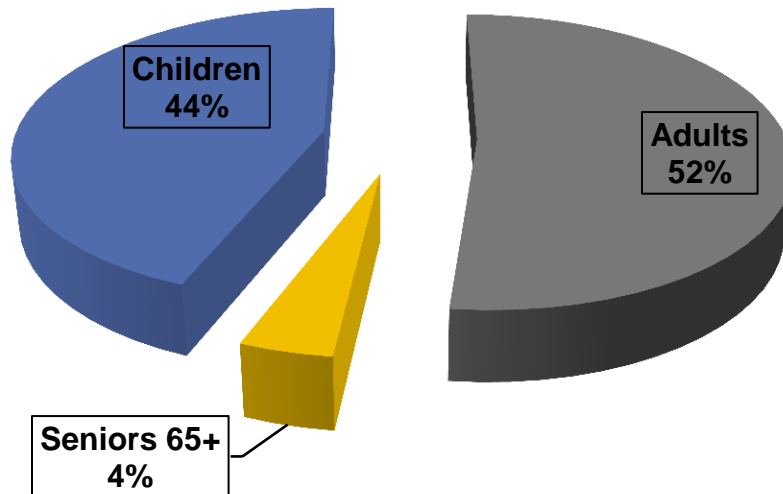
Total Hampers



In 2014 we saw a 42% increase in Monthly Full Hampers over 2013.

OUR NEIGHBOURS WE SERVE

Client Breakdown by Age for 2014



There are many reasons why people are in need of assistance. Our clients consist of:

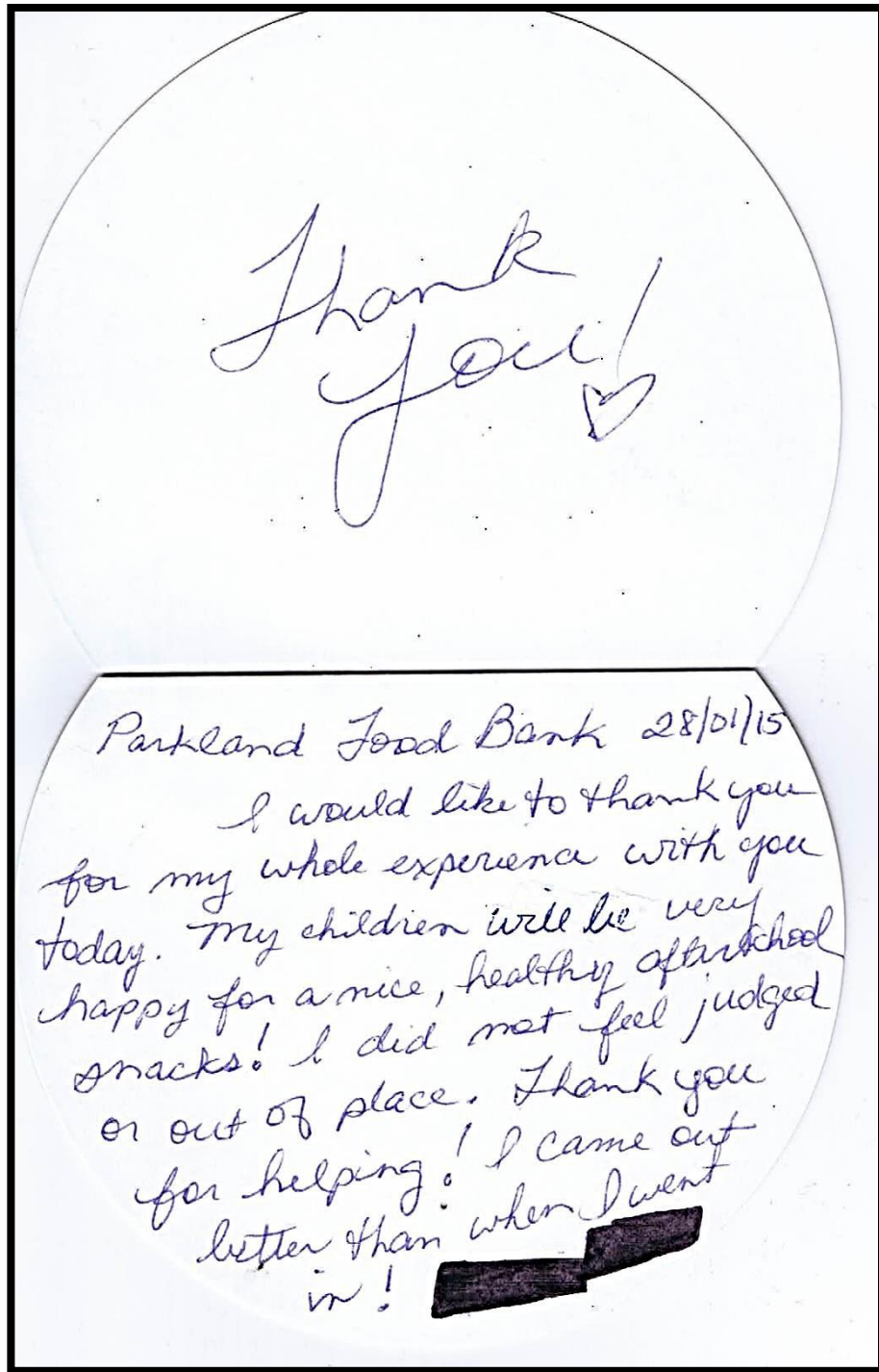
- persons with disabilities
- seniors
- the working poor
- persons receiving income support
- newcomers to the area
- those experiencing an unexpected financial loss due to job loss, divorce, illness, or an increase in rent and utilities.

We had 863 families register with us in 2014, equaling 2,209 family members, to access food here at Parkland Food Bank. That turns into us providing 2-5 days' worth of food for 19,292 people when we count each time clients access the food bank!



CLIENT THANK YOU LETTER

It is always so encouraging for staff and volunteers to receive little notes like this one from one of our clients!



GROW A FOODBANK

Plant A Row Grow A Row

Put your gardening skills to use for people in need!

How often is it that you can enjoy a favourite hobby and help others in your community at the same time?

Plant A Row Grow A Row Project is a fun way to do both. It was initially started in Winnipeg in 1986 and came to Alberta in the 90's. We invite local gardeners to grow an extra row of vegetables, or earmark fruit and vegetables for donation to your local food bank. This program is supported nationally by the *Food Banks Canada*.

How to Get Started

1. Plant your seeds and nurture your garden.
2. At harvest time, simply remove the majority of the garden dirt and take your produce in to the food bank.
3. Be sure to let us know that your donation is designated for the *Plant a Row Grow a Row Project* so it can be weighed and added to our total.
4. Pat yourself on the back for making a wonderful contribution to your community!

Garden in Pot

In May we were able to host a *Veggie Garden In A Pot* class. A big thank you to our instructor, Jennifer, who was an amazing wealth of information to our clients who got to enjoy delicious tomatoes, cucumbers and celery that they learned to grow. A big thank you to our sponsors Aspen Grove Nurseries and Apache Seeds for donating soil, seeds and plants for the event!



FOOD DONATIONS

Totals

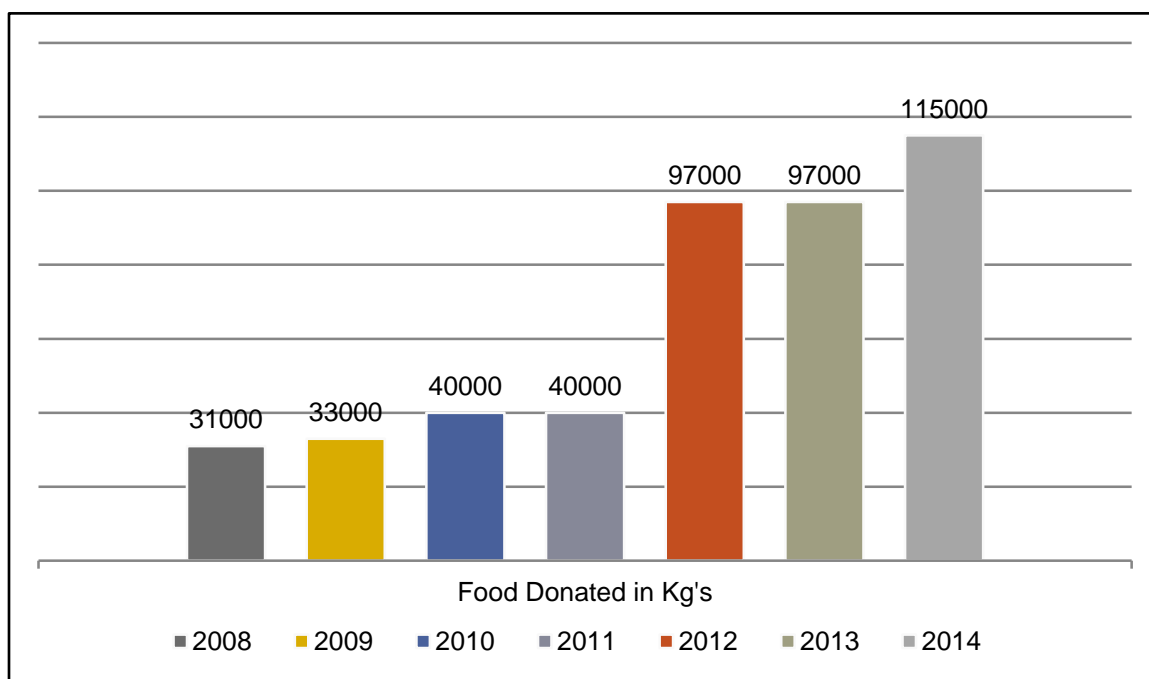


Chart includes food product donated by individuals, business, churches, food drives, special events, and collection bins. We received 115,076 kg's of food which is an increase of 18% over 2013! This is equivalent to \$632,918.00 of food donations!

Friends of the Food Bank – Community Collection Bins

- Co-op
- Freson's IGA
- Good Shepherd Lutheran Church
- Grove Seniors Village
- Holy Trinity Catholic Church
- Rona
- Safeway Spruce Grove
- Safeway Stony Plain
- Save-on-Foods
- Sobeys
- Spruce Grove Medical Center
- Stony Plain United Church
- St. Aidan & St. Hilda Anglican Church
- St. Andrews United Church
- St. Matthews Lutheran Church
- Superstore
- Town of Stony Plain

FRIENDS OF THE FOOD BANK - FOOD DRIVES AND EVENTS

1st Girl Guides of Spruce Grove	OPA
Aerials Gymnastics	Parkland Dental
Alberta Health Services EMS	Parkland Farm Equipment
Allied Arts Council	Parkland Packers
Atco	Parkland Retired Teachers Association
Back Yard Garden Produce	Parkland School Division
Be Free Yoga	Perks Coffee House
Beulah Alliance Church Life Group	Pioneer Tea House
Birdsell Grant	Rehoboth (IHC)
Black Dirt Company	Richardson Milling
Blueberry Shake	Ricki's All Day Grill
Body By Bucci	Rococo Homes
Boston Pizza	Rotary Club of Spruce Grove
Brookwood School	Rotary Club of Stony Plain
Canada Day Spruce Grove	Rotary Club of Stony Plain, Memorial Interact Club
Cargill Foods	Royal LePage Pumpkin Giveaway
Chaotic Universe Concert	Rural Women's Conference
Christian Fellowship Church	Santa's Holiday Blitz
Church of Jesus Christ Latter Day Saints	Spring has Sprung Trade Show
Cob's Bakery	Spruce Grove Chiropractic
Concord National	Spruce Grove Community Church
County of Parkland	Spruce Grove Composite High School
County of Parkland District II Fire Hall	Spruce Grove Girl Guides
Covenant CRC Teen Club	Spruce Grove Legion
Curves Spruce Grove	Spruce Grove Oil Wives
Curves Stony Plain	Spruce Grove Playschool
CWT Logistics	Spruce Haven Manor
Cycle Works West	St. John Lutheran Church
Darwell School	St. Joseph School
Duffield School Stuff a Bus	St. Marguerite School
Edmonton Eskimo Father's Day	St. Michael's Church
Edmonton Petroleum Golf and Country Club	St. Thomas Aquinas Middle School
Farm Credit Canada City Slickers Event	Stony Plain Alliance Church Youth Group
Heartland Auction	Stony Plain Eagles
High Park School	Stony Plain Farmers Market
Horizon Stage	Stony Plain First Night Festival
Immanuel Lutheran Church of Rosenthal	Stony Plain Legion Ladies Auxiliary
Initiation Ice Cap Tournament	Swallow Hollow Orchards
JenCol Construction	Sweetheart Ringette Tournament
John Paul II School	Sysco Foods
Karo Dental	Thompson Brothers
Kinettes of Spruce Grove	Tire Craft
Kinsmen Club of Stony Plain	Trans Canada Pipeline
Lighthouse Church	Transalta TriLeasure Center
Lobay Dental Group	Village of Spring Lake
Memorial Composite High School	Walmart National Food Drive
Meridian Heights School	Whispering Waters Senior Center
Mewassan United Church	Woodhaven School
Mini Monster Bash	Young Guns
Mommy Connections	Zumba in the Park
Old Town Development Corp.	

Thank you to all the businesses, community groups, churches and unnamed individuals who have held a food drive or event in support of Parkland Food Bank!

PARKLAND FOOD BANK SPECIAL EVENTS

Fundraising is an essential component of support for Parkland Food Bank. We wanted to create some events that really let us interact and have some fun with the community who supports us!



Parkland Food Bank Presents

A Night At Galaxyland!
October 4th, 2014
Doors Open 7:30 p.m.
Doors Close 10:30 p.m.

Tickets: \$12/person OR \$100/

Available At:
Parkland Food Bank 105 Madison Cr. Spruce Grove—Sheri @ 780
For more information visit www.parklandfoodbank.org
or on Facebook www.facebook.com/PrkIndFoodBank

The poster features a yellow background with a blue banner at the bottom that says "Galaxyland" in a stylized font. To the right of the banner is a cartoon character of a yellow alien with a green leaf on its head. The text is in various colors and fonts, including a large "A Night At Galaxyland!" in white on a black background.

October 4, 2014 we had over 900 members of our community join us at WEM Galaxyland for a great night of fun and rides. We will be hosting this event again Feb. 6, 2016, so look for tickets to be on sale fall 2015!



Corks & Kegs
With Parkland Food Bank

Wine/Beer Tasting and Silent Auction in support of
Parkland Food Bank's Building Expansion!

Featuring wine and beer from
Liquor On McLeod
\$30 per person
Friday November 21, 2014
7:00-10:30 pm
Pioneer Museum-Founder's Building

Join us for an evening of wine, beer, appetizers, desserts and a silent auction!
For ticket information www.parklandfoodbank.org or call 780-962-4565.

The poster features a dark background with a bottle of wine, a glass of red wine, and a bunch of grapes. The text is in white and yellow, with a small red apple icon next to "With Parkland Food Bank". There are also social media icons for Facebook and Twitter at the bottom right.

November 21, 2014 we had 100 members of our community join us for a night of wine and beer tasting, appetizers, desserts and silent auction! It was a fantastic night and we will be making it even bigger and better when we do it again Oct. 3, 2015!

GROW AN “ORCHARD” CAMPAIGN

2014 Expansion Project

About the Project

The addition of 2,400 square feet to our existing building will also include:

- Hydraulic Dock Lift System to reduce the continuous heavy lifting for our volunteers
- Walk in Freezer to replace many of our outdated and energy inefficient chest freezers
- Safer storage of food for our volunteers to access
- Expanded reception area
- Increased Parking
- Added office space
- Carton flow shelving system allowing for first in, first out food rotation



1 PARKLAND FOOD BANK BEFORE



2 PARKLAND FOOD BANK AFTER

“ORCHARD” SUPPORTERS

Our total project cost is going to be approximately \$523,000! Up the end of 2014, we have received the generous support from the following businesses, community groups and communities:

Orchard Donors

\$125,000 Alberta Culture
\$100,000 Rotary Club of Spruce Grove

Tree Donors

\$40,775 EC Foundation
\$20,000 Kinsmen of Stony Plain
\$10,000 Farm Credit Canada
\$18,000 The Thrift Shop

Bushel Donors






\$7,500 City of Spruce Grove
\$7,500 Town of Stony Plain
\$6,500 County of Parkland
\$5,782.78 Boston Pizza Grand Opening
\$5,000 Thompson Bros

Apple Donors

\$2,400 Stony Plain Lodge No 225
\$1,482 Parkland Potters Guild
\$1,000 Alberta Food Banks Network

Seed Donors

\$750 Birdsell Grant LLP
\$500 C's Electrical Service
\$500 Ernst & Young LLP
\$500 TST Canada
\$400 PALS Geomatics Corp

Donation Amount	Level of Support
\$50,000 +	Orchard 
\$10,000-\$49,999	Tree 
\$5,000-\$9,999	Bushel 
\$1,000-\$4,999	Apple 
Up to \$999	Seed 



Alberta Culture

OUR BOARD OF DIRECTORS

Parkland Food Bank's Board of Directors is a governance board. They are responsible for setting policies and providing oversight and leadership to Parkland Food Bank.

Craig Curran-Morton

Board Chair

Brenda Skalicky

Director

Donna Smith

Past Chair

Dianne Lukey

Director

Kai Shuler

Vice-Chair

Jennifer Herrick

Director

Laura Nelubowich

Secretary

Sandra Christiansen

Director

Gabrielle Seymour

Treasurer

Bill Shaver

Director

Harriet Nelson

Director

Brett Esslinger

Director



LET'S CONNECT!

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Spruce Grove

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Fax

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www.parklandfoodbank.org

