



ANNUAL REPORT

FEEDING THE TRI-REGION



VISION

We are at the heart of our community where no one goes hungry, so families and individuals can feel empowered, supported, and hopeful.

MISSION

To coordinate the collection and distribution of healthy food to people in need within the Tri-Region and connect them to additional community resources.

KEY SUCCESS FACTORS

COMMUNITY SUPPORT

The Parkland Food Bank's main purpose is to support the community, and it also depends heavily on the support of the local community to achieve its goals and provide supports for those community members who need it most.

CLIENT CENTERED

Our focus is centered on the principle of being attentive to the needs of clients and adjusting our processes and approaches with them in mind.

PARTNERSHIP/COORDINATION

The goals and objectives outlined are achievable only through partnerships and working collaboratively with businesses, community members, and services providers.

EFFICIENCY & EFFECTIVENESS

We strive for continuous improvement. We focus on effectiveness first and then refine processes to be more efficient.

EDUCATION/AWARENESS

We believe strongly that it is through education and awareness that we can best support our clients.

Message from the Chairperson



Hello friends,

As I reflect on 2022, I am struck by what a difference a year makes. Early in 2022, we were still in the grips of health restrictions and uncertainty. As health restrictions eased, the income supports that were assisting many of our customers ended. As the year progressed, we saw jumps in inflation and interest rates that we haven't seen in decades. Parkland Food Bank was again called upon to fill the void to keep our community fed. Our environment was changing and our need to support our community was never greater. As an organization and board, I am proud to report we met these needs. It takes all volunteers, employees, and the generosity of our community to meet these needs, it cannot be done in isolation.

2022 also had reason to celebrate. Our community stepped up in ways we did not think were possible. When we were forced to make our Coldest Night of the Year fundraiser virtual at the last minute, we did not think we would be able to generate the support we needed. We are forever grateful to the teams, businesses and donors that did not let us down.

Our second annual golf tournament took place with immense community support.

At the same time, we served the community, we were working hard to plan for the future. Based on the building feasibility study created and presented in 2022, we require a new location and facility to meet the demand based on growth projections for our communities. We worked closely with the City of Spruce Grove to determine the value of the current facility and create a plan for their support as we find a new home. We assessed our financial situation and determined our next steps to deliver on that vision to ensure we will always be able to meet the need.

We are very thankful for the talent of our staff and volunteers and Sheri's executive direction and passion. We could not be more grateful for the support of all partners, businesses, and donors. We are in this together. Thank you from the customers you supported and from all levels of our organization. We look forward to continuing to serve the needs of the community into 2023 and planning for the future. Thank you for helping us deliver on our vision: we are at the heart of the community, where no one goes hungry, so families and individuals can feel empowered, supported, and hopeful.

Cindy Barclay

Parkland Food Bank Board of Directors & Staff

Board of Directors

Chairperson

Cindy Barclay

Vice-Chair

Noreen Lang-Bryant

Treasurer

Yvonne Beattie

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Becky Giberson

Past Chair

Craig Curran-Morton

Directors

Soula Jackson

Trevor Kloeck

Ed McLean

Nicole Schoepp

Staff

Executive Director

Sheri Ratsoy

Executive Assistant

Levon

Volunteer & HR Coordinator

Celina

Logistics Manager

Scott

Drivers and Warehouse Team

Elena

Lynn

Jim

Pat

Art

Client Services Team

Charyl

Ashley



"If I didn't have the support of the Parkland Food Bank, I don't think our family would be surviving.

When I first came to the food bank, I noticed my food budget was cut almost in half after I started using the food bank regularly.

The savings in my food budget allowed me to allocate those funds to help with rent, utilities and other household expenses."

Parkland Food Bank Client

"I fully believe our community is richer because of the Parkland Food Bank, both as a place for people to volunteer and donate, and for those who need assistance.

We have a wonderful community and I'm so blessed to receive the help I need each month."

Parkland Food Bank Client

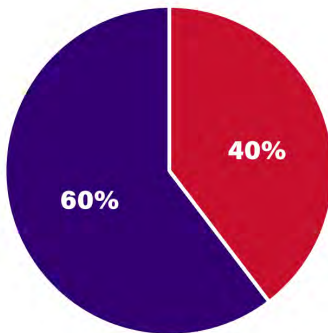


**42 Ukrainian
Refugees
Served!**

PARKLAND FOOD BANK SOCIETY

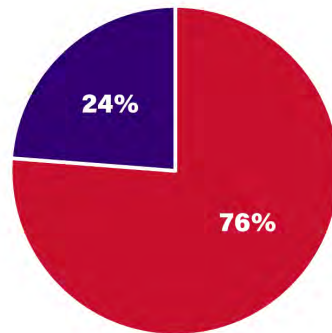
Individuals Served

■ Children ■ Adults



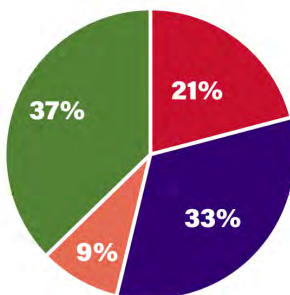
Households: Existing vs New

■ Existing ■ New



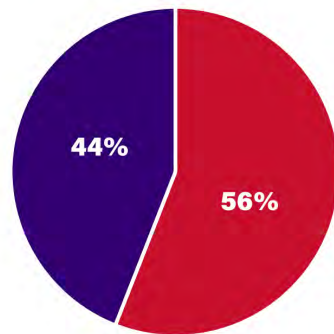
Household: Types

■ Two Parent ■ Single Parent
■ Couple No Children ■ Single Person



Adult Demographics

■ Men ■ Women



Spruce Grove

48% of Households
Representing 5% of
city population

Stony Plain

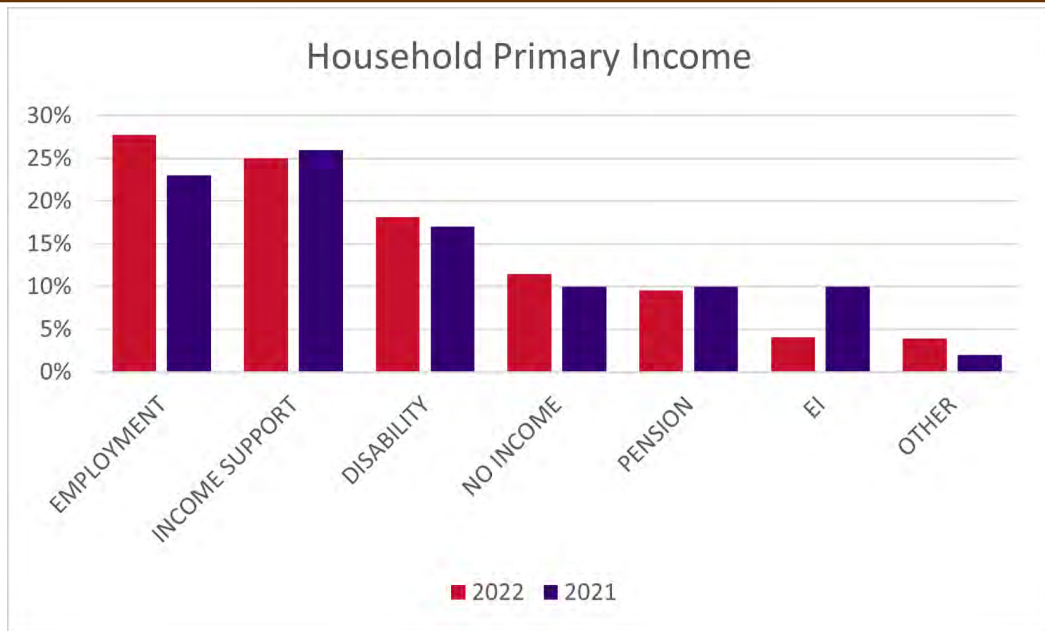
25% of Households
Representing 6% of
town population

Parkland County

20% of Households
Representing 3% of
county population

Paul First Nation

5% of Households
Representing 18% of
nation population



EMPLOYMENT AS MAIN SOURCE OF INCOME

For the first time, there was a significant increase in the number of food bank clients who reported employment as their main source of income. The percentage of clients who reported employment as their main source of income increased from 23 per cent in 2021 to 28 per cent in 2022. Low wages or not enough hours became the number one reason for accessing our food bank. The national average of clients who reported employment as their main source of income was 14 per cent in 2022, which was an increase from 12.5 per cent in 2021.

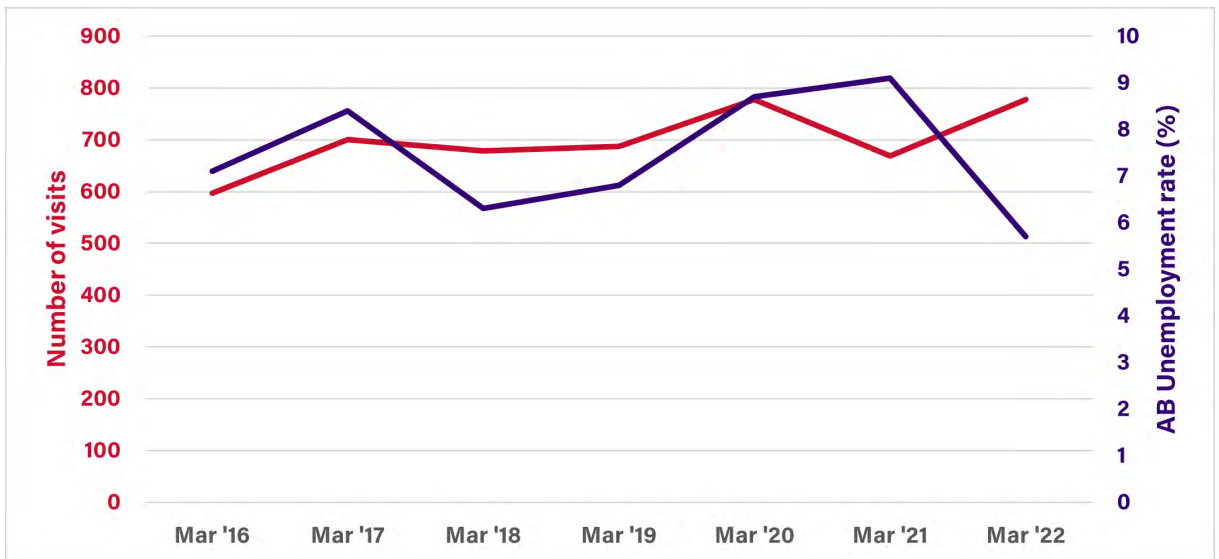
According to Statistics Canada, the lowest income quintile saw their disposable incomes decline by 7.5 per cent in the first quarter of 2022 compared to the previous year. Before the pandemic, the majority of households nationwide whose incomes were within this quintile were already spending more than 50 per cent of their income on rent and utilities. The 71 per cent of PFB clients who live in market rental housing were particularly affected. Massive increases in the costs of core items like food, rent, and fuel mean a proportionately much larger share of income would go to paying for these essential items.




UNCHARTED TERRITORY

Historically, food bank usage closely mirrored unemployment rates. As we enter this uncharted territory of record-high usage and unemployment rates sitting at historic lows, work must be done on two fronts to end hunger once and for all. First, we need to ensure that people who are experiencing food insecurity are given access to sufficient, safe, and nutritious food as soon as possible. Second, we must work toward an improved social safety net that includes better income supports to prevent more people from falling into poverty in the first place.

**Alberta unemployment rates and PFB total food bank visits,
March of each year, 2016–2022**





In 2022 Parkland Food Bank was able to directly support 1,704 unique households (4,588 unique individuals) through our Monthly Hamper, Top Up Hamper, and H2 Hamper Programs.

When we total the number of visits to our hamper programs, we provided an average of 5 days' worth of food to 28,266 individuals.

HAMPER OPTIONS

MONTHLY HAMPER

8,835 Monthly Hampers were distributed in 2022.

Appointment Only

Once every calendar month, clients can access a Monthly Hamper. This hamper consists of non-perishable pantry items, meat, eggs, and milk. Items available through the fresh food program are also included with this hamper.

Gluten Free non-perishable food boxes are also available with the Monthly Hamper Program.

Core Monthly Hamper food items provided in 2022 were:

- \$662,000 worth of pantry items
- \$168,000 worth of meat
- \$39,000 worth of eggs
- \$48,000 worth of milk
- Other dairy (yogurt, cheese etc.)
- Fresh Fruit and Vegetables
- Bread, Buns, Specialty Breads, Pastry
- Miscellaneous Frozen Goods
- Paper products (toilet paper, paper towel)
- Personal Hygiene Products (toothpaste, toothbrushes, shampoo, body wash, soap)
- Baby Products (diapers, baby food, formula)
- Household Products (laundry detergent, dish soap, cleaning supplies)

HAMPER OPTIONS

TOP-UP HAMPER

1,518 Top-Up Hampers were distributed in 2022.

Drop-In

Once every calendar month, clients can access a Top-Up Hamper in addition to the Monthly Hamper.

This hamper consists of all 'shopping' items in the front reception area:

- Specialty Breads
- Cooler and Freezer Items
- Feminine Hygiene
- Baby Supplies

H2 HAMPER

325 H2 Hampers were distributed in 2022.

Drop-In

For clients that do not have access to refrigeration or cooking facilities, we have our H2 Hampers available. These hampers can be accessed once a week, are sized to fit in a large backpack and consist of all ready to eat foods that require no meal preparation.



SUPPORT FREQUENCY

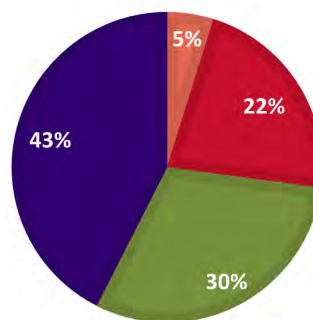
The purpose of Parkland Food Bank is to address food insecurity among residents of Spruce Grove, Stony Plain and Parkland County; Individuals and families in Emergency, Short Term, Medium Term and Long Term Need.

Over the last five years we have seen a shift where households required more frequent support, moving from 20% of households needing Medium to Long Term Assistance in 2018 to 73% in 2022.

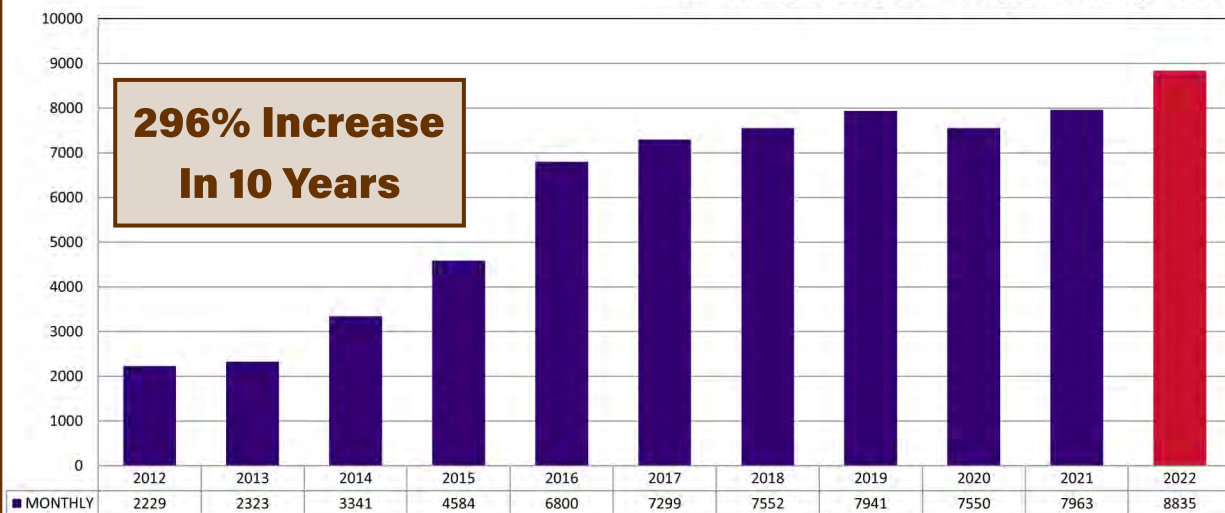


2022 CLIENT VISIT FREQUENCY (MONTHLY HAMPER)

- Single Visit
- Short Term (2-5 Visits)
- Medium Term (6-9 Visits)
- Long Term (10-12 Visits)



Monthly Hamper Comparison by Year



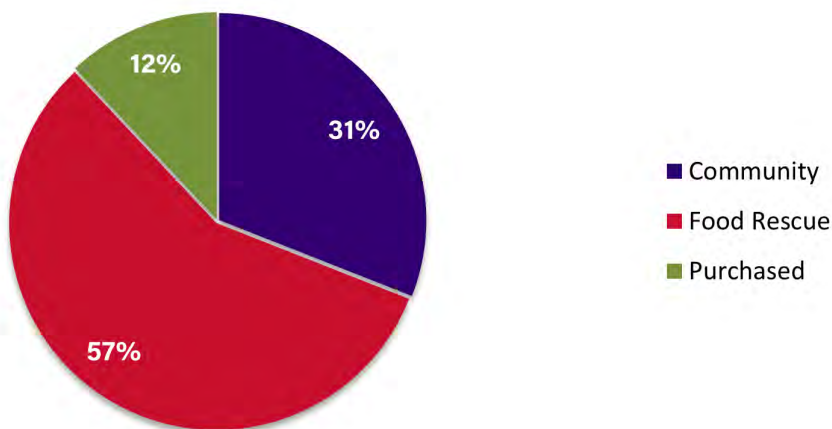
Providing food for 2,400 individuals every month requires quite the mountain of food! Below is our average **monthly** shopping list for 2022! Food was acquired through community donations or purchases made possible through financial donations.



SHOPPING LIST:

- | | |
|---|--|
| <input type="checkbox"/> Fruit—1,827 cans | |
| <input type="checkbox"/> Tuna or Turkey—3,478 cans | |
| <input type="checkbox"/> Stew/Baked Beans—2,583 cans | |
| <input type="checkbox"/> Dried Side dish—3,420 pkgs | |
| <input type="checkbox"/> Pasta Sauce—1,798 jars | |
| <input type="checkbox"/> Beans or Lentils—1,739 cans | |
| <input type="checkbox"/> Soup—3,420 cans | |
| <input type="checkbox"/> Vegetables—3,478 cans | <input type="checkbox"/> Meat—2,131 kgs |
| <input type="checkbox"/> Pasta—1,151 pkgs | <input type="checkbox"/> Eggs—1,710 dozen |
| <input type="checkbox"/> Oatmeal—2,046 cups | <input type="checkbox"/> Milk—2,232 liters |
| <input type="checkbox"/> Rice—2,046 cups | |
| <input type="checkbox"/> Flour—2,302 cups | |
| <input type="checkbox"/> Cereal—844 boxes | |
| <input type="checkbox"/> Crackers/Cookies—1,768 boxes | |
| <input type="checkbox"/> Peanut Butter—815 jars | |

Parkland Food Bank simply reflects the generosity of our community as it receives 100% of the funds and food it takes to operate, from individuals, businesses, and organizations from within the Tri-Region. We categorize food received under Community Food Donations, Food Rescue and Purchased Food.

2022 kg of Food Received

DONATION TYPES

Community Food Donations:

In 2022 the community donated over 149,438 kg of food valued at over \$850,000. We truly appreciate those who took the time to select and purchase much needed food for the community.

Food Rescue:

Is a program that collects all surplus food from grocery stores, food distributors, and restaurants and redirects it to highest and best use. Through Food Rescue, 275,137 kg valued at over \$1.5 million was diverted from the landfill in 2022.

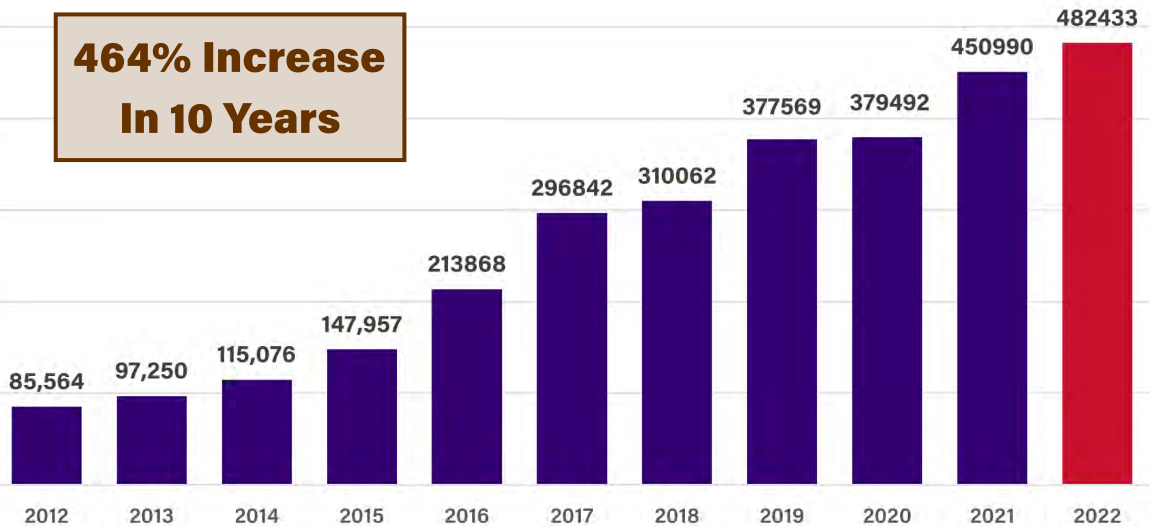
Purchased Food

To provide a consistent and balanced hamper of both perishable and non-perishable food, Parkland Food Bank purchased over \$420,000 worth of food in 2022. This included milk, meat, eggs, produce and non-perishable items.

PARKLAND FOOD BANK SOCIETY

Yearly Food in kg

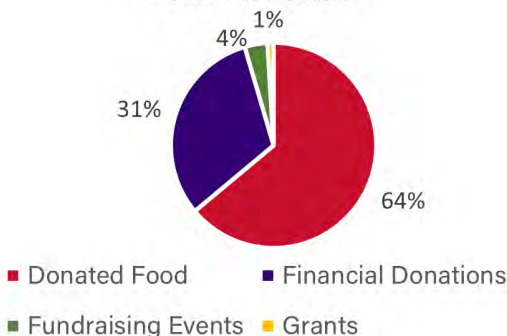
**464% Increase
In 10 Years**



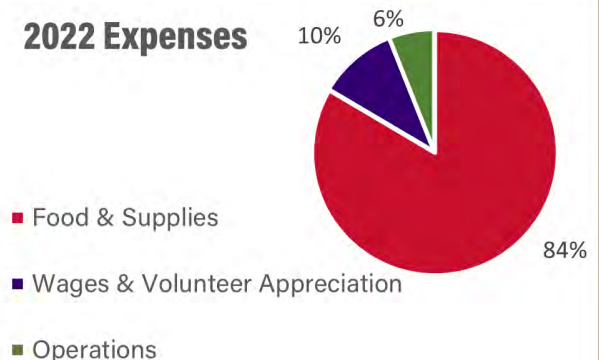
We were able to complete a food bank facility expansion in 2015-2016 doubling our facility size from 3000 sq ft to 6000 sq ft. (a 100% increase)

In the last 10 years our hamper program has grown by 296% and we are processing 464% more food through that facility. We once again find that our current space is not large enough to house the food needed to meet monthly demands

2022 Revenue



2022 Expenses





Coldest Night of the Year 2022

The Coldest Night of the Year is a fantastically fun, family friendly walking fundraiser; supporting the work of Parkland Food Bank. On Feb. 26, 2022.

Although we couldn't be all together once again, we had 183 walkers join us virtually, raising more financial support than ever before!

A great big thank you to our walkers, sponsors and the 1,022 donors that supported this event!

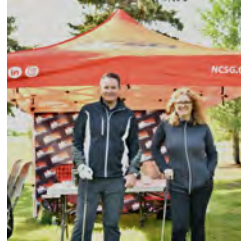


\$77,655

Raised!



PARKLAND FOOD BANK SOCIETY



EVENT SPONSORS

The Black Dirt Company
Midwest Pipelines Inc.
Liquor on McLeod
Rebagliati Restaurants
Ltd.



140 golfers joined for our
2nd Annual Charity Golf
Tournament.

Thank you to all who came
out and supported us in
this incredibly fun event!

Join us again June 23,
2023!



EVENT SPONSORS CONT.

NCSG Crane & Heavy Haul
Fix It Right Plumbing & Heating
Cantiro
Fairstone Financial Inc.
Canadian Road Builders Inc.



\$59,080

Raised!



Myshak Group
Thompson Bros Construction
North Central Co-op
Cargill Ltd.
NCSG Crane & Heavy Haul Services
Decker Properties Management Ltd.
Jiffy Lube
Nordic Mechanical Services Ltd.
Leading Edge Physiotherapy Parkland
Accusteel Heavy Haul Trailers
Jen-Col Construction Ltd.
Excel-MKM Insurance
Michener Allen Auctioneering Ltd.
Sysco



We are so fortunate to have such a diverse, strong, and committed team of volunteers that devote hours of their lives to help us with our mission. From collecting food donations, packing hampers, speaking with clients, sorting or repackaging food, our volunteers come every day, ready to help those who need it most.

Volunteers served 15,837 hours in 2022



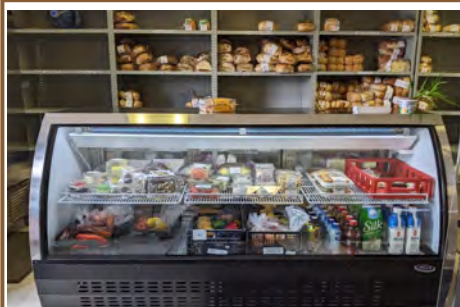
Funders

PARKLAND FOOD BANK SOCIETY



United Way
Alberta Capital Region

Through United Way, we not only receive funding but opportunities to collaborate with other agencies.



Thanks to Loblaws for their generous donation of a display cooler and forklift.



The Thrift Shop provides incredible financial support!



Thanks to our partners at Food Banks Canada and Food Banks Alberta for your guidance and generosity!

Support from Organizations

1221940 Alberta Ltd. Pineridge Golf Resort
1878174 Alberta Ltd. - Edo Japan Stony Plain
1st Blueberry Scout Group
2088281 Alberta Lt. Edo Japan Spruce Grove
ABC Services Inc.
Acheson Business Association
Aegis West Engineering Inc.
Agriterra Equipment
Al Shamal Shriners Marching Unit
Alberta Honey Producers
Alberta Iron Indians Pontiac Club Edmonton
Alberta Parenting for the Future
Alla Dekterov Professional Corporation
Al-Terra Engineering Ltd.
Anglican Church Women
Answer Trailer Rentals & Leasing Ltd.
Antiques & Treasures
Ardene Spruce Grove
Atco Epic Program
Awesome Pawsome Ranch
Aztech H.V.A.C. Balancing Ltd.
BakeCraft Boutique Bakery
Belay Benefits Inc.
Bings Family Restaurant
Boost Physiotherapy
Boston Pizza Foundation
Brisbane Management Ltd.
Brookfield Residential
Broxton Park School
Burnco Rock Product Ltd.
Cakemaker Canada Inc.
Calahoo Alliance Church
Canada Bread
Canadian Forest Products Ltd.
Canadian Road Builders
Capital Power Corporation
Cargill Limited
CentiMark Ltd.

Century 21
Chinook Environmental Services Ltd.
Christian Fellowship Church
Christopher and Jelena Reich Bakeries Ltd.
Civeo
Coffee with Matt
Compass Group Canada
Congregational Christian Fellowship
Copperhaven School
Costco Wholesale
Cross Country Infrastructure Services
Diedo's Gifts
Drayden Insurance Ltd.
Duffield School
Edmonton Food Bank Gleaners Society
Edmonton Greeters of Al Shamal Association
Edo Japan Restaurants Ltd.
Elation Glass and Vape
Elite Martial Arts
Elizabethan Catering Services
Evangelical Lutheran Church of the Good Shepherd
Evergreen School Division
Expresco Foods Inc.
FCSSA of Alberta
Farm Credit Canada
Food Banks Alberta Association
Food Banks Canada
Freson Bros
Garden Dental & Orthodontics
Glenwood Radiology Spruce Grove
Golden Spike Crime Watch Society
Grove City Meats
Grove Medical Centre Ltd.
Grove Seniors Village
Heritage Creek Community
High Park School
Holy Trinity Catholic Church
HomeDepot

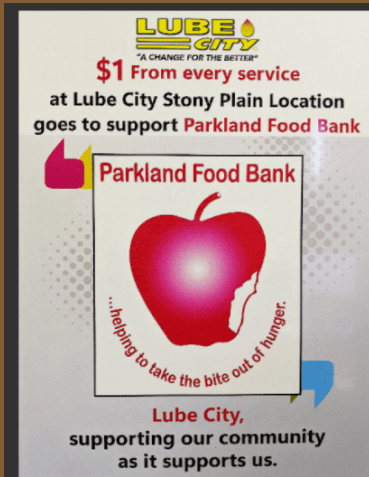
PARKLAND FOOD BANK SOCIETY

Homegrown Foods Ltd.
Hope Christian Reformed Church
Innovator Industrial Services
J. J. Huston Land Corporation
Japa Equipment Rentals Inc.
JNE Retail Equipment Inc.
Kal Tire
Kinsmen Club of Stony Plain
Kiwi Nurseries Ltd
KLM Ventures Ltd.
Knights of Columbus Council 17034
Ladies Auxiliary To The Royal Canadian Legion
#256
LDS Spruce Grove (COJC)
Leading Edge Physiotherapy
Lighthouse Church
Lions Club of Stony Plain
Liquor on McLeod Ltd.
Little Caesars Pizza
LWML St. John's
Main Street Law LLP
McAsphalt Industries Ltd.
Midwest Pipeline Inc.
Miss Lauren Music
MKM Insurance Inc
Mustang Freightways
Myshak Sales & Rentals Ltd.
Navistar Canada
NCSG Crane & Heavy Haul
Nelson Environmental Remediation Ltd.
Nethercan Woodworking Ltd.
New Life Community Church
Nexus Technologies Group Ltd.
North Central Co-operative Association Ltd.
Northgate Industries Ltd.
OES Pembina Valley Chapter No. 128
Olymel
Original Joes Franchise Group Inc.
Our House Recovery Centre

PAC Saints U15AAA & U18AAA
Pampered Chef
Panda Rose Consulting Studios, Inc.
Pankewich Holding Ltd.
Parkland Baptist Church
Parkland Rehabilitation
Parkland School Division
Parkland Seventh-Day Adventist Church
Parkland Village
Pineridge Ladies Golf League
Q-Line Trucking
Quesada
Real Canadian Superstore
Red Apple
Reliable Landscape Maintenance Ltd.
Restoring Hope To Cities
Robinson & Company
Rockport Carrier Co Inc.
Romantic Notions
Rona Spruce Grove
Rotary Club of Spruce Grove
Rotary Club of Stony Plain
Royal Canadian Legion #256
Safeway Spruce Grove
Safeway Stony Plain
Sandar Holding Inc.
Sanders Strategic Solutions Inc.
Sandyview Farms
Sausage Lady Stony Plain
Save-On-Foods
Seba Beach Seniors Golden Age Club
Servus Credit Union Spruce Grove
Servus Credit Union Stony Plain
Servus Credit Union Windermere Branch
Shoppers Drug Mart
Shoreline Developments Inc. O/A Meridian Self
Storage O/A E & E Homes
Shur Mechanical
Sobeys 3216

| | |
|--|---|
| Spruce Grove Acupuncture Inc. | TCL Supply Chain Inc |
| Spruce Grove Alliance Church | TD Canada Trust |
| Spruce Grove Chiropractic Center | Technichrome Industries Ltd. |
| Spruce Grove Community Church | Telus Community Connections |
| Spruce Grove Farmer's Market Society | Telus Friendly Future Foundation |
| Spruce Grove Kinettes | The Black Dirt Company |
| Spruce Grove Lions Club | The Chalmers Family Foundation |
| Spruce Grove Playschool | The City of Spruce Grove |
| Spruce Grove Regals | The County of Parkland |
| Spruce Grove Saints Junior A Hockey | The Leder Charitable Foundation |
| St Michael's Grove Manor | The Links At Spruce Grove |
| St. Andrews United Church | The Little Potato Company |
| St. Augustine's Parkland Anglican Church | The Masonic Foundation of Alberta |
| St. John Paul II Catholic School | The Mutual Fire Insurance Company of British Columbia |
| St. Joseph Catholic School | The Sawatzky Specialties Foundation |
| St. Marguerite Catholic School | The Thrift Shop |
| St. Matthew Lutheran Church Stony Plain | The Town of Stony Plain |
| St. Matthew's Lutheran Church Spruce Grove | Trans Mountain Canada Inc. |
| St. Thomas Aquinas Middle School | TransAlta Generation Partnership |
| Starbucks #206 | TransX Transport |
| Starbucks Foundation Charitable Fund | Trefoil Guild Girl Guides |
| Steve's Food Equipment & Repairs Ltd. | Triple 8 Transport |
| Steve's No Frills #3628 - 7631707 Canada Ltd. | Tronia Systems Ltd |
| Stony Plain & District Crime Prevention Assoc. | TST Canada Inc. |
| Stony Plain Alliance Church | Twelve Streets of Christmas - Briarwood |
| Stony Plain Central | Tyscott Mechanical Repairs Ltd. |
| Stony Plain Eye Centre | U.S.W. Local 5220 |
| Stony Plain Flyers | U-9 Ice Angels Hockey Team |
| Stony Plain Gas and Convenience | U-11 Pink Panthers Spruce Grove |
| Stony Plain Lutheran Church | U-18 PacAA Saints Hockey |
| Stony Plain Minor Hockey Association: U13 | UFA Co-Operative Ltd. |
| Stony Plain Sharks Swim Club | UHEW Local 30703 |
| Stony Plain United Church | United Nurses of Alberta Local 196 |
| Stony Plain Women's Institute | Vestas - Americas |
| Stony Plain Woolworkers Guild | Walmart Canada Corp |
| Strategic Charitable Giving Foundation | Westland Market Mall |
| Sunrise Vista Apartments | Wild Wild West Trucking Corp. |
| Swallow Hollow Orchard | Zender Ford |
| Sysco Foods | |

PARKLAND FOOD BANK SOCIETY



**CHANGE YOUR OIL
CHANGE YOUR
COMMUNITY**



parklandfoodbank.org

780-962-4565

Charitable Number 12851 0484 RR0001

