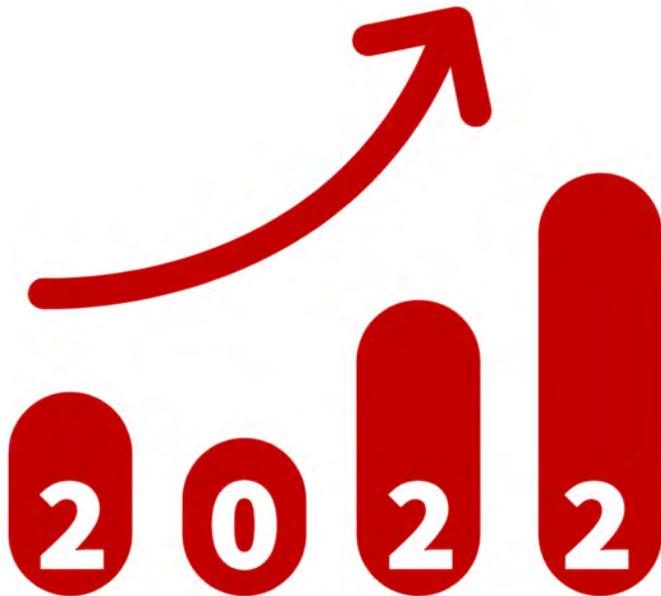




# ANNUAL REPORT

FEEDING THE TRI-REGION



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## **VISION**

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

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## **MISSION**

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

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## **KEY SUCCESS FACTORS**

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### **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

**Secretary**

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."*

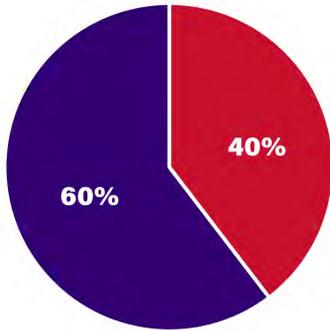
Parkland Food Bank Client



**42 Ukrainian  
Refugees  
Served!**

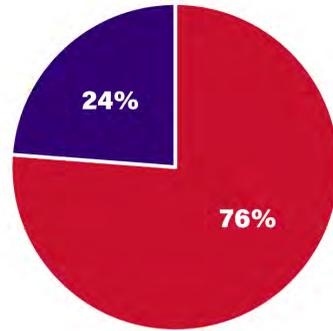
**Individuals Served**

■ Children ■ Adults



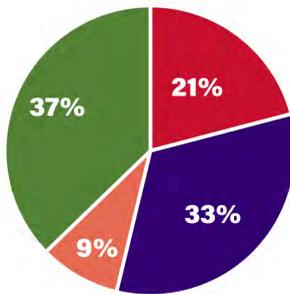
**Households: Existing vs New**

■ Existing ■ New



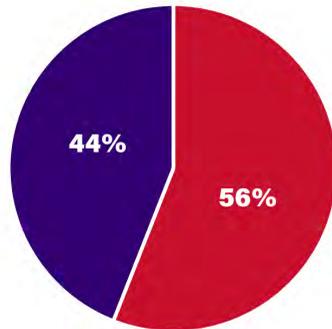
**Household: Types**

■ 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**

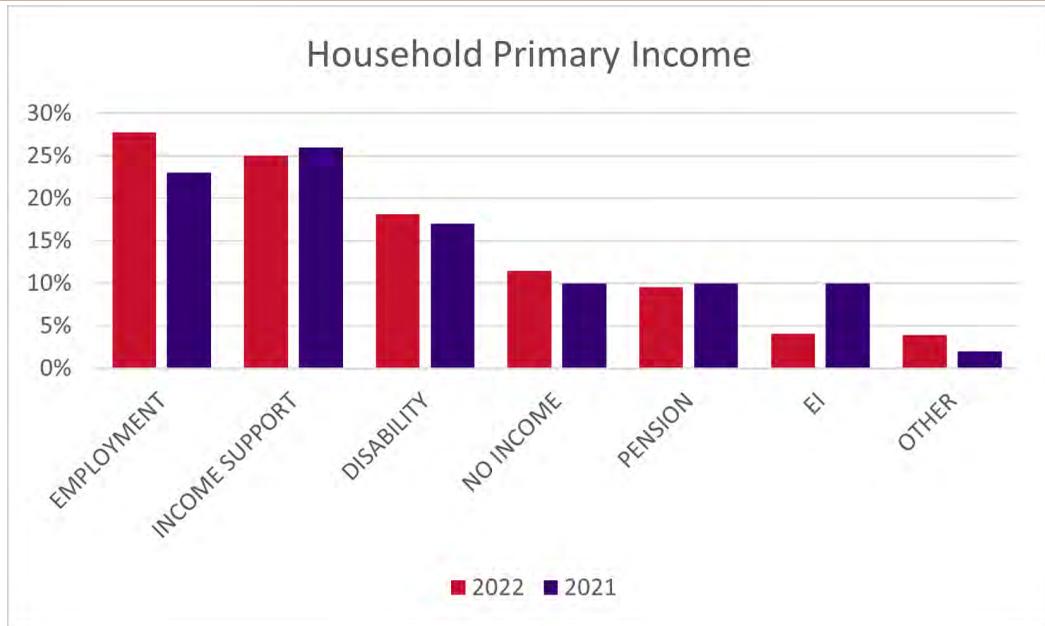
25% of Households  
Representing 6% of  
town population

**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.

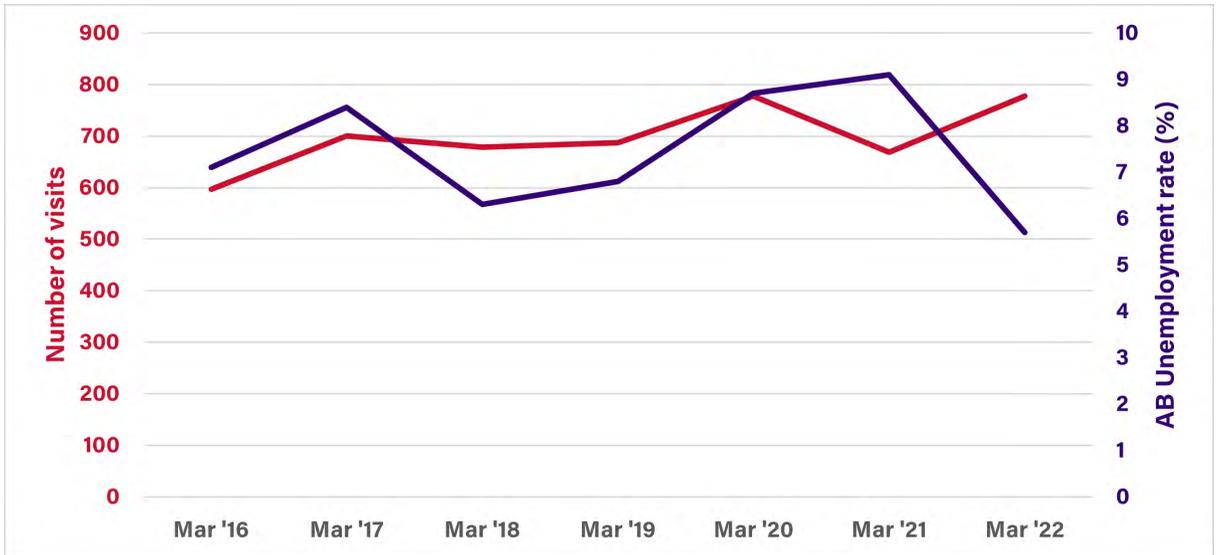
According to Statistics Canada, the lowest income quintile saw their disposable incomes decline by 7.5 per cent in the first quarter of 2022 compared to the previous year. Before the pandemic, the majority of households nationwide whose incomes were within this quintile were already spending more than 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.



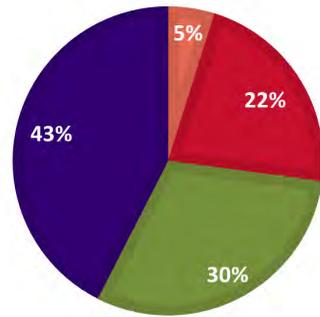
## SUPPORT FREQUENCY

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.

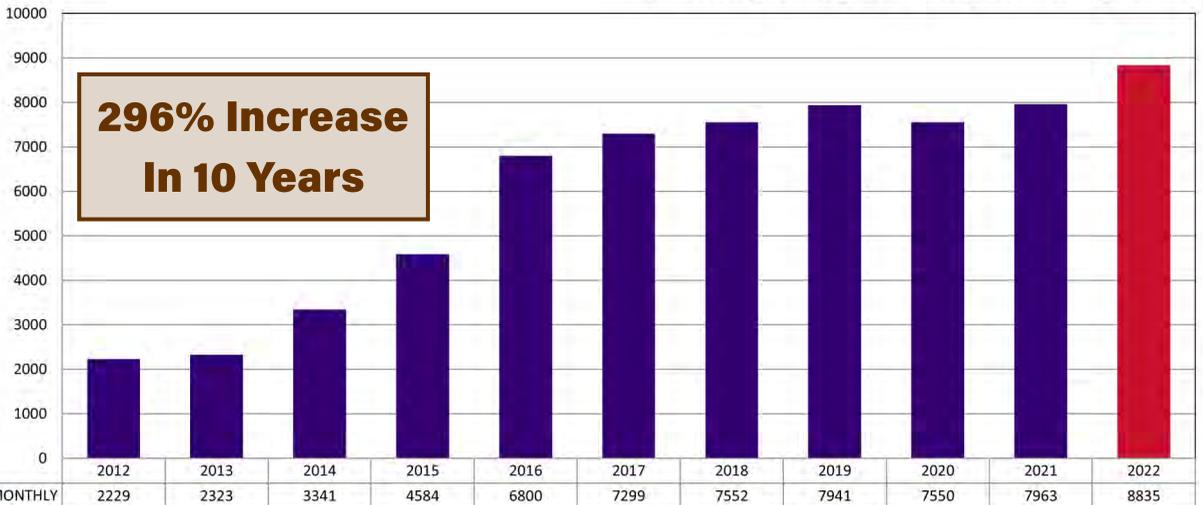
Over the last five years we have seen a shift where households required more frequent support, moving from 20% of households needing Medium to Long Term Assistance in 2018 to 73% in 2022.

### 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



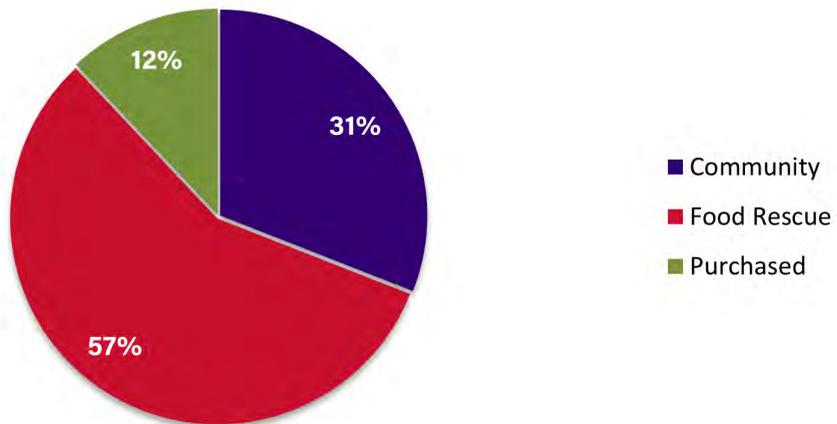
Providing food for 2,400 individuals every month requires quite the mountain of food! Below is our average **monthly** shopping list for 2022! Food was acquired through community donations or purchases made possible through financial donations.

## SHOPPING LIST:

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

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:

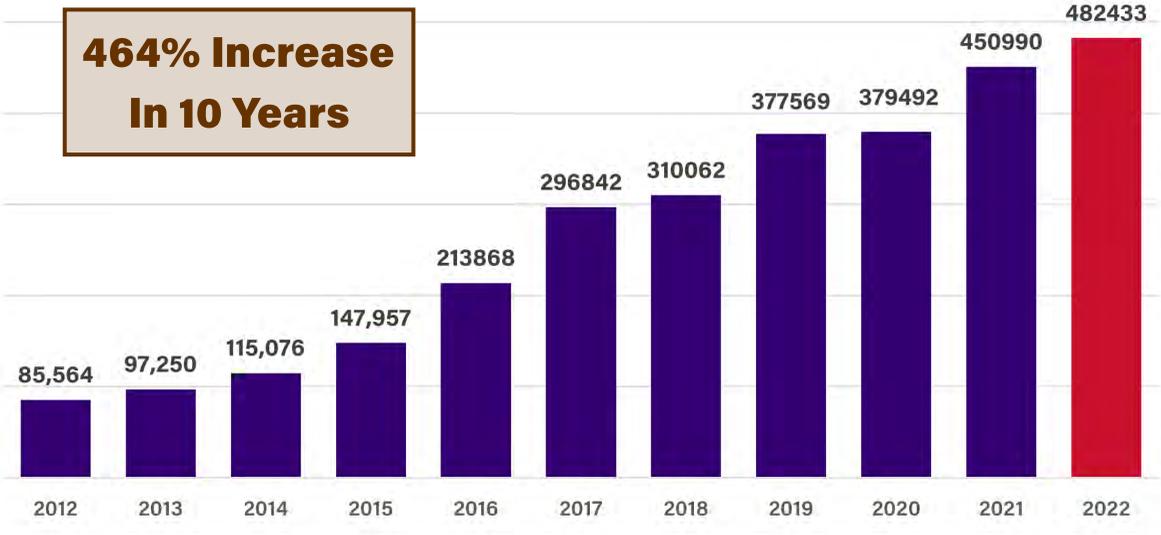
Is a program that collects all surplus food from grocery stores, food distributors, and restaurants and redirects it to highest and best use. Through Food Rescue, 275,137 kg valued at over \$1.5 million was diverted from the landfill in 2022.

### 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.

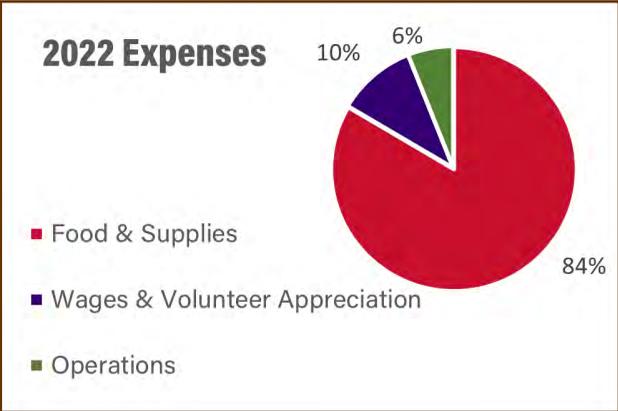
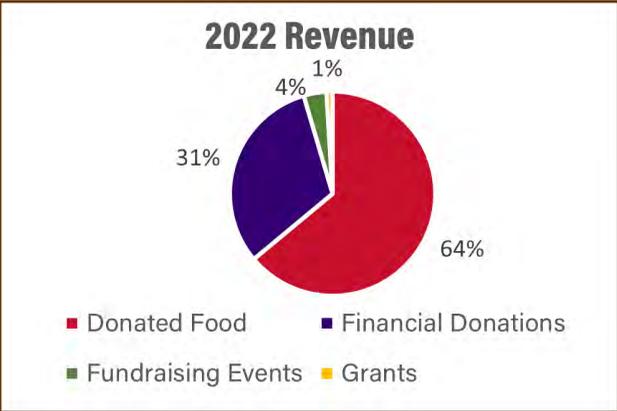
**Yearly Food in kg**

**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





**Presenting  
Sponsor**



**Supporting  
Sponsor**



**ELECTRONIC RECYCLING**  
**780.914.0412**  
*reducing our footprint, bit by bit*  
ISO 9001  
ISO 14001  
• Accredited Facility  
• Secure Data Destruction

## 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.

**Parkland Food Bank**  
**2022 Charity Golf Tournament**  
 June 13, 2022  
[parklandfoodbankgolf.com](http://parklandfoodbankgolf.com)

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!

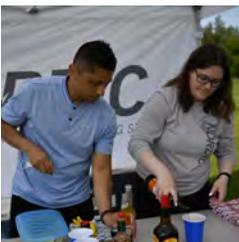


## EVENT SPONSORS CONT.

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



**\$59,080**  
**Raised!**





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



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



# Easter Egg SCAVENGER HUNT

Saturday, April 8th  
& Sunday, April 9th



# Kiwi's HAUNTED HOUSE

OCTOBER 14-15, 20-23, & 27-30

# SPRUCE RIDGE SCARE

#287 SPRUCE RIDGE RD. SPRUCE GROVE

OCT. 7 - 9 6 - 10PM  
OCT. 14 - 16  
OCT. 21 - 24  
OCT. 28 - 31

EVERYNIGHT!

6-7 PM  
FAMILY HOUR



\$5 EACH OR A FOODBANK DONATION



**\$1 From every service**  
at Lube City Stony Plain Location  
goes to support **Parkland Food Bank**



**Parkland Food Bank**  
...helping to take the bite out of hunger.

**Lube City,**  
supporting our community  
as it supports us.

**CHANGE YOUR OIL  
CHANGE YOUR  
COMMUNITY**



[parklandfoodbank.org](http://parklandfoodbank.org)

780-962-4565

Charitable Number 12851 0484 RR0001

