



2023 Annual Report

The love and support of the community flowing through to create a ripple effect of kindness and generosity, enriching the lives of both those who give and receive.





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.

Our Mission

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

1 in 5 Albertan's are experiencing food insecurity

We believe that a well-fed community is a stronger and more resilient community. We invite you to make a difference by supporting efforts to combat hunger, empower individuals, and build a brighter future for all.

In 2023, the Parkland Food Bank was a crucial resource for Tri-Region residents, with a total of 30,734 visits recorded throughout the year.

Message from the Chairperson



As we reflect on the journey of our organization, I am filled with immense gratitude for the unwavering support and dedication of our staff, volunteers, and current board members. You are the backbone of our organization, the driving force that propels us forward even in the face of challenges. Your tireless efforts and commitment have not gone unnoticed, and for that, we extend our heartfelt thanks.

I also want to express my deepest appreciation to our generous donors who support the Parkland Food Bank. Your contributions are the lifeblood of our community, ensuring that no one goes hungry and that each individual is cared for and supported. Your kindness and compassion serve as a beacon of hope, illuminating the path towards a brighter future for all.

Together, we have built a strong foundation rooted in love and support, and with this foundation, we are poised to embark on new and exciting endeavors.

As we stand at the threshold of a new chapter, I am filled with optimism and excitement for the path that lies ahead. The strategic planning of 2023 has laid the groundwork for our continued growth and evolution, focusing on building capacity to meet the needs of today while also envisioning a future where we can serve our community even more effectively. Central to this vision is the creation of a new home for the Parkland Food Bank, a place where our mission can thrive and our impact can be magnified for generations to come.

Thank you once again to our incredible staff, volunteers, current board members, and generous donors. Your dedication, passion, and generosity inspire us all and remind us of the power of community. Together, we will continue to build a brighter, more inclusive future for all.

Noreen Lang-Bryant

Parkland Food Bank Board of Directors & Staff

Board of Directors

Chairperson

Noreen Lang-Bryant

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Secretary

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Levon

Logistics Manager

Scott

Volunteer Coordinator

Amanda

Client Services Team

Charyl

Ashley

Celeste

Driver Team

Pat

Dave

Warehouse Team

Elena

Lynn

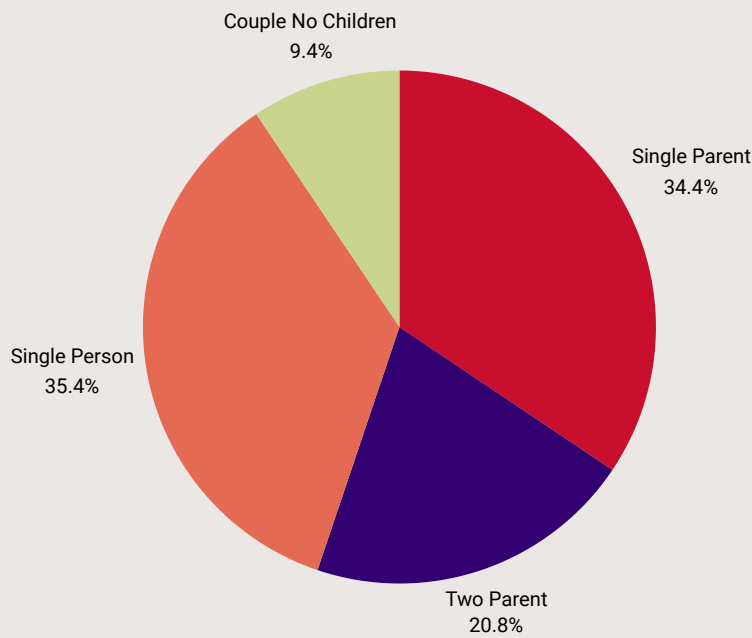
Jim



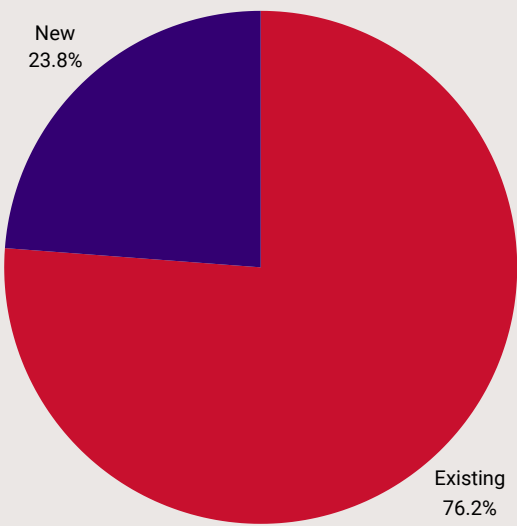


Who We Serve

Households: Types

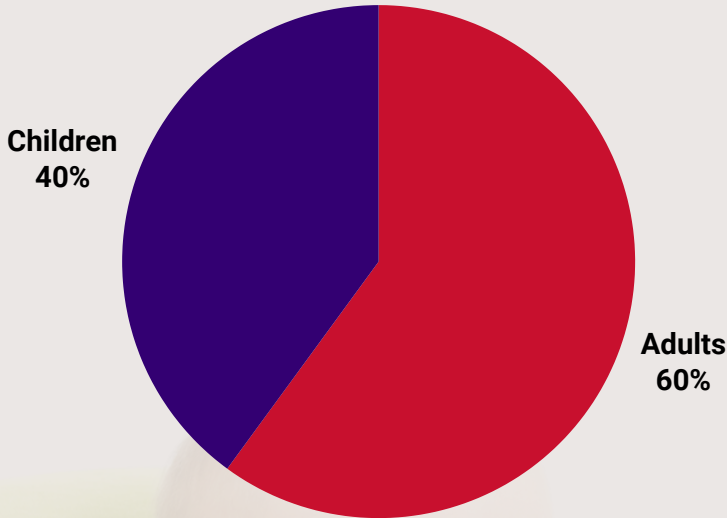


Households: Existing vs New

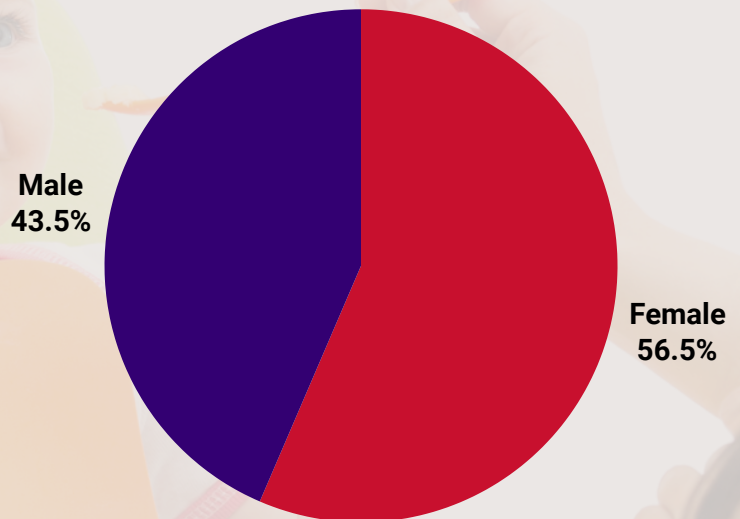


Who We Serve

Individuals: Age



Individuals: Adult Gender



Spruce Grove

47% of Households
Representing 5% of city
population

Stony Plain

24% of Households
Representing 6% of
town population

Parkland County

21% of Households
Representing 3% of
county population

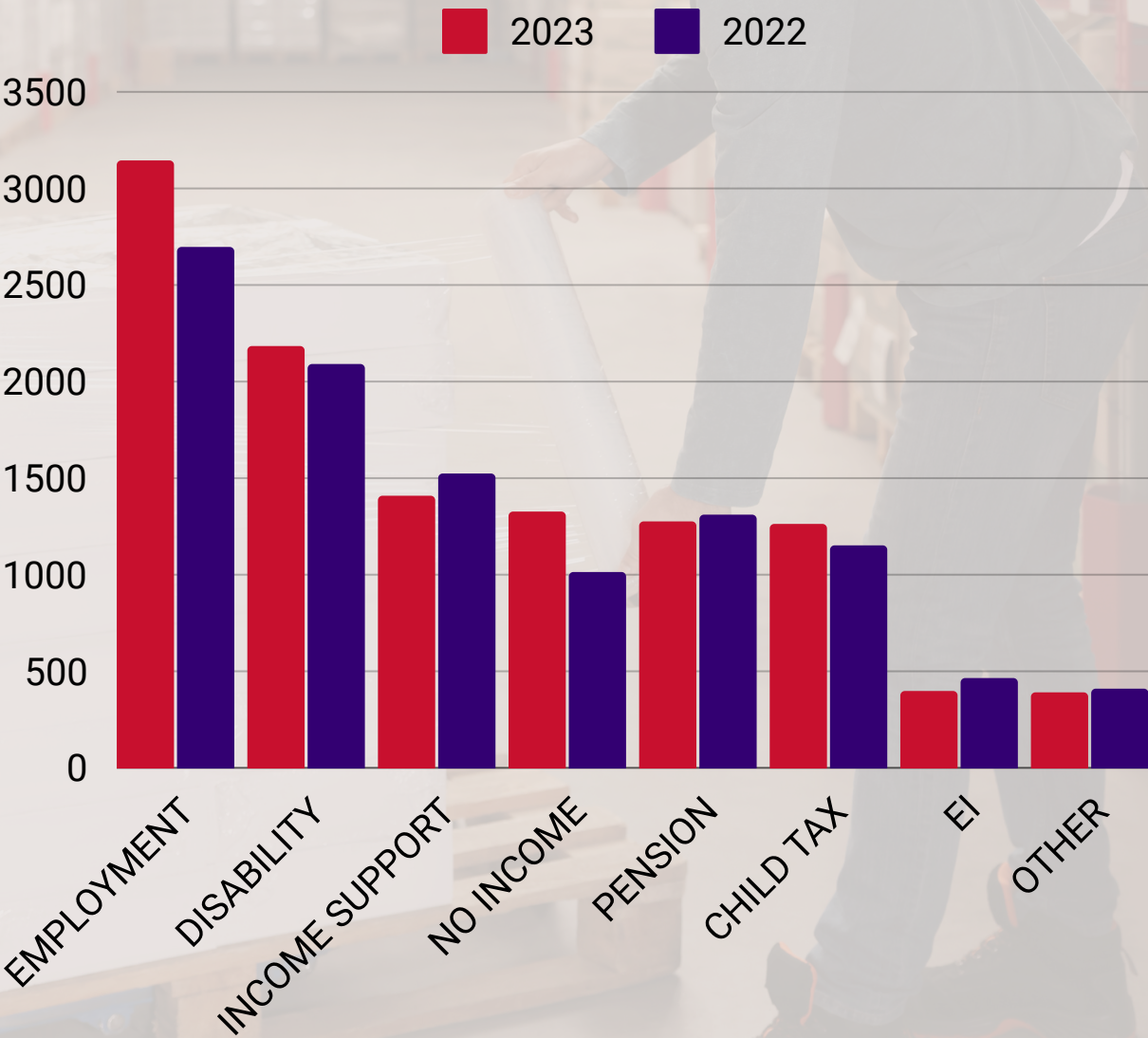
Paul First Nation

4% of Households
Representing 22% of
nation population

Who We Serve

Client Income

The chart below illustrates the main source of income for each household visit to the Parkland Food Bank in 2023. Despite fluctuations in other categories, the percentage of clients citing employment as their primary source of income remains consistent at 28%. This underscores the persistent challenge of low wages or insufficient working hours, which continues to drive individuals to access food bank services.



Who We Serve

"Hey everyone, I wanted to take a moment to express my deep gratitude for the incredible support I receive from our local food bank and the generous hearts in our community.

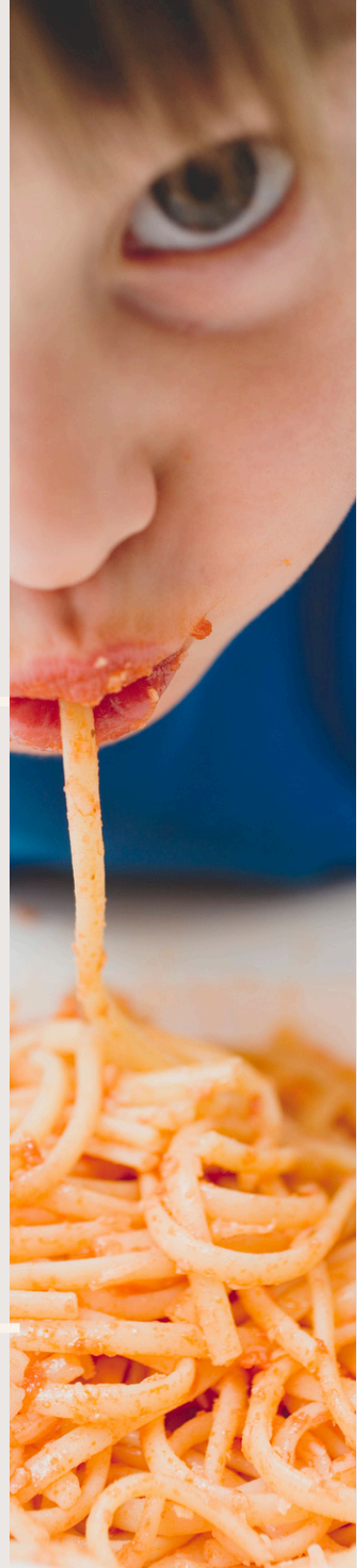
My name is "B" and I'm in my early 40s. Due to a disability, I'm unable to work, which makes it challenging to make ends meet. My monthly disability income is \$900, and after paying my rent of \$850, there's not much left for essentials like food.

That's where our amazing food bank comes in. Thanks to their assistance, I'm able to access nutritious food items like carrots, potatoes, milk, meat, and eggs. These groceries not only nourish my body but also lift my spirits during tough times.

I just wanted to share my appreciation for all the volunteers and donors who make this possible. Your kindness and generosity truly make a difference in the lives of people like me. Thank you from the bottom of my heart!"

"This place is a wonderful place. In times of my darkness, when I couldn't get ahead, no matter, how I would try they offer support and hope, in the way of something to eat when you and your family are starving. They are very polite and respectful, passing no judgement on you or your family, absolute professionals, who make you feel welcome, which is so nice, especially for someone like me, who sucks at asking for help. I always want to find any alternative before I use the foodbank, I always want to make sure that the Families get theirs, as it's just me, my sweetheart and our kitties looking for help. I hope that I always leave enough for the others. Obviously, they ultimately figure it out, and provide help to our entire community. I hope anyone who has to access their services, finds the same hope and support I did. Much Love. BB"

"Fantastic people really appreciate all that donate in order for this service to be provided. Always grateful. Thank you."



Programs

In 2023 Parkland Food Bank was able to directly support 1,685 unique households (4,688 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 30,734 individuals.



Monthly Hampers

9,191 Monthly Hampers were distributed in 2023.

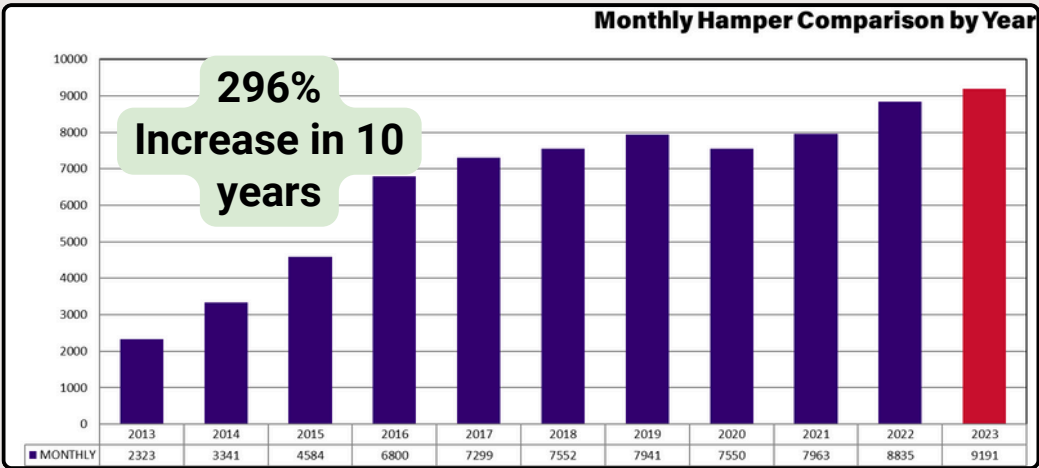
Appointment Only

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 through the Monthly Hamper Program.

Core Monthly Hamper food items provided in 2023 were:

- \$850,000 worth of pantry items
- \$318,900 worth of meat
- \$53,400 worth of milk
- \$71,000 worth of eggs
- Fresh fruit and vegetables
- Bread, buns, specialty bread, pastry
- Miscellaneous frozen goods
- Paper products (toilet paper, paper towel)
- Person hygiene products (toothpaste, shampoo, soap)
- Baby products (formula, baby food, diapers)
- Household products (laundry, dish soap, cleaning supplies)



Top-Up Hampers

1,823 Top-Up Hampers were distributed in 2023.

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
- Baby products (formula, baby food, diapers)
- Feminine Hygiene items

484 Monthly Hampers
Delivered

H2 Hampers

389 H2 Hampers were distributed in 2023.

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 consists of all ready to eat foods that require no meal preparation.

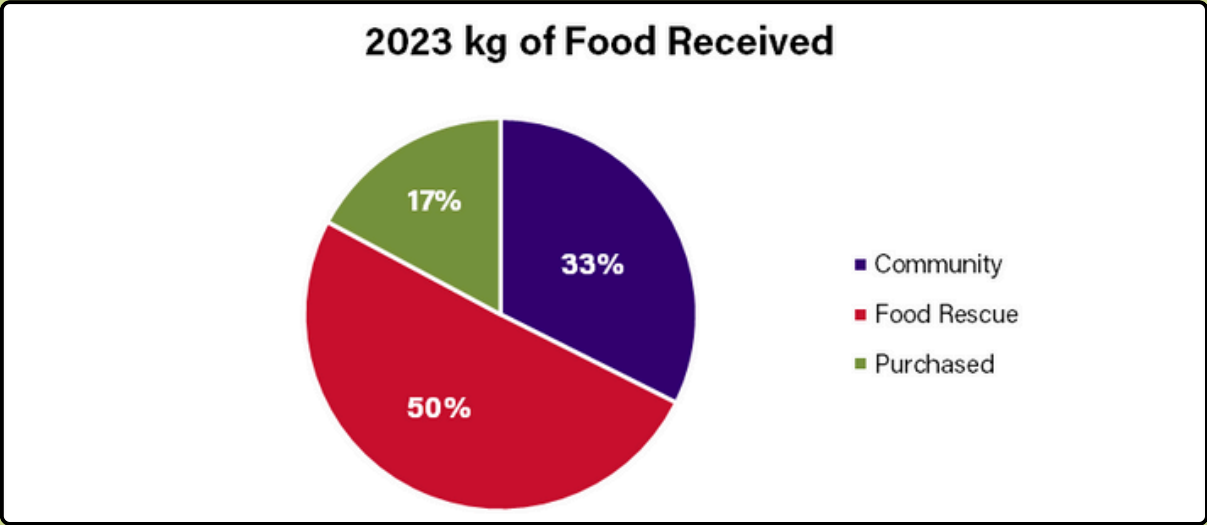


Menstrual products are a basic need and Parkland Food Bank sees firsthand how far too many people are forced to choose between personal hygiene products or buying enough food to eat. Parkland Food Bank is excited to be working with Food Banks Canada and Women and Gender Equality Canada as part of a national pilot program to address period poverty. Through this pilot, we have been able to meet the needs of our clients by providing free access to menstrual products.

Donations

Each donation to Parkland Food Bank is like a tiny stone into a pond creating ripples reaching far. Ensuring access to healthy food for anyone in need within the Tri-Region, depends entirely on the generosity of the community. Parkland Food Bank relies solely on individuals, businesses, and organizations for 100% of its funds and food donations, to ensure our continued operations.

Food we receive is categorized into three main sources: Community Food Donations, Food Rescue, and Food Purchases.



Community Food Donations

In 2023 the community donated 144,617 kg of food valued at \$824,317. We truly appreciate those who took the time to select and purchase much needed items for our community!

Food Rescue:

Is a program that collects all surplus food from grocery stores, food distributors, and restaurants, and directs it to highest and best use. Through Food Rescue, 224,809 kg valued at \$1.3 million was diverted from the landfill in 2023.

Purchased Food:

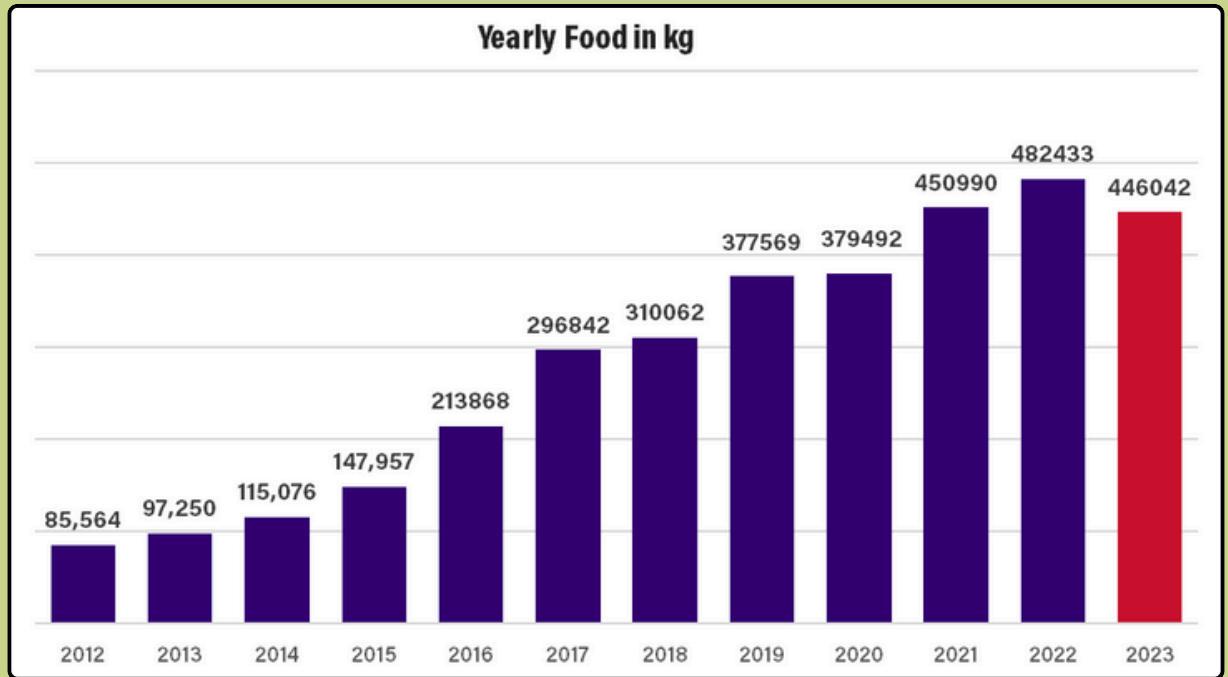
To provide a consistent and balanced hamper of both perishable and non-perishable food, Parkland Food Bank purchased \$296,610 worth of food in 2023. This included milk, meat, eggs, produce, and non-perishable items.



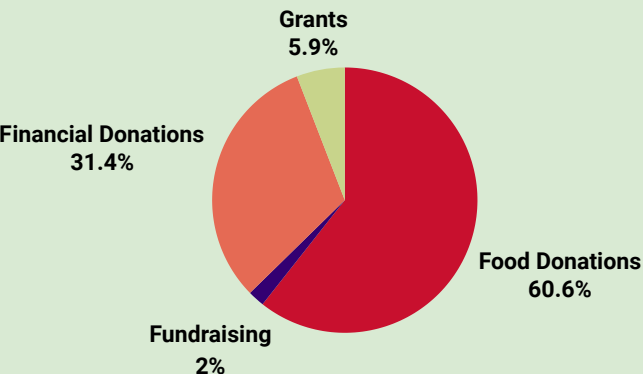
Donations

2023 saw an increase in demand for food assistance services as individuals and families struggle to afford essential groceries amidst rising prices.

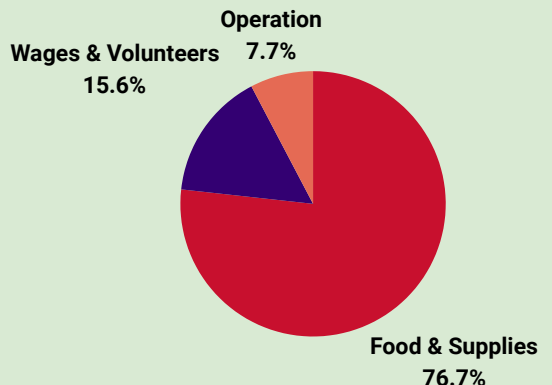
At the same time the food bank is experiencing a notable decrease in food donations, primarily attributed to the rise in food inflation. Food inflation has resulted in higher prices for basic food items, making it financially challenging for individuals and businesses to donate as generously as before.



2023 Revenue



2023 Expenses



Volunteers

Parkland Food Bank Volunteers are a diverse, strong, and committed team dedicated to supporting the mission. Their selfless contributions, enthusiasm, and tireless efforts play a fundamental role in the success of the organization and the fulfillment of the mission to assist those in need within the Tri-Region.

Our volunteers embody the spirit of compassion and generosity, donating their time and energy to make a meaningful difference in the lives of others. Whether it's collecting food donations, packing hampers, speaking with clients, or sorting and repackaging food, their dedication and willingness to lend a helping hand is truly inspiring.



198 Volunteers served 18,498 hours in 2023!



Volunteers

Every day, Parkland Food Bank Volunteers demonstrate unwavering commitment and passion and their dedication not only helps to alleviate hunger and food insecurity but also fosters a sense of belonging, compassion, and solidarity within our community.

We extend our deepest gratitude to each and every volunteer who contributes their talents, skills, and compassion. Their invaluable support is the cornerstone of our organization, and we are profoundly grateful for their ongoing commitment to making a positive impact in the lives of others.

Together, we are stronger, and together, we can create a brighter, more inclusive future for all.



Fundraising Events - Coldest Night of the Year 2023

February 25, 2023

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

This year we had 189 walkers join, raising more financial support than ever before!

A great big thank you to our walkers, sponsors and the 963 donors that supported!

Presenting Sponsor



\$85,274
Raised!



Fundraising Events - Golf Tournament

June 23, 2023

144 golfers joined for us our 3rd annual Charity Golf Tournament. Thank you to all who came and supported us in this incredibly fun event!

Join us again May 31, 2024

Presenting Sponsor



\$77,565 *Raised!*



Donors and Drives

1409415 Alberta Ltd.
1878174 Alberta Ltd. - Edo Japan Stony Plain
1st Blueberry Scouts
2013 Major Wolverine Hockey Team
2088281 Alberta Lt. Edo Japan Spruce Grove
ABT Financial Uplift
Accusteel
Achenson Bussiness Association
Aegis West Engineering Inc.
Al Shamal Shriners Past Officers Patrol Marching Unit
Alberta Enterprise Group Ltd.
Alberta Honey Producers Staff
Alberta Parenting for the Future
Alberta Women's Institute - Stony Plain Branch
Alla Dekterov Professional Corporation
AMA Administration Centre
Answer Trailer
Antiques & Treasures
ATB Financial Uplift
Avenue Living Communities
Aztech H.V.A.C. Balancing Ltd.
B & M Junk Removal
Belvedere Roofing Ltd - Ache son
Bing's Family Restaurant & Lounge
Blue Sea Foundation Inc.
BMO Financial Group
Border Paving Bldg- City of Spruce Grove
Boston Pizza Foundation
BP Holiday Ornament Promo
Bright Star Daycare
Brisbane Management Ltd.
BT Disposal and Removal
Burnco Rock Product Ltd.
Cakemaker Canada Inc.
Calibre Drilling Ltd.
Canada Day Car show Group
Canadian Red Cross
Canadian Red Cross - Community Services Recovery
Capital Power - Genesee Power Plant Staff
Capital Power Corporation
Capital Power Empower Hours Volunteer Grant
Carlson Real Estate Group
Cenovus
Century 21, Masters Pumpkin Drive
Chopshop Physique
City of Spruce Grove Staff

Coffee with Matt
Colleague Volunteer Grant program
Community Futures Capital Region (Stony Plain)
Compass Group Canada
Congregational Christian Fellowship
Connections for Learning
Co-operators
Copper Haven
CWT Group Acheson
Direct Horizontal Drilling
District 2 Firefighters Association
Doc Braces
Dochas Psychological Service Inc.
Dynamite Divas
Edmonton Food Bank Gleaners Society
Edo Japan Holiday Promotion
Electronic Arts
Enbridge
Evangelical Lutheran Church of the Good Shepherd
Evergreen School Division
FCSS - Wabamun Food Drive
Fix It Right Plumbing & Heating Ltd.
Food Banks Alberta Association
Freedom Canabis
Freson Bros
Garden Dental & Orthodontics
Garden Valley Community Hall
GCS Energy Services Ltd.
Golden Spike Crime Watch Society
Good Idea Promotions Ltd.
Good Life Church Stony plain
Government of Alberta
Grace Notes Music Studio
Graminia School Drives
Grouplex Systems Canada Inc.
Grove City Meats
Grove Seniors Villlage
Haliburton
Hawkings Tinney LLP
Heritage Creek
Heritage Park
Holy Trinity Catholic Church
Holy Trinity Catholic Womens League
Homegrown Foods Ltd.
Hooked Up Fishing
Horizon Players
Imperial

Donors and Drives

Intact Insurance	Primary Care Network
Lolite Financial - Michelle Wolff	Rebagliati Restaurants Ltd.
J. J. Huston Land Corporation	Red Apple
Japa Equipment Rentals Inc.	Rise Family Chiroprator
Jen-Col Construction Staff Appreciation	Rosemary M Tindill Professional Corporation
Jiffy Lube Spruce Grove	Rotary Parkland After Dark Annual Food Drive
K & K Prairie Recycling Services	Round-up From the Heart
Kal Tire Drive	Royal Bank of Canada Spruce Grove
Karo Dental	Royal Canadian Legion #256
KFC & Food Donation Connection	Safeway -Fill A cruiser
Kinsmen	Safeway Spruce Grove
Kiwi's Haunted House	Safeway Stony Plain
Lafarge	Sandar Holding Inc.
Lakeridge Apartments	Sandborn Roofs & Seals Inc.
Lakeview Apartments	Sangam Indian Cuisine
Liebherr Construction	Save-On-Foods
Little Caesars Pizza	Save-on-Foods Stuff a Bus
Loblaws Holiday Food Drive	Scheider Electric
Loblaws Inc	Scotiabank (Spark Community Engagement Platform)
Lube City Corp. O/A Lube City	Seba Beach Seniors Golden Age Club
Magnet Signs	Servus Credit Union Customers
Mastec Canada Inc.	Shell
McAsphalt	SMS Equipment Staff
Mealshare	Sobeys 3216
Milltech Millwork Ltd	Southpark Cove Apartments
Minor Hockey Challenge SG vs SP	Springlake Community League
Mordecai Trucking Service Ltd.	Springlake Village
Mustang Freightways	Spruc Grove Saints Pac 15AAA
Myshak Sales & Rentals Ltd.	Spruce Grove Alliance Church
NCSG Crane & Heavy Haul	Spruce Grove Chiropractic centre
Nethercan Woodworking Ltd.	Spruce Grove Composite High
New Life Community Church	Spruce Grove Kinettes
North American Construction Group	Spruce Grove Library Author Fair
North Central Co-operative Association Ltd.	Spruce Grove Links Ladies League
Oasys Safety Consulting Inc.	Spruce Grove Regals
Original Joe's Jolly Beer Month	Spruce Grove Ringette
OTL Over the Limit Tournament	Spruce Grove Saints
OUR HOUSE	Spruce Grove Veterinary Clinic
Pac U13 Hockey Team	Spruce Ridge Scare Haunted House
Parkland County Office	Spruce Ridge Villas
Parkland Hockey Academy	St. Andrews United Church - Spruce Grove
Parkland RCMP Social Committee	St. Augustine Anglican church
Parkland Rehabilitation	St. John Paul II School
Parkland School Division Head Office	St. Joseph Catholic School
Parkland Woverines Hockey	St. Marguerite Catholic School Drive
Pineridge Ladies League Golf Tournament	St. Matthews Church
Prairie Mines & Royalty	St. Matthew's Lutheran Church Spruce Grove

Donors and Drives

Ist. Peter's The Apostle Catholic High School
Standard General Inc. - Staff Chili
Steve's No Frills #3628 - 7631707 Canada Limited
Stony Plain & District Crime Prevention Assoc. Casino
Account

Stony Plain Alliance Church

Stony Plain Class of 1972

Stony Plain Daycare

Stony Plain Dental Centre

Stony Plain Eye Center

Stony Plain Hockey

Stony Plain Lane

Stony Plain Seniors Jamboree

Stony Plain United Church

Strategic Charitable Giving Foundation

Suncor

Sunrise Vista Apartments

Swallow Hollow Orchard

Sysco Foods

TCL Supply Chain Inc

TELUS

The Canfor Good Things Come From Trees Foundation

The Chalmers Family Foundation

The Church of Jesus Christ Latter Day Saints SG

The Church of Jesus Christ Latter Day Saints SP

The Fox Zen

The Little Potato Company

The Thrift Shop

The Town of Stony Plain

Thompson Bros. Construction

Tim Hortons

Town of Stony Plain

TransX Transport

Tri- Area Hockey Team

Tri Area Warriors Volley Ball Club

Tri-Expo Market

Tri-Municipal Veterinary Clinic

True Balance Medical Spa

Tyscott Mechanical Repairs Ltd.

U 15 Stony Plain Minor Hockey

U.S.W. Local 5220

UFA

Uline Canda Corporation

Unifor Local Union 829

United Nurses of Alberta

United Way of Calgary, Donor Choice Program

Walking Dead House

Walmart Canada Corp

Walmart Fight Hunger Spark Change

XCaliber Crane & Rigging



Funders

A heartfelt thank you to our incredible ongoing funders! Your steadfast support is the backbone of our mission to alleviate hunger in the Tri-Region. Because of you, we can continue providing essential food assistance to our community members in need. Your generosity knows no bounds, and we are immensely grateful for your unwavering commitment. Together, we are making a profound difference in the lives of thousands.

Thank you!



United Way
Alberta Capital Region

Parkland Food Bank - A Vision for the Future

Building food bank capacity is a crucial step to meet the increasing demand for food assistance and expanding the range of services offered. The decision to construct a new food bank reflects a commitment to addressing food insecurity effectively and ensuring the community's needs are met. The following steps have been undertaken in consideration of this project:

- **Understanding the Problem:** a crucial final step in addressing this pressing issue. Food insecurity is a complex and multifaceted challenge that affects individuals, families, and communities.
- **Current State Analysis:** understand the current state, assessing the existing conditions, challenges, and trends.
- **Assessment and Planning:** complete a comprehensive assessment of the community's needs, growth projections, and the specific services the new food bank will offer.

Understanding the Problem

Food insecurity refers to the inadequate or insecure access to food due to financial constraints. Here are some key points regarding food insecurity:

- **Financial Constraints:** Lack of sufficient income or financial resources to purchase an adequate and nutritious diet.
- **Predictors of Food Insecurity:** Household income is a strong predictor of food insecurity but other factors can also contribute to the problem.
- **Health Impacts:** Food insecurity is associated with a range of negative health outcomes, underscoring the importance of addressing food insecurity as a public health issue.
- **Regional Disparities:** In 2020, Alberta had food insecurity rates significantly above the national average.

A Two-Pronged Approach

To address food insecurity effectively, a two-pronged approach is recommended:

- **Access to Nutritious Food:** Charitable food programs, such as Parkland Food Bank, can provide immediate relief by offering access to nutritious food free of charge.
- **Income-Related Interventions:** Government policies that increase the economic resources of low-income households are crucial in addressing food insecurity at its root cause.

Key Needs and Objectives

- **Create an Adequate Facility for Nutritious Food Programs:** establish a facility that can house effective food programs, ensuring access to enough nutritious food, free of charge.
- **Recognize Financial Constraints as the Main Barrier:** develop food bank programs with a clear understanding that financial constraints are the primary barrier to healthy eating.
- **Enhance Support for Accessing Income and Community Resources:** assist clients in accessing all available income and community supports. This reduces the length of time clients spend in crisis.
- **Improve Data Collection for Advocacy and Policy Work:** collecting comprehensive and accurate data is crucial to support advocacy efforts for government policy work to address income inadequacy.

Parkland Food Bank - A Vision for the Future

Parkland Food Bank engaged a third party to complete a Building Feasibility Report. Here is a summary of the key information provided in that report:

- Building a new facility on a new parcel of land has been identified as the best option moving forward.
- The new building should encompass a minimum of 26,829 square feet to manage food delivery, storage, processing, as well as additional administration and support areas.
- An expansion represents an exciting opportunity to not only sustain current programming but also enhance and diversify the services provided. Increasing food quantities and food varieties, enhancing client and volunteer experience, expanded programming and adding additional services.

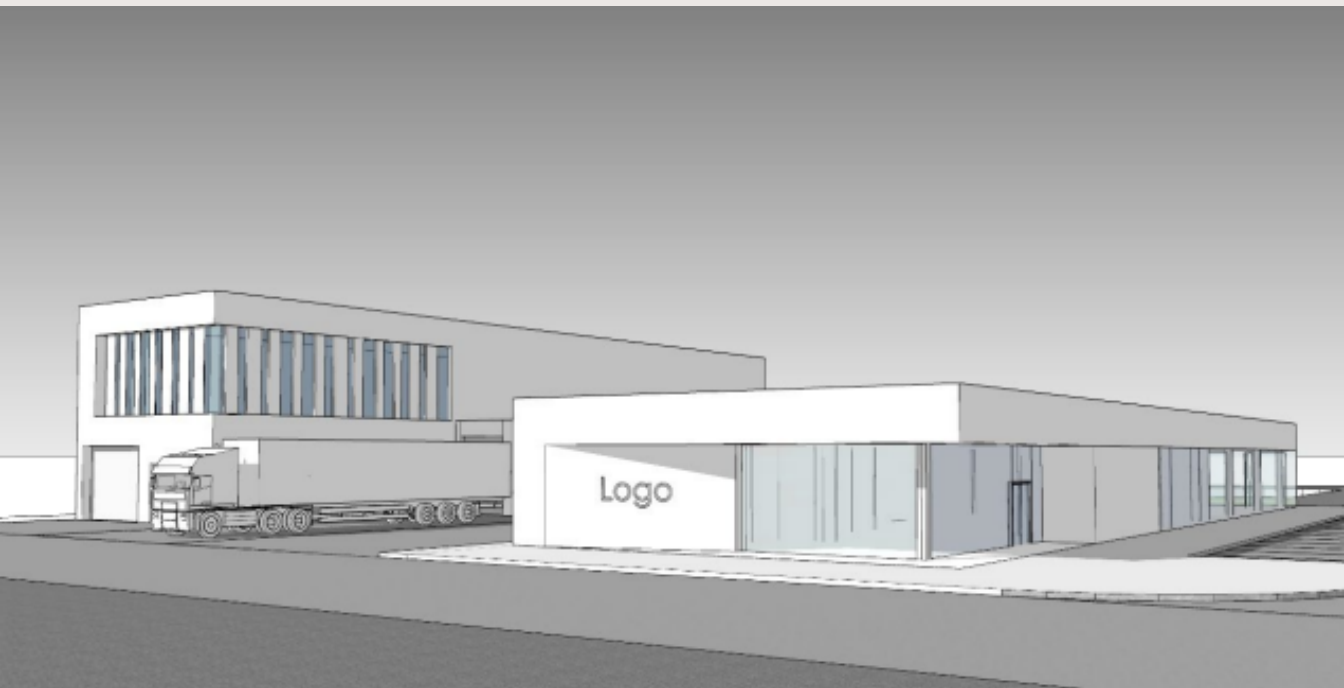
Next Steps

Here are the key next steps Parkland Food Bank will be undertaking:

- Site Selection: Identify a suitable location for the new food bank. The ideal site should be 2.5 to 3 acres.
- Fundraising: Establish a strategy to secure the financial resources required for the construction of the new facility. This strategy will involve seeking grants, donations from individuals and business, and securing corporate sponsors.

Community involvement, support, and contributions will make the success of this project a possibility and will have a lasting positive impact by fostering a more holistic approach to food insecurity.

Together we can create a brighter and more food-secure future for the Tri-Region!





parklandfoodbank.org

780-962-4565

Charitable #: 12851 0484 RR0001

