

Contact Information

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 @yegfoodbank

 Edmonton's Food Bank

 edmontonsfoodbank.com

"The food in the hampers is fresh and healthy. I really appreciate their help to my family and hundreds of others."

Ukrainian Client

Message from the Executive Director

Dear Friends,

As we welcome spring, and the sun is out, we are often met with a feeling of relief. This unfortunately is not a universal feeling as we continue to see the pressures of today's economic climate.

The Government of Alberta announced at the end of 2022, they will be supporting Alberta food banks by providing \$20 million dollars over the next two years. Aside from Federal COVID relief, this is the only time Edmonton's Food Bank has received any kind of government funding outside of capital grants. Thanks to the allotment of \$280,000 received, we will be able to purchase roughly one month's supply of food to meet the increasing volume of clients requiring our help. The dual increases in food prices and the number of people seeking assistance means demand will be an ongoing challenge throughout 2023.

We are always so grateful for the continued support of our community helping us through these times. Living our mission is only achieved thanks to your generosity. You make it possible for us to continue to provide our services. Thank you.

One of our friends, EPCOR, has generously stepped up to double your impact. This thoughtful gesture will match Gleanings gifts up to \$50,000! To trigger this match, feel free to give online or mail in your traditional gift.

Again, thank you for helping us. Enjoy the longer daylight and all that spring has to offer.

Sincerely,



Marjorie Bencz, CM
Executive Director

Did you know we have many corporate giving opportunities for you to give? For a detailed list of options, please reach out to our Resource Development Team.



EPCOR
PLANTS THE
SEED!

EPCOR is matching donations up to \$50,000! Donations can be made online, over the phone, or by mail.

Thank you



Because of you...

- Over 67,000 Edmontonians received at least one food hamper in 2022; the average number of visits to the Food Bank per person was 5 times this last year.
- Client Services has responded to as many as 596 calls in one day. On average, they receive 441 calls and 139 emails per day from people requesting food. As a result, on average, the Food Bank provides food to over 30,770 people monthly through our hamper programs; almost 40% are children under the age of 18.
- The Beyond Food program offers services in budgeting, resume writing, safety tickets, and more. In 2022, Beyond Food assisted 854 clients and paid \$55,000 for safety tickets for individuals, creating more employment opportunities for them.
- Our fleet travelled 227,931 kilometers in 2022 picking up and distributing food; that's equivalent to travelling the entire TransCanada highway, west to east, 29 times!

15 Year Old Supporting Her Mother and 6 Siblings

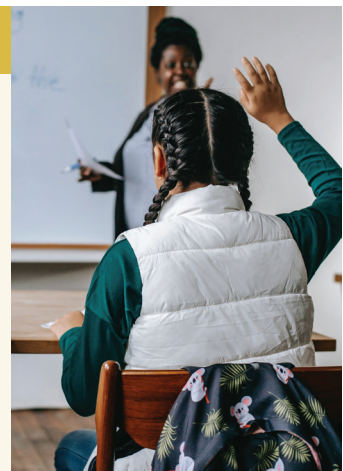
Courtney is a 15-year-old student who reached out to Edmonton's Food Bank with the assistance of her school counsellor looking to get help for her family. Courtney currently lives with her mom who deals with mental illness, along with her five other siblings.

The family of seven has almost no food and is struggling to stay fed. Our Client Services supplied additional resources for Courtney for help beyond the food we provided, and instructions on how to use the online hamper request form in the future.

Courtney is shy and very responsible. Food insecurity does not discriminate and over one-third of the people served by Edmonton's Food Bank are children.

"After Courtney reached out to myself, we were able to get food for her and her siblings" the school counsellor said. "This family was in dire need of assistance and Edmonton's Food Bank has been so amazing. Not only are they fed, but they have access to other resources."

Because of you, we are able to make sure those in Courtney's situation get the help they need. Thank you.



DOUBLE YOUR DONATION!

“At EPCOR, we’re inspired by the communities we serve — and by the generosity of donors like you. Hunger can affect almost anyone, and Edmonton’s Food Bank is working hard to address the growing need for affordable food in our city. Let’s work together to help. Make a gift to the food bank this month and EPCOR will match it, and others, up to \$50,000. Double your impact and help fuel the recovery.”



Come Volunteer!



We are always looking to welcome new volunteers to help us at the Food Bank. With various opportunities available, we would love to have you in our warehouse. We have a flexible schedule so you can come in any day of the week! Visit our website to find out more.

Since inception, volunteers have been, and continue to be fundamental to the operations of the Food Bank. In 2022, our volunteers donated an astounding **118,400 hours!**

Make a Difference & Join Our Team!

Plant A Row, Grow A Row, Share A Row!

If you have room in your garden, please consider planting a row, growing a row, and sharing a row with Edmonton’s Food Bank! Here’s how it works:

1. Plant your seeds and nurture your garden.
2. At harvest, remove most of the dirt from your vegetables.
3. Please bring your produce to the Food Bank warehouse located at 11508-120 Street.

Root vegetables and food with a longer shelf life work best such as potatoes, broccoli, cabbage, carrots, peas, beans, beets, radishes, parsnips, sweet peppers, and summer squash.



A Conversation with IFSSA



Marjorie Bencz and Omar Yaqub, Executive Director of IFSSA sat down to have a conversation about the importance of data when serving those in need. See what Omar had to say:

“There’s two ways of thinking about data. Data is important if you care about the client. It’s not important if you’re doing this work to gratify yourself. Which is sometimes an easy road to go down. We think like, oh I want to honour dignity. And I just want to give people food. What that is saying, is you don’t care about the nature of the relationship. Data becomes important if you care about your relationship with the person. If you care about their progress. If you care about tracking. If you care about collaboration. Data is sacrosanct.”

Watch the whole video here:



Upcoming Events

AMA Shredding - May 27 & June 17

Visit our website for locations and times.

Bring up to six boxes of your personal documents to be disposed of securely by Shred-It. Protect your identity and help the community – all it costs is a monetary or food donation.

Snow Valley Target Golf - Food Bank Fridays

Every Friday - 3 p.m. to 9 p.m.

Try Snow Valley’s Target Golf! Bring a non-perishable food item and get \$2 off a bucket of balls for Target Golf. One dollar from each bucket sold will be donated. Visit snowvalley.ca for more information.

All British Motoring Meet

Saturday, June 10 - 12 p.m. to 3 p.m.

Victoria Park (Pavilion) - 12010 River Valley Rd NW

Come celebrate 100 years of MG Sports Cars at this free event. Non-perishable food and monetary donations being accepted!

Summer Food Drive

July 24 – August 11

Save your back while giving! Food donations can be left at any major grocery or fire station throughout Edmonton all summer. Monetary donations can be made securely online at edmontonsfoodbank.com



Canstruction

May 6 - May 14

West Edmonton Mall (8882 170 Street NW)

The Canadian Progress Club presents Canstruction, a display of design and engineering skills that uses canned and boxed food to build amazing structures.

DEADLINE TO ENTER IS APRIL 18, 2023!

FOR A FULL LIST OF EVENTS AND MORE DETAILS, VISIT edmontonsfoodbank.com/events