



# The Calgary Region as a Transportation Hub Conference

December 2, 2010

Coast Plaza Hotel, Calgary, AB



# Vision

The Calgary Food Bank is a food distribution hub serving individuals, other charities and food banks.



# Mission

We are a charitable organization dedicated to the gathering and distribution of quality emergency food to those in need

The Calgary Food Bank is a non-profit organization that is dependant on donations of

- 1) Food
- 2) Time, and
- 3) Funds





# Some Fast Facts

## Clients

- **140,442** Calgarians received food through our Emergency Food Hamper Program.
- Client visits have increased by **57%** since the start of the recession.
- **32%** of the requests for food hamper were made by people with a job.
- **41%** of the clients were children.
- **82%** of the clients visited us three or fewer times. 40% visited only once.

## Resources

- The Calgary Food Bank distributed \$20.5 million dollars worth of quality emergency food with \$4.1 million dollars of funds.
- For every \$1 donated we can distribute \$4 worth of food to those in need.
- We are neither a government nor United Way agency.

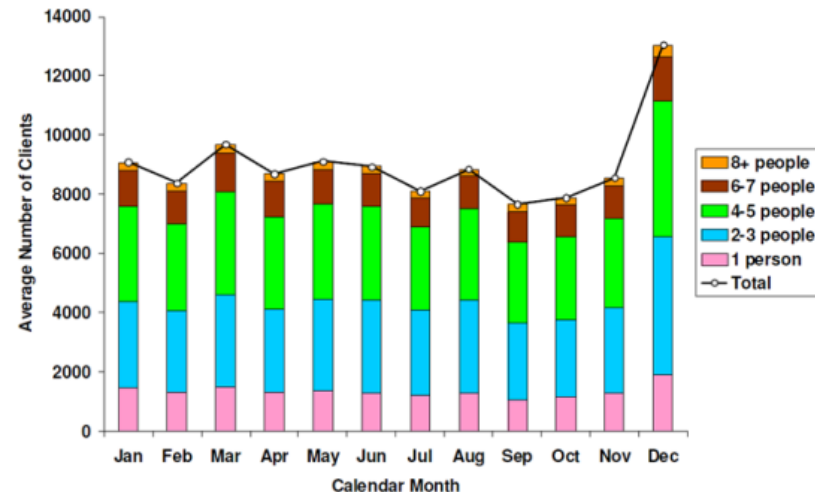
## Volunteers

- **80 to 100 people** volunteer every day at the warehouse.
- **4,346** individual and group volunteers gave an incredible **95,948 hours**.

## Health and Safety

- Certificate of Recognition certified through Alberta Construction Safety Association
- Safety is of paramount importance at the food bank (food and personnel)

Average Monthly EFH Demand





Food comes in from 3 main channels

Suppliers

Community Food Drives

Individuals



Is processed in our 60,000 ft<sup>2</sup> building

And gets to clients via 3 main channels

Direct

Other Charities

Food Banks





## The food flow at the Bank



Operate 9 trucks of various sizes  
with 9 staff and 40 volunteer drivers



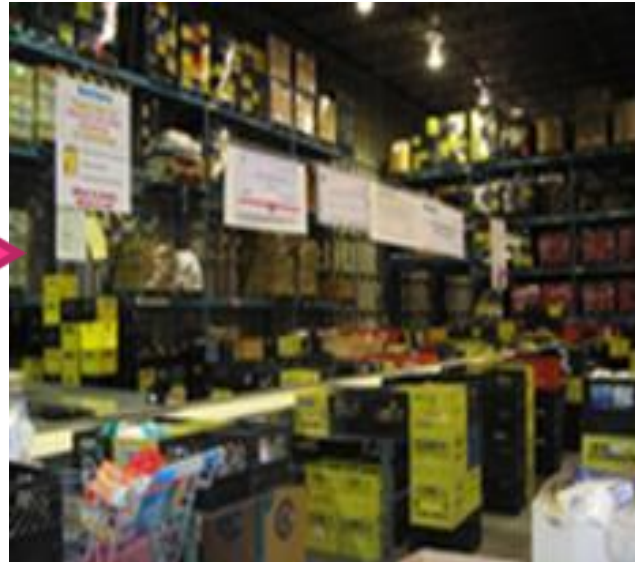
We can  
store  
over  
2000  
pallets  
of food



20,000  
ft<sup>2</sup>  
onsite  
cold  
storage



Over 26,000 Lbs. sorted a day



Nearly 14 million pounds of food moved a year

Over 249 hampers made each day





# How Much Food Would You Get?

The answer depends on your family size. We use Canada's food guide to assemble nutritionally balanced hampers, providing 7-10 days of food for an individual or family.

Folks are screened for need. The first three hampers can be readily obtained by families. Up to 4 more can be obtained in a year, but the family must be referred by an agency.

## Guaranteed Emergency Hamper Content

### **Non-Perishable Content**

- Breakfast Cereal
- Canned Fish
- Canned Tomatoes
- Pasta
- Pasta Sauce
- 1 litre Fruit Juice
- Canned Beans
- Peanut Butter
- Mac & Cheese
- Soup
- Canned Fruit
- Canned Vegetables
- Baby Formula

### **Perishable Content**

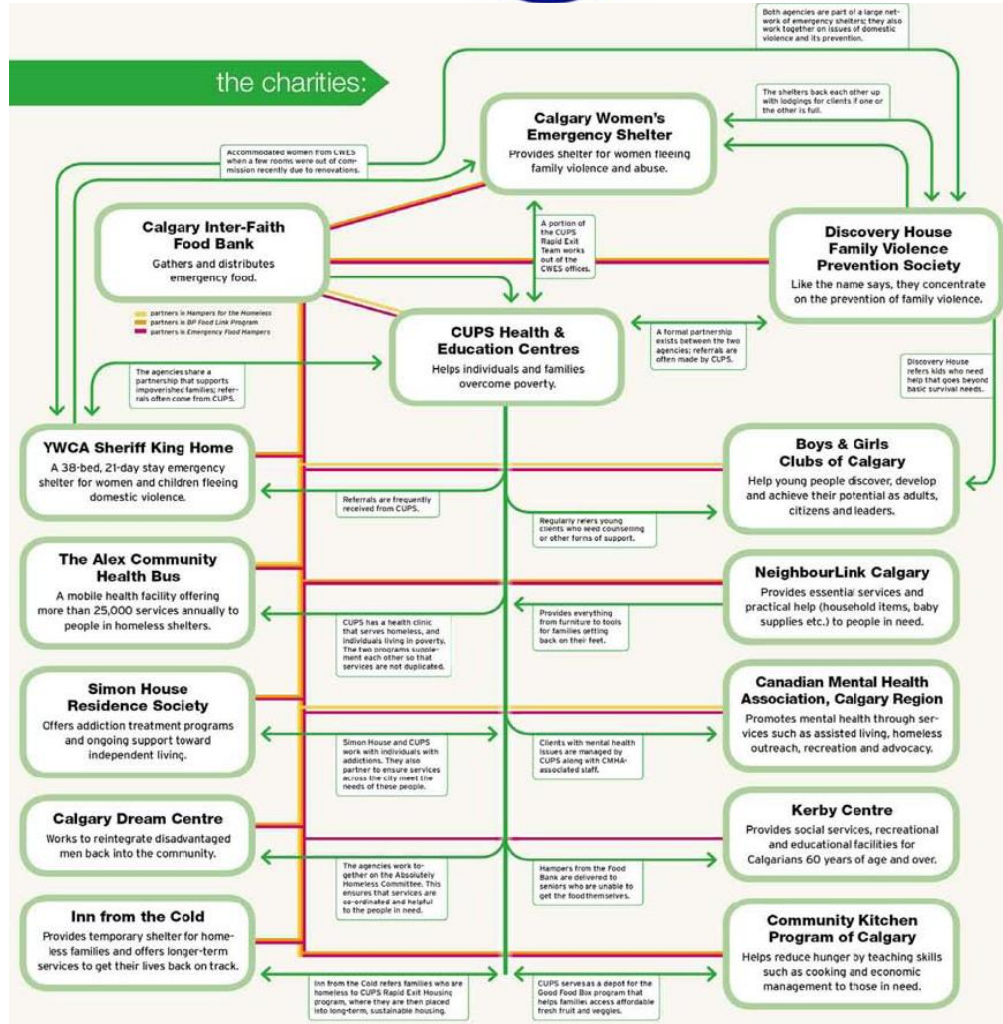
- Milk
- Eggs
- Margarine
- Bread
- Meat





But not all our clients are individuals

The Calgary Inter-faith Food Bank is connected to over 400 agencies, of which 95 utilize the food collected in the Calgary area



We collect, sort and organize for other charities, such as

- Mustard Seed
- Veterans Food Bank
- Community Kitchen Program,...

So they can devote their resources to better help their clients

Plus we helped 26 other food banks in Alberta, Yellowknife and Whitehorse last year and respond to regional crisis .



**Reverse  
Logistics**  
403-253-2059

**Reduce  
Reuse  
Recycle**



There are many ways you can help. Here are some:

- Give food
- Encourage your company to support the food bank
- Volunteer (warehouse, fundraise, expertise..., and of course
- Money is always good !



Get more information about the Food Bank at [www.calgaryfoodbank.com](http://www.calgaryfoodbank.com) or get independent reviews from [Charity Intelligence](#) or [Money Sense](#).



The Joint Chamber Transportation Committee and the Calgary Logistics Council will be holding their March meeting at the Food Bank. Come and meet the staff, get a tour, be put to work, and of course have fun. Send [James\\_be@yahoo.com](mailto:James_be@yahoo.com) an email if you want to learn more about this opportunity.