

Food For Thought

Medicine Hat & District Food Bank Quarterly Newsletter
Winter 2011



Special thanks go to: Our community Our volunteers Our staff

Like Ripples in a Pond *By Laurie Eytel*

We thank you for all
the great things you do.

Large and small,
they all have meaning
to the families you help and to us.

One act
can make all the difference.

Like ripples in a pond
kindness spreads outward,
reaching and touching others
and can change a life forever.

The smiling faces we see say it all...
Thank you...you are our stars!

Executive Director's Message – Connie Matson

2010 has been the best year in history in regards to the volume of food and cash donations received at the Medicine Hat Food Bank. We saw school children, parents, community members, corporations and clubs organizing drives to raise food for those less fortunate in our community. This has brought the awareness that people in our community are going hungry. It is also good to see that the level of clients in crisis is starting to level off as 2009 and 2010 were hard years for a lot of people. During Hunger Count did you know that in Canada 867,948 people walked through the front door of a food bank in March of 2010 asking for help. That's the highest level of food bank use on record. We need to all come together and work towards a long-term strategy. Let's think what we can recommend for reducing hunger and food bank use right here in our community? If you want to learn more, I have Hungercount 2010 information available. We appreciate all the support we have received from our community!

Calendar of Events

Upcoming/Ongoing

Loblaws Spring Food Drive – TBA

Casino – March 28th & 29th

Sunshine Benefit – June 23rd & 24th

Phones for Food – we are always collecting old cell phones, working or otherwise. They can be dropped off here at our office or at Rogers or Fido at the mall.

Did you know? 43% of our clients are children



Recipe of the Month

Gourmet Sloppy Joes submitted by Maria Roberts

2 lb hamburger
2 med onions diced
2 T brown sugar
½ tomato soup
1 1/2 tsp chilli powder
1 ½ tsp worcestershire
1 tsp salt
½ c ketchup
1 ½ tsp dry mustard

Brown hamburger and onions. Add rest of ingredients. Mix well. Simmer for 1 hour or place in 350 oven stirring occasionally.
Great for a large crowd. (I have made this for anywhere from 10 to 400 people and it is always a fantastic hit).

Did you know?

We support Community Kitchens

Brain Injury
Hope Street Church
Musasa
McCoy
Miywasin Centre

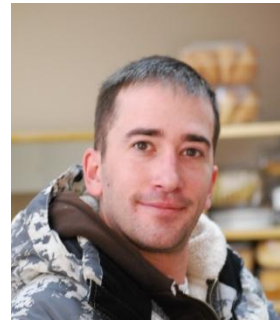
**May 31 is
Hunger Awareness Day**

Meet our Volunteers



Allen Getz has been a volunteer with us since 2009 and comes to us through Redi Enterprises. He is a great help to Levi in the warehouse every Monday, Wednesday and Friday. Our recycling is always in good order thanks to Allen. His favourite job to do around here is to ride along on a delivery or pick up in our van. Allen is very proud of the work he does here and it shows. Allen grew up in Fox Valley, SK with 1 brother and 2 sisters. In his spare time Allen enjoys watching baseball on television and meeting his dad or friends for coffee.

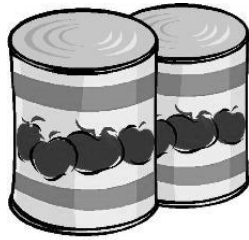
Meet our New Warehouse Foreman



Levi Franz

Levi was born, raised and schooled right here in Medicine Hat. He attended the Medicine Hat College and is an Education Assistant. (used to be called TA – Teachers Assistant) Times being as they are, he works part time here at the Food Bank and part time as a bartender to make ends meet. Levi has two dogs, Baby Girl and Blitz that he enjoys walking. He likes camping, snowboarding and visiting in Vancouver. Welcome aboard Levi. We're glad to have you.

Latest Stats from the



Canada Food Standards Guidelines

“Best before” dates on products with a shelf life greater than 90 days

Foods with an anticipated shelf life greater than 90 days are not required to be labelled with a "best before" date or storage information. If manufacturers and retailers choose to provide customers with this information, they must follow the required manner of declaration, as described below.

How a "best before" date is shown on a label

The "best before" date must be identified using the words "best before" and "meilleur avant" grouped together with the date, unless a clear explanation of the significance of the "best before" date appears elsewhere on the label.

The "best before" date may appear anywhere on the package.

If it is placed on the bottom, this has to be indicated elsewhere on the label.

The month must be in both official languages or indicated by using specified bilingual symbols.

The year is optional, unless it is needed for the sake of clarity (for example, if the shelf life extends into a new calendar year).

If included, the year must appear first, followed by the month, then the day.

Best before
08 JA 30
Meilleur avant

Eating food that has passed the "best before" date

You can buy and eat foods after the "best before" date has passed. However, when this date has passed, the food may lose some of its freshness and flavour, or its texture may have changed. Some of its nutritional value, such as vitamin C content, may also be lost.

Remember that "best before" dates are not indicators of food safety, neither before nor after the date. They apply to unopened products only. Once opened, the shelf life of a food may change.



Volunteer appreciation dinner





February 9, 2011

NO-TENSION-APPRECIATION

