

Food For Thought

Medicine Hat & District Food Bank Quarterly Newsletter
Winter February 2010



Calendar of Events

Upcoming/Ongoing

Phones For Food Poster Campaign
February 1 – February 28
See article on front page

Kinsmen/Kinettes Food Drive
February 20th at the two Coop
grocery locations

Volunteer Coffee/Training Meeting
February 23
Counter Staff 9:00
All other volunteers invited to join
them at 10:00

Hat Taxi Food/Fund Raiser
March 1 – March 5

Scouts Food Drive
Tuesday, March 16

Loblaws (Superstore) Food Drive
March 20 – April 9

Executive Director's Report

At the Medicine Hat food Bank we often reflect on our role in the community. We have great volunteers and staff that ensure we meet the needs of our community. We also have very appreciative clients and we are blessed with generous donors.

The past year has been very busy with demands increasing to levels we have never experienced. Everyone is stepping up to this new reality but how do we sustain these levels? How do we take our reality and convey it in a way that strengthens our community?

As we begin 2010 I encourage everyone to continue their involvement in making Medicine Hat a great place to live. We have so much to be grateful for and there is so much more we can do to make things even better.

Thank you for making the Medicine Hat Food Bank a leader in our community.

Connie Matson

Phones for Food Campaign

This campaign will be ongoing. We have been able to secure payment for old cell phones (working or not)

The local schools have been invited to run a "design a poster" competition to help us raise awareness in our community. The age range for art work is from K through to college. If you have or know anyone with a cell phone that's not needed we will gladly take it off your hands. Drop off locations are: Rogers on Carry Drive, Fido in the Medicine Hat Mall, or at the Food Bank.

**Become part of the solution
TODAY! Find out how on
the back of this page!**

Fun Food Facts

Eighteen ounces of an average cola drink contains as much caffeine as a cup of coffee.

Choking on food is the seventh leading cause of death in the United States

Become part of the solution TODAY!

- * Arrange a community food drive or hold a fundraising event for the Medicine Hat Food Bank. We'll help you get started.
- * Give us a heads up if your employer encourages volunteerism, for example by matching the hours donated. We would like to know.
- * Host a Medicine Hat food Bank presentation to help raise awareness of the organization and to shed some light on our many programs. Any company, organization, school or group can host a presentation.
- * Arrange a tour of the Medicine Hat Food Bank building for all the action-packed information
- * Call 403-5284313 for more ideas on how to donate or volunteer

Discover why some of the richest people in the world are not millionaires, they are volunteers.

Recipe of the Month

Breakfast in a Mug

Ingredients:

2 Eggs
2 Tbsp Milk
2Tbsp Shredded Cheese
Dash onion powder
Salt and pepper to taste.

Directions:

Beat eggs, milk and seasonings together in a microwaveable mug. Cover with plastic wrap and microwave on full power medium- high for 1.5 minutes. Sprinkle cheese on top, let sit one minute then enjoy.

MEET OUR VOLUNTEERS

Anna and Doyle Fuller have been in Medicine Hat on a mission for the Church of Jesus Christ of Latter Day Saints. While they work in front of house serving the clients they readily take on anything extra that needs to be done. They have worked weekly in helping our staff and clients through our busiest times. It takes a special kind of person to deal with some of our emotional clients and Anna and Doyle have the gift of knowing how to handle each client as an individual showing compassion while ensuring all clients maintain their dignity. During the last 16 months of being in Medicine Hat and being volunteers here at the Food Bank it has been our pleasure to know you.

Anna and Doyle are leaving for home in a few weeks, and we want to thank them for choosing to volunteer at the Food Bank. The pleasure has been ours. Your friends here are really going to miss you.

Au 'Revoir



Kristopher receiving Volunteer of the Year Certificate from Connie Matson. Kristopher is our Jack of All Trades. He comes in every Thursday and keeps us all on our toes.