



532 South Railway Street SE
Medicine Hat, Alberta, T1A 2V6

For Questions / Concerns:
Jim Turner, Executive Director
403-528-4313

For Client Appointments:
Fiona Drabble, Director of Client Services
403-528-4566

Medicine Hat Food Bank is a member of:



Medicine Hat and District Food Bank (1992) Association



ANNUAL REPORT 2012



PROGRAMS OFFERED AT THE FOOD BANK:

Grocery Basket:

7-10 days of emergency food assistance available to clients once every two weeks.

Grocery Box:

3-6 days of emergency food assistance once per calendar month.

Back-to-School Supplies:

Provide backpacks and school supplies to children at the beginning of each school year – kindergarten to grade 12.

Milk Program:

Provides milk to women and children in low income families. This program is sponsored by Conoco Phillips and our local Sobeys Store.

Program 4 Protein:

Provides meat, cheese and eggs in our grocery baskets and for healthy bundles.

Healthy Bundles:

Provides nutritious food to pregnant women or women with children aged one and younger.

Birthday Boxes:

Includes gift card for a cake, balloons, 8 goodie bags, streamers, plates, cups, napkins, hats and streamers for children up to 14 years old and an appropriate gift will also be included.

Community Kitchens:

Provides food to 5 different kitchens in our community. Participants learn to cook healthy and affordable meals under the guidance of a nutrition specialist.

Kids Lunch Program:

Provides school lunch supplies to low income families accessing the Grocery Basket Program.

Food Link Program:

This program is to share food resources with partners in the community (schools). My Place Program and Crescent Heights High School and Alexandra School, HALT Program and Medicine Hat High School and counselors at High Schools addressing hunger with students.

Snack Attack Program:

An emergency shelf is stocked with nutritional items in elementary schools in Medicine Hat and Cypress County. This is available to schools monthly.

Daily Supplements to Partnering Agencies:

Provide daily to partnering agencies. This is the additional bread and products that are gleaned from the grocery stores daily.

OUR VOLUNTEERS



OUR VOLUNTEERS



PURPOSE

The purpose of the Medicine Hat and District Food Bank (1992) Association is to address food insecurity by distributing food, free of charge, to those deemed in need of temporary assistance in the City of Medicine Hat and the County of Cypress.

MISSION

The Medicine Hat and District Food Bank (1992) Association believes that hunger exists in the community and that the community has a responsibility to address this food insecurity in a manner ensuring availability, accessibility and adequacy of food.

CONTACT US

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Volunteer Coordinator: Melissa Wilson
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Administrative Assistant: Anna Osmond
Phone: 403-528-4313
Email: mhfbank@telus.net

Warehouse Manager: Levi Franz
Phone: 403-878-9758

Office Fax: 403-528-4381



MEDICINE HAT FOOD BANK SUPPORTS

In addition to handing out grocery baskets, we also support several other community non-profit organizations including:

Best Babies
Bridges Family Program
CAN – Crisis Assistance Network
Champion Centre
Community Food Connection
Core Association
Dream Centre
Early Intervention Program
Good Food Box
HALT Program at Medicine Hat High School
Housing First
McMan Inn Between Youth Shelter
Medicine Hat Care Centre
Medicine Hat Catholic School District
Medicine Hat Family YMCA
Medicine Hat School District #76
Mission of Grace
Miywasin Society
Musasa
My Place Program: (Crescent Heights High School and Alexandra Middle School)
Palliser Health Region
Phoenix Safe House
Prairie Rose School District
Redi Enterprises
Saamis Immigration
Salvation Army
Santa Claus Fund
School Snack Attack Program
Veiner Centre
Teen Mom Centre

OUR PLATINUM DONORS



**Medicine Hat Lions
Club**



**Knights of Columbus
1732**

**Jean and the late Alex
McDougald**



**Medicine Hat Real Estate
Board**



Knights of Columbus

MIKE PAGE



**Fifth Avenue Wealth
Management of RBC
Dominion Securities**



SAFeway

**GOA - Community
Facility Enhancement
Program**



OUR PLATNIUM DONORS

**GERALD & ELAINE
FREEDMAN**

**REDCLIFF
LIONS**

Sobeys

fcc Farm Credit Canada

chat
Today's Country
94.5

**Short Grass
Ranches Ltd.**

COSTCO
WHOLESALE

Little Caesars
PIZZA! PIZZA!
Dunmore Rd.

ROSENAU
TRANSPORT LTD.

**Niblock & Company
LLP**

Craig Elder

**Cenovus
Energy Inc.**

**LMT
ENTERPRISES LTD.**

TBC
GENERAL CONTRACTING

Loblaws

MESSAGE FROM THE BOARD CHAIR

Chairs Report,

Where has the year gone? We started the year off with a number of new board members. They have all been a great asset to our organization. Always there when there is something to be done or decisions to be made. I thank them for all the support they have given me over the past year.

The building is all finished now. The staff and volunteers find having everything in one building far more efficient. Being an older building, there are always little things that we need to keep up, but we are keeping on top of them.

We have had a change in our Executive Director this year. Jim Turner has been a wonderful addition to the Food Bank. He jumped in with both feet. The summer has been a great time for him to connect with our sponsors, suppliers and volunteers. Jim has brought many new ideas forward and has a great connection with the business community in Medicine Hat. We look forward to working with Jim in the upcoming year.

While the turnover of Executive Directors was taking place, the staff at the Food Bank were responsible for the day to day operations. I must say, they did a 'FANTASTIC JOB'. All areas ran smoothly and efficiently. Fiona was overseeing everything and we all thank her for her commitment to the Food Bank.

The Food Bank, of course, could not run without our volunteers. We cannot say enough about how much we appreciate the time they give to our organization. This past year we have increased our volunteer base. Some are new and a number of volunteers have returned to give us a helping hand. "The world is a better place because of you!"

The Food Bank now has a Life Member. Gerald Freedman was given the honor at our last board meeting. Gerald is a great supporter of our organization in many ways. Gerald is always bringing in new sponsors and supports us financially himself. Gerald can be found at the Food Bank on any given day helping anywhere he is needed. The staff, board and volunteers would not have a normal day if Gerald did not appear. Congratulations, Gerald! We look forward to your continued support.

A number of our board members are moving on this year. I would like to thank Cathy Sehn, Dwaine Dietrich and Steve Turner as well as Gerald Freedman for their time and support to the Food Bank. Our community has a large base of great volunteers and it is always nice to meet and work with them.

Submitted by Linda Lehr,
Chair of the Medicine Hat and District Food Bank



CURRENT YEAR DIRECTORS

Linda Lehr – Chair of the Board



Barry Gooding – Vice Chair



Steve Turner – Past Chair



Neil Russell – Secretary



Rag Barnard – Director



Gord Cowan – Director



Scott Milroy – Director



Korrie Miller – Director



Gerald Freedman – Director



Dwaine Dietrich – Director



Carol Pigson – Non-Voting Director

WAYS THAT YOU CAN HELP

VOLUNTEERING

We are always looking for new volunteers to assist us. We need help with the daily operations of the Food Bank as well as volunteers to help with our special events throughout the year. If you are interested in being part of a dynamic volunteer team, please call 403-528-4313 to discuss the process.

ORGANIZE OR HOST AN EVENT

Many people find it easy to contribute to the Food Bank by collecting donations at their local school, office, church, or by taking donations as part of an event. For birthday celebrations, anniversary parties, etc. you can ask that your guests make a donation to the Food Bank in lieu of gifts or flowers.

PLANT A ROW – GROW A ROW

The Plant a Row – Grow a Row program invites local gardeners to grow an extra row of fruits or vegetables to donate to the Food Bank. It also encourages local gardeners to share their excess crops with us. If you are interested in growing a row and would like to know what would be most suitable for the Food Bank, please call us.

OTHER WAYS YOU CAN HELP

Many times the Food Bank is in need of specific items or services that you may be able to donate. Goods-in-Kind receipts may be available.

DONATING MONEY

The Medicine Hat and District Food Bank does not receive Federal Government Funding and, therefore, relies solely upon the generous donations from the community. While donations of food and time are greatly appreciated, money is needed for essential items to ensure that our services remain available. Donated funds are needed for things like building repairs and maintenance, utilities, MHFB vehicle maintenance, fuel, office supplies, office equipment, etc. In order to be a successful and effective organization, and to be able to provide continuity of service to our clients, we also require some paid employees. Tax deductible receipts are available for your donations of \$10 or more. Remember, every little bit helps.

100% OF YOUR DONATION STAYS IN YOUR COMMUNITY!!!!

DONATING FOOD

Of course, food is always welcome. We suggest that you only bring food here that you feel comfortable serving in your own home. Make sure that it is in good condition and not outdated. You can donate food in the following ways (1) Take your non-perishable food donation to one of our Food Bank drop boxes located at Canada Safeway Stores, Co-op, Superstore and Sobeys **OR** (2) Bring your donation to us at the Food Bank during our regular business hours (8:30am to 4:30pm) **OR** (3) If you would like to know if there are specific items that we are in need of, please call us and we will be happy to let you know.

REPORTS: PERSONNEL COMMITTEE

The past year went quite quickly. The committee did not have to meet too often. However, there were some changes made to the organization when a new Executive Director needed to be hired following the leaving of our previous Executive Director.

There was a period of time when the Chairman of the Board and myself had to be around more often until the hiring of Jim Turner as our new Executive Director in June of this year.

The staff has been very active in organizing and rearranging how we meet the needs of our clients. Our number of volunteers is back up to approximately 85, once again, and much of the credit goes to Melissa our Volunteer Coordinator for that increase.

The members of the Personnel Committee were actively involved, along with many of the other Board members, in interviewing and choosing our new Executive Director.

With four positions on the Food Bank Board being open this coming year, I would like to thank the previous Board Members for their dedication and service.

Any volunteer can become a member of the Food Bank by paying a yearly membership and it would be great to see more of our volunteers take up this opportunity.

I would like to thank all of the staff and volunteers for making this a very successful year for our clients.

Submitted by Neil Russell,
Chairman of the Personnel Committee



MEDICINE HAT FOOD BANK STAFF



From left to right : Melissa Wilson (Volunteer Coordinator),
Levi Franz (Warehouse Manger), Anna Osmond
(Administrative Assistant), Fiona Drabble (Director of Client
Services), Amy Aldred (Volunteer Assistant), Jim Hadwen
(Driver), Jim Turner (Executive Director), Carol Pierson
(Accountant), Carmen Virovec (Warehouse Assistant)



MESSAGE FROM THE EXECUTIVE DIRECTOR

Thoughts from the Executive Director,

The past year was once again a very exciting and productive year for the Medicine Hat Food Bank. The addition to the building was completed and the new walk in freezer has been installed. These additions now allow us to offer much better service to our clients.

This past year was also an exceptional year for donations to our Food Bank in both cash and food, the generosity of individuals and businesses in our community is simply amazing. The annual Chat Food Drive set another record with over 90,000 lbs of food collected. A big thank you to the local farmers and ranchers who donated a total of 12 beef to our Protein Program allowing us to offer beef as part of our daily hampers given out.

As I have only held this position for a few months, I would like to give you my thoughts on what we would like to accomplish in the next year. We have already laid the ground work for a new Senior Program having formed a partnership with the Veiner Center and Home Care to get our message out to those seniors in need in our community.

We recently spent a day in Calgary meeting with the Brown Bagging for Calgary Kids Society and the Calgary Interfaith Food Bank. We connected with some very experienced people which will pay great dividends for our organization in the future.

I plan on meeting with our major donors, partners, schools and major organizations in the community over the next 6 months to strengthen our relationships and communicate to them the importance of all the programs that we offer at the Food Bank.

In closing, I would like to thank the members of the Board of Directors, the staff and all of our wonderful volunteers who have made my transition into this new position very rewarding and enjoyable. I look forward to the next year as we all work towards our one common goal and that is – **THAT EVERYONE HAS ACCESS TO AN ADEQUATE SUPPLY OF HEALTHY NUTRITIOUS FOOD.**

Submitted by Jim Turner,
Executive Director

FOOD STATISTICS

Month	Donations In	Client Out	Partners Out	Total Out
JULY	20572	12598	8000	20598
AUGUST	28003	14255	10231	24486
SEPTEMBER	26252	11528	12198	23726
OCTOBER	32598	11690	16842	28532
NOVEMBER	31826	16058	15549	31607
DECEMBER	41103	12571	9339	21910
JANUARY	30149	15457	16405	31863
FEBRUARY	23884	16878	10668	27546
MARCH	22028	18101	22028	40129
APRIL	21413	10094	9747	19841
MAY	27263	12296	9775	22070
JUNE	20787	11666	8816	20481
TOTAL	325876	163192	149598	312789

- lbs. to landfill: 32731

- all weights are in lbs.



CLIENT STATISTICS

MONTH	ADULTS	CHILDREN	TOTAL PEOPLE	TOTAL HAMPERS	NEW FILES
JULY	270	108	378	258	46
AUGUST	265	117	382	265	47
SEPTEMBER	220	111	331	239	40
OCTOBER	240	111	351	245	49
NOVEMBER	325	191	516	345	80
DECEMBER	237	114	351	226	53
JANUARY	299	135	434	284	58
FEBRUARY	330	133	463	312	70
MARCH	322	153	475	312	45
APRIL	197	83	280	190	36
MAY	243	95	338	203	57
JUNE	213	110	323	207	55
TOTAL	3161	1461	4622	3086	636



MESSAGE FROM DIRECTOR OF CLIENT SERVICES

I am delighted to advise that some of our long term clients now have the ability to be more independent. The referrals to other supports are paying off for many and an increase in AISH has aided a number of others.

We are seeing a number of new families from out of province at the Food Bank. Some advise us they have to lower their cost of living and the monthly increase in AISH payments (in Alberta) is really attractive. Calgary has proven to be too expensive and Medicine Hat is more affordable, this applies to both AISH recipients and in general. I do hope that with direction to the other community partners, these families will be self sustaining very soon. The opportunity to advise clients, at the start of their accessing the Food Bank, that we offer short term crisis assistance and direct them to other services where deemed necessary.

Domestic Violence referrals to the Pheonix Safe House have increased and the soft handover is well received by the clients and the staff. Our mutual clients excel due to the wrap around service we are able to partner on. Where necessary these clients are supported and when applicable they are allowed to feel the consequences of their actions.

Our partnership with Pheonix Safe House and Musasa is very strong. The Housing First Program run by the women's shelter is excellent, they have many success stories. We meet monthly for a full case conference on each client, which has proven most beneficial to all. Their success is our delight.

Redi Enterprises has been very receptive over this last year to taking direct referrals for our clients that are in need of Community Supports. Their team of Community Workers have ensured our clients are attached to all services available and we receive feedback.

There has been an increase in calls from local churches and I am encouraged that this is leading to open dialogue and strong collaboration; we are also able to stop the double dipping. St Vincent De Paul and Hillcrest Church are two of our stronger partners to date.

Our Community Partners that are working with us to assist with clients' needs:

Mental Health (Budgeting Facilitator)
 Community Employment Services
 Medicine Hat Community Housing
 Medicine Hat Police Service
 Child Protective Services
 Veiner Centre

Submitted by Fiona Drabble,
 Director of Client Services

MESSAGE FROM THE WAREHOUSE MANAGER

Now that the renovations are complete we were able to successfully store the many tonnes of food we received last year. Thank you to everyone that helped sort and stack the seemingly endless amount of canned soups, beans, vegetables and meals. All of the extra help I received enabled us to neatly store all of the goods several months ahead of schedule. This allowed me to focus on other important donations and the Snack Attack orders that were delivered to the Elementary Schools in and surrounding Medicine Hat. I hope we can give away the majority of our canned surplus to those in need before our next major Food Drive so we have space to put the ever increasing donations.

Submitted by Levi Franz,
Warehouse Manager



REPORTS: VOLUNTEER COORDINATOR

I joined the staff at the Medicine Hat Food Bank as the Volunteer Coordinator in March 2012. It doesn't take long to see that a great amount of our success is owed to a highly dedicated and caring group of volunteers. Our volunteers donate endless hours to keep the Food Bank running effectively – from repackaging foods, to building hampers, to assisting our clients in filling their grocery bags – our volunteers assist in every aspect of the organization. We could not operate effectively without their support.

Since March 2012, there has been a steady rise in new volunteers joining our organization. Between March 2012 and June 2012, we have welcomed 27 new volunteers to the Medicine Hat Food Bank. In addition to several new faces, many of our existing volunteers began coming in on a more regular basis and in a few cases, we have had some previously retired volunteers return to us once again. Hopefully this trend continues and we are able to welcome back many more volunteers from the past.

I am excited for the opportunity to continue to work with such a dynamic group of individuals, both volunteers and staff. I look forward to continuing to work to recruit new volunteers as well as to retain the many great volunteers we are already have.

Submitted by Melissa Wilson,
Volunteer Coordinator

