

ANNUAL REPORT

Medicine Hat and District Food Bank
(1992) Association

2015



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.



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.

A MESSAGE FROM THE CHAIR OF THE BOARD

September 2015 has arrived and the Medicine Hat & District Food Bank has fulfilled another year of fundamental emergency food service for this community. An exciting year to say the least, from on boarding a dynamic co-leadership team, to enabling a food security system that in its early stages is being recognized locally, provincially and nationally.

The co-leadership team (Celina Symmonds & Tammy Vanderloh) can take pride in the long list of new, retained, and re-established partnerships that actively added value to clients in need this year. A level of need that I would concur increased year over year. With new onsite resources readily available such as **Good Food Box** (*Community Food Connections*), **Systems Navigation** (McMan), **Budgeting** (*Canadian Mental Health*) **Counselling** (*Addictions & Mental Health*) many of our clients found the support and knowledge necessary to make positive life changes.

In closing on behalf of the board, I extend our sincere and significant appreciation for the heavy lifting and extensive contributions driven by the **food bank staff, volunteers, community agencies** and our organization's first **co-leadership team**. None of the above and or the many accomplishments not accounted for in this message would be possible without you.

Sincere gratitude,

Steven St Peter

Chairman | Medicine Hat & District Food Bank





A MESSAGE FROM THE CO-EXECUTIVE DIRECTORS

This has been a year full of growth and excitement for the Medicine Hat and District Food Bank. Hiring a co-executive team was a new and bold move for the organization and has signaled change and enhancement to the entire community. As a co-executive team we endeavored to come forward with a vision of greater and more meaningful community engagement and partnership. The Food Bank has now become a hub of activity where individuals and families seeking emergency food can actually find much more. McMan Youth Services began a journey with us to provide a community worker once a week in the Food Bank to act as a system navigator and help our clients to seek the community support they so desperately required. This began a journey that brought the greater community to the table allowing the Food Bank to now boast that we have community agencies working right within the Food Bank almost every day and each agency brings their expertise directly to our clients. We now provide a “every door is the right door” approach to client services and our clients are able to access everything from addiction and mental health help to budgeting and can even purchase a Good Food Box.

The next year will prove very exciting as we introduce our Food First Pilot project where we will take ten families on a journey to food sustainability and security while closely monitoring the data and outcomes and having it conclude with a community report showcasing our results. As a co-executive we know that we could not make these changes alone and our team of staff, volunteers, board of directors and donors have supported the enhancements in a way that we could never have imagined. Change is never easy and the challenges of increased numbers have tasked all of those involved in the Food Bank to stretch the limited resources and to work hard to ensure that no individual family or child in Medicine Hat is hungry.

Thank you all for your dedication, hard work and true empathy...you ARE truly the hero's in our community!

Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has.

– Margaret Mead

Celina Symmonds & Tammy Vanderlof



CURRENT BOARD OF DIRECTORS

Steven St Peter - Chair of the Board

Gord Cowan - First Vice Chair

Theresa Hardiker - Second Vice Chair

Linda Lehr - Past Chair

Barry Goodine - Vice Chair

Scott Milroy - Treasurer

Jorge Busca - Director

Cameron Jacques - Director

Neil Russell - Director

Gerald Freedman - Life Member

MEDICINE HAT FOOD BANK STAFF

Celina Symmonds - Co-Executive Director

Tammy Vanderloh - Co-Executive Director

Anna Osmond - Administrator

Danielle Bell - Client Service Intake

Tanya Lautier - Volunteer Coordinator

Andra Ware - Warehouse Supervisor

Carol Pierson - Bookkeeper

Jim Hadwen - Truck Driver

A MESSAGE FROM THE DIRECTOR OF CLIENT

The appointment system that was put in place is still working very well as we are able to assess what needs the client may have other than a shortage of food. We have established partnerships with McMan providing us with an outreach worker once a week. Canadian Mental Health is providing us with a budgeter to work with our clients to further help them with proper budgeting. Alberta Health Services is providing an outreach worker twice a month, Academy of Learning comes on Tuesdays to help get awareness out about programs they run.

We have seen an increase in numbers as other food distribution locations have closed so that there is only one central location for clients to come and register so that we may rule out duplication of services. We as a community are working together to help our clients obtain food security and have established wonderful relationships with other organizations. We as a community are pulling together to help clients on a case by case situation.

CLIENT STATISTICS

MONTH	Households Served	Children Served	Total Served	Pounds of food per month
JULY	166	60	318	15773
AUGUST	203	62	372	15898
SEPTEMBER	211	117	410	14248
OCTOBER	216	106	311	17262
NOVEMBER	194	106	379	16094
DECEMBER	205	116	401	16336
JANUARY	365	222	731	31950
FEBRUARY	461	254	863	33292
MARCH	432	239	249	31828
APRIL	422	227	812	30067
MAY	463	258	229	31281
JUNE	574	302	1101	34414
TOTAL	3912	2069	6176	288443

A MESSAGE FROM THE WAREHOUSE MANAGER

Another year has come and gone and the warehouse is busier than ever. This year has seen a dramatic increase in both donations as well as outgoing contributions to partner agencies and clients. Our new business partnerships with local retail and wholesale businesses, most notably Real Canadian Superstore, Walmart and London Drugs has brought us a greater variety of perishable and non-perishable products to share. This greater variety and availability has allowed us to vary the contents of hampers and emergency boxes so that we may better fill the needs of our clients. We have stepped up our organization within the warehouse to ensure that product is distributed in accordance with Canada Food Banks guidelines.

My thanks to the bosses, our staff and our fantastic volunteers for all of their hard work and support.

FOOD STATISTICS

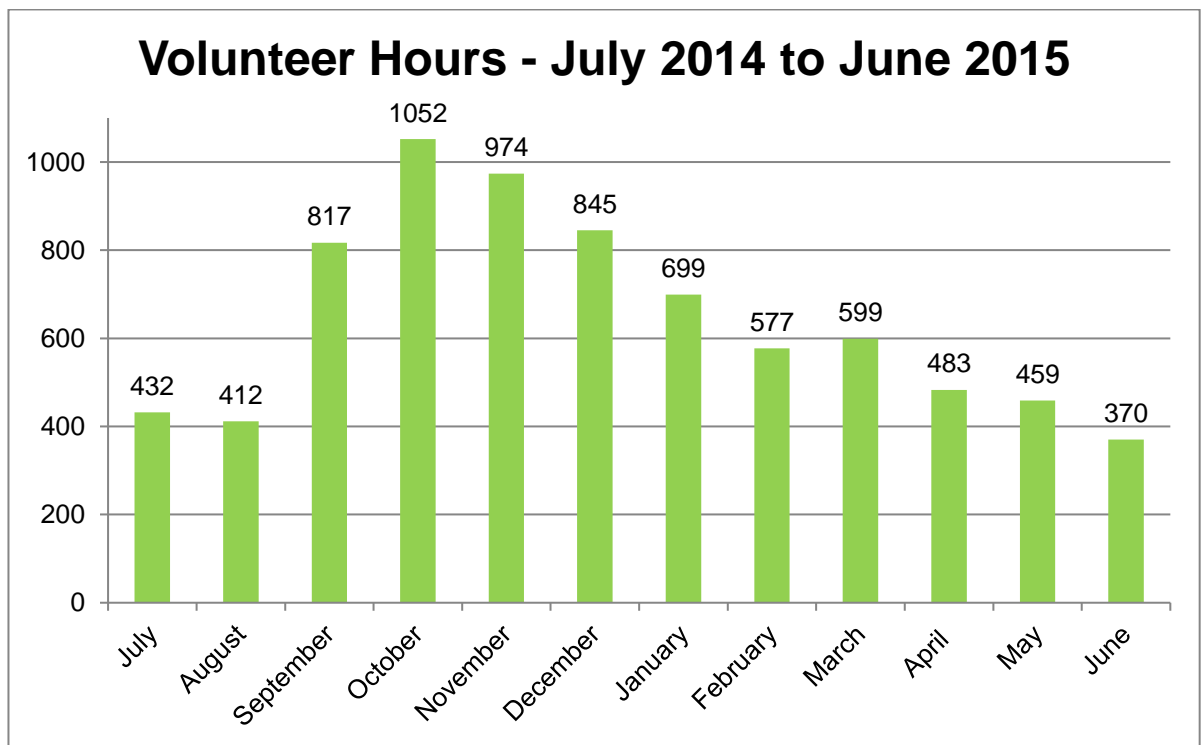
MONTH	DONATIONS IN	CLIENT OUT	PARTNERS OUT	TOTAL OUT
JULY	26822	15773	8150	50745
AUGUST	27109	15898	9803	52810
SEPTEMBER	29973	14248	12333	56554
OCTOBER	45026	17262	2418	64706
NOVEMBER	48234	16094	8646	72974
DECEMBER	51345	16336	8645	76326
JANUARY	33328	31950	9963	75241
FEBRUARY	46072	33292	11278	90642
MARCH	47852	31828	10201	89881
APRIL	46836	30067	10344	87247
MAY	39553	31281	11531	82365
JUNE	50612	34414	11914	96940
TOTAL	492762	288443	115226	896431

A MESSAGE FROM THE VOLUNTEER COORDINATOR

vol-un-teer: a person who freely offers to take part in an enterprise or undertake a task

It's amazing how such a small word can carry so much value!! When a person commits themselves to volunteer, they have chosen to give up their own time to benefit others. Here at the Food Bank we are fortunate enough to have 100 of these exceptional individuals that have selflessly given us over 7,000 hours of their time. The Food Banks ability to help so many in our community is a reflection of the ever-increasing dedication and sacrifice our volunteers display on a continual basis.

The world is hugged by the faithful arms of volunteers. -Everett Mámor



DONORS

(over \$1,000)

- Art's Excavating
- BFI Canada Inc.
- Canadian Fertilizers Limited
- Canadian Pacific Railway
- Cardinal Energy Ltd.
- Cenovus Energy
- CHAT 94.5fm
- City of Medicine Hat
- Community Foundation
- Costco
- Courtyard Dental Centre
- Crystal Metz Insurance Agency
- Cypress Bingo
- Cypress County
- Davis GMC Buick Ltd.
- EECOL Electric Corp.
- Farmland Supply Centre Inc.
- Force Outreach Ministries Dream Centre
- Gerald & Elaine Freedman
- Golden K Kiwanis of Medicine Hat
- Goodyear Canada Inc.
- Hargrave Ranching Co. Inc.
- Harvest Operations Corp.
- HOG Medicine Hat Chapter
- Holy Family Parish
- Hummel's Oilfield Services
- Hydraco Industries Ltd.
- Intact Insurance
- Johnston Morrison Hunter & Co.
- KASI Technologies Inc.
- Kurt's Iron Works Ltd.
- Little Caesars Pizza
- McMan
- Meadowlands Development Corp.
- Meggitt Training Systems
- Methanex Medicine Hat
- MH Co-op Ltd.
- MH Evangelical Association
- MNP
- Pahl Livestock Ltd.
- Pat's Off-Road Transport Ltd.
- Redcliff Lions Club
- RedHat Co-operative Ltd.
- River Dental
- Rosenau Transport Ltd.
- Saamis Rotary Club of MH
- Safeway
- Sanjel
- Shortgrass Ranches
- Sobeys
- Sons of Abraham
- Sobeys
- Southern Alberta Newspaper
- Superstore
- TD Bank
- Telus
- The Boarding House
- United Way

MEDICINE HAT FOOD BANK

In addition to providing food to our clients we also support several other community non-profit organizations including:

Best Babies

Champion Centre

Community Food Connection

Core Association

Dream Centre

Housing First

McMan Inn Between Youth Shelter

Medicine Hat Care Centre

Medicine Hat Catholic School Division

Medicine Hat School District #76

Musasa House

Pheonix Safe House

Prairie Rose School Division

REDI Enterprises

Saamis Immigration

Salvation Army

Medicine Hat News Santa Claus Fund

Teen Mom Centre

BROWN BAG LUNCH PROGRAM

The Medicine Hat Food Bank believes that children who eat regular healthy meals do better in school. After evaluating our initial Brown Bag Lunch pilot project we have glowing reviews from teachers, parents and students.

With statistics, outcomes and measurable positive results for children in Medicine Hat we know we must continue to provide this program over the long term. We deliver 600-700 lunches which are made fresh at the Hillcrest Church. Hillcrest Church has generously donated the space every school day for our volunteers to make lunches for 32 schools in Medicine Hat and surrounding area. At a cost of about \$1.00 per lunch the cost to the Food Bank is approximately \$110,000 per year and growing.

A lunch consists of a pea butter and jam or meat & cheese sandwich, fresh fruit, granola bars or other snacks. Thanks to Red Hat Co-op we are also including a fresh vegetable pack with every lunch. A veggie pack consists of cut up mini cucumbers, cherry tomatoes and mini carrots. These healthy lunches are made fresh and delivered to Medicine Hat and area schools everyday by a dedicated group consisting of about 50 volunteers.



BROWN BAG LUNCH PROGRAM DONORS

- A. Graumans Construction Ltd.
- Art's Excavating
- ATB
- Auto-Star Compusystems Inc.
- Baird & Bergum Architects Ltd.
- Big M Ford Lincoln Ltd.
- BJL Mechanics
- Brian C West Prof Corp
- Cardinal Energy Ltd.
- Cee Gee Southern Inc.
- Cenovus Energy
- Coil Solutions Inc.
- Corona Street Tavern Ltd.
- Cypress Rod and Custom Car Club
- Davis GMC Buick Ltd.
- Ensminger Beck & Thompson
- Excel Physical Therapy
- Farmland Supply Centre Inc.
- Fortress Fabrications
- G-Force Industries
- Gerald & Elaine Freedman
- Gordon Law Office
- Grassroots Landscaping & Irrigation
- Hillcrest Church
- Holiday RV Super Centre
- Holy Family Parish
- Hydraco Industries Ltd.
- Industrial Backhoe Ltd.
- Jim's Electric Ltd.
- Local Advantage Ltd.
- Lurch's Winchin' Inc.
- M.O.I. Resources Ltd.
- Medicine Hat Co-op Ltd.
- MH Catholic Board of Education
- MH Exhibition and Stampede
- MH Licence Centre
- MH Monumental
- MHHS Grad and Alumni
- Midwest Surveys Inc.
- Mook Fabrics Ltd.
- Murray Chev Cadillac
- Nexen Energy
- Park Meadows Estates
- Pat's Off-Road Transport Ltd.
- Pharmasave
- Power Serv Engine & Compressor Repair
- RBC Foundation
- Reliance Insurance Ltd.
- Richmond Lions Activity
- Ronco Oilfield Hauling Ltd.
- Roy E. Link Law Office
- Saamis Memorial Funeral Chapel
- Sanjel
- Sean Bourassa Professional Corp.
- Semrau Motel Enterprises
- Semtel Holdings Ltd.
- Solutions Thru Software Ltd.
- South Rock Ltd.
- Spider Electric
- Starks Plumbing
- Sunrise Rotary Club
- TBC General Contracting
- TD Bank
- The Boylan Group Ltd.
- The Meadowlands Development Corp.
- Todd E. Herter Professional Corp.
- TransCanada Pipelines Ltd.
- Transit Paving Inc.
- Triple Angel Enterprises Ltd.
- TSG Insurance
- United Way
- Vertex One Asset Inc.
- Weddingstar

VOLUNTEERS



HOW WE CAN WORK TOGETHER

VOLUNTEERING

We are always looking for new volunteers to assist us. We need help with the daily operation 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.

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. Tax deductible receipts are available for your donations of \$25.00 or more.

Remember, every little bit helps!

100% of your donation STAYS in YOUR community!!

Of course, food is always welcome. We suggest that you only bring food here that you would 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:

- Take your non-perishable food donation to one of our Food Bank drop boxes located at Safeway, Co-op or Superstore
- Bring your donation to us at the Food Bank during our regular business hours (8:30 to 4:00 Monday thru Friday)
- If you would like to know if there are specific items that we are in need of at the time please visit our website www.mhfoodbank.com and check out our updated most needed items list or give us a call and we will be happy to let you know.

Medicine Hat Food Bank Information

Celina Symmonds/Tammy Vanderloh - Co-Executive Directors

Phone: 403-528-4313

Email: executivedirector.mhfb@telus.net

Danielle Bell - Client Intake Services

Phone: 403-528-4566

Email: intake.mhfb@telus.net

Tanya Lautier - Volunteer Coordinator

Phone: 403-528-4313

Email: volunteer.mhfb@telus.net

Anna Osmond - Administrator

Phone: 403-528-4313

Email: admin.mhfb@telus.net

Andra Ware - Warehouse Supervisor

Phone: 403-528-4313

Email: warehouse.mhfb@gmail.com

Office Fax: 403-528-4381

HOURS OF OPERATION

Client Intake: 12:45 - 3:00 (Monday thru Friday) by appointment

Administration: 8:30 - 4:00 (Monday thru Friday)

Warehouse: 8:30 - 4:00 (Monday thru Friday)

*****CLOSED HOLIDAYS*****

**532 South Railway St. SE
Medicine Hat, AB T1A 2V6
www.mhfoodbank.com**