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2005 Annual Report



Message from the Chair

On behalf of the AFBNA Board of Directors, please accept my sincerest thanks for your support and cooperation in 2005. Working as a charity brings unique challenges and struggles that we are all faced with at one point. The Alberta Food Bank Network Association alleviates some of these struggles by providing information and resource support to Alberta food banks. By being a member of the AFBNA, you have agreed to work collaboratively with other like minded individuals in Alberta to help our neighbours suffering from food insecurity. This cooperation is beneficial as we advocate with one strong voice for needed change.

In early 2005, we hired a new Association Coordinator and a Program Assistant. Tamisan Knight brings over a decade of skills and knowledge from working in the food bank industry. Sara McKeon has brought a strong dedication to working towards an end to food insecurity and the willingness to work hard for that to happen.

Tamisan & Sara have been working on updating existing resources for members, as well as new resources that will benefit Alberta food banks. A Collective & Community Kitchen Program, initially operated out of Calgary, was transferred to the AFBNA during 2005. Through the generosity of many sponsors, we were able to provide support to over 500 cooks participating in the program throughout the province. The AFBNA participated in several fundraising events throughout the summer and have developed relationships to increase our involvement in 2006. We were fortunate to have benefited from donated resources such as four banners created from TFCN as well as AFBNA T-Shirts from SPARK Printware to increase our visibility as an organization. Former Edmonton Mayor, Bill Smith, has also become the AFBNA's first Honorary Chair. Mr. Smith has participated in numerous events and attended the W.E.E. Food Bank opening to show his support.

Throughout our challenges and accomplishments in 2005, we have continued our mission to support Alberta food banks. With a strong membership base, dedicated staff and dependable volunteers, we are confident that the future will bring positive results.

To all of you who work towards hunger relief, thank you again.

Kindest Regards,

Gail Kyritz



Message from the Honourary Chair

2005 was my first year as the AFBNA's Honourary Chair. It has been an honour to represent an organization so dedicated to supporting Alberta's many food banks. I had the opportunity to participate in several events during the year in a number of communities. It was wonderful to meet the many people throughout the province that work tirelessly to make sure that no one goes hungry.

The AFBNA has effectively worked towards their goal of providing support and resources to Alberta food banks and reducing food insecurity in our province that has been blessed with so much wealth.

The many new endeavours that the AFBNA has established in 2005 speak to the motivation and capability of the AFBNA's staff, supporters, Board and volunteers.

The AFBNA was active in their programming during 2005 and we hope to build on this positive momentum in 2006. I would like to personally extend my sincere gratitude to all those who have been supportive of the AFBNA this year.

Kindest Regards,

Bill Smith

2005 Board of Directors

Gail Kyritz, St. Albert
Chairperson

Susie Bourret, Lethbridge
Vice Chairperson

Marjorie Bencz, Edmonton
Treasurer

Colleen Wilson, Medicine Hat
Secretary

Dave Davies, St. Paul
Director

Melton Louis, Hobbema
Director

Kimberly Jimmy, Standoff
Director

Bruce Ironshirt, Standoff
Director

Pat Hagen, Camrose
Director

Rose-Anne Williams, Wetaskiwin
Director



2005 Membership

Airdrie Food Bank, *Airdrie*
 Banff Food Bank Association, *Banff*
 Bow Valley Food Bank, *Canmore*
 Camrose & District Food Bank, *Camrose*
 Claresholm Food Bank, *Claresholm*
 Cochrane Food Hamper Program, *Cochrane*
 Edmonton's Food Bank, *Edmonton*
 Edson Food Bank Society, *Edson*
 Flagstaff Food Bank, *Killam*
 Salvation Army Food Bank, *Grande Prairie*
 Innisfail & Area Food Bank, *Innisfail*
 Lethbridge Food Bank Society, *Lethbridge*
 Jasper Food Bank Society, *Jasper*
 Kainai Food Bank, *Standoff*
 Leduc & District Food Bank, *Leduc*
 Lac Ste.-Anne East Food Bank, *Onoway*
 Millet Community Food Bank, *Millet*
 Parkland Food Bank, *Spruce Grove*
 Rimbey Food Bank, *Rimbey*
 Samson Food Bank, *Hobbema*
 St. Paul Food Bank, *St. Paul*
 Vulcan Food Bank, *Vulcan*
 Waskaysoo Community Food Bank, *Lac La Biche*
 Athabasca Good Samaritan Ministries Association, *Athabasca*
 Beaverlodge Christmas Hamper & Food Bank, *Beaverlodge*
 Coaldale Community Food Bank Association, *Coaldale*
 Crowsnest Pass Food Bank Society, *Blairmore*
 Boyle Seventh-Day Adventist Food Bank, *Boyle*
 Fort McMurray Food Bank Association, *Fort McMurray*
 High Level Native Friendship Centre Food Bank, *High Level*
 High Prairie & District Food Bank Society, *High Prairie*
 Interfaith Food Bank Society of Lethbridge, *Lethbridge*
 Medicine Hat & District Food Bank, *Medicine Hat*
 Mountain View Food Bank Society, *Olds*
 Salvation Army Family Services Food Bank, *Wetaskiwin*
 St. Albert Food Bank Society, *St. Albert*
 Stettler & District Food Bank Society, *Stettler*
 Strathcona Food Bank Association, *Sherwood Park*
 Sylvan Lake Community Food Bank, *Sylvan Lake*
 Salvation Army Food Bank, *Peace River*
 Three Hills & Area Food Bank Society, *Three Hills*
 Tofield-Ryley Area Food Bank, *Tofield*
 Trochu Interchurch Food Bank, *Trochu*
 Westlock & District Food Bank, *Westlock*
 Whitecourt Interagency Food Bank, *Whitecourt*

2005 Partnerships

Calgary Interfaith Food Bank
 Red Deer Food Bank Society
 Community Kitchen Program of Calgary



Commitment to Our Membership

Over 70 Alberta communities have food banks and each month these organizations provide food to over 45,000 Albertans. While each of these food banks provide a valuable service in their community, doing it alone is not easy. The purpose of the Alberta Food Bank Network Association (AFBNA) is to provide support and leadership to food banks in Alberta in their efforts to provide short-term relief in the area of food insecurity while working on long-term solutions for hunger and poverty.

Cooperation

By supporting each other, food banks are better able to meet their objectives. This in turn helps to enhance the well-being of communities in Alberta by sharing valuable resources. Members are kept updated on events, resources, and the hunger situation in Alberta. We help our members wherever possible by offering ideas, information, and support. This support and interaction takes many different shapes each day and also helps us to stay current on food bank needs to ensure our programming remains relevant to our members. Our flexibility, creativity and wealth of resources help a network of food banks address hunger throughout the province.

Public Awareness

It is a key goal of the AFBNA to create public awareness and educate Albertans about hunger and poverty in our province. This is accomplished through:

- Effective donation programs like Alberta Share and Canada Helps.
- Creating public interest in our mission by working closely with the media and participating in events throughout the province.
- Supporting food banks in their fundraising endeavours.
- Building awareness by advocating for social change and educating the public about hunger in our province.

Members support an association that promotes Alberta food banks on a provincial level. There is strength in numbers. The AFBNA will continue to bring awareness to the situation of hunger in the province and advocate on behalf of food banks and their clients.

We achieve so much more by working together. The AFBNA has created strong links with industry partners, other non-profits and food banks across Alberta. Our members have been supportive and active in 2005. We intend to continue building these relationships and look forward to developing new ones in 2006.

Communication

We strive to keep our members updated on new projects, fundraising events and issues surrounding hunger in Alberta. Maintaining an in-depth website and quarterly newsletter are key aspects of connecting our members and providing current information that is relevant to their operations.

Recognizing the importance of technology, the AFBNA website has been created as an ongoing project with expanding sections on news, programs, and resources. The *Resources* section includes links to industry partners, useful publications, and other non-profit organizations. Food bank coordinators can also learn about other available resources that are fundamental to daily food bank



operations. The public can also download brochures, newsletters and reports to learn more about the activities of the AFBNA and regional food banks.

The focus of the newsletter is to increase knowledge of hunger issues in Alberta, to raise awareness of Alberta food bank activities and to provide resources and information to assist in the challenges of running a food bank. If you would like copies of previous issues, please contact the AFBNA office.

The website and the newsletter are key ways of maintaining and strengthening the provincial network. The AFBNA has a Program Assistant and an Association Coordinator that are easily accessible. AFBNA staff keep in touch with food banks through fax, phone, email, and in-person visits. Please feel to contact us toll-free at 1-866-251-2326.

Program Development

The AFBNA evaluates, researches, and develops programs to benefit Alberta food banks. These programs are initiated or supported by the AFBNA to help its members with fundraising efforts. The AFBNA's newest initiatives are securing and administering support for Alberta's many Collective Kitchens and working with a database developer to create an effective client database for rural food banks.

Resources

The AFBNA provides resource material for its members so that food banks can function efficiently and share ideas. Among the wealth of resources available are Board Development manuals, media relations, *Neighbors Helping Neighbors*, the AFBNA brochure, the AFBNA Annual Report, *Food and Safety Guidelines*, *Good Samaritan Act*, *Ethical Fundraising Guidelines*, a Fundraising Ideas Package, and the Freedom of Information and Protection of Privacy support.

Monetary Support

An example of such support is where the AFBNA pays for the National Food Sharing System (NFSS) pallet fees on behalf of all Alberta food banks. Financial assistance can also be provided to food banks to cover trucking and transportation costs.

The AFBNA helps food banks through the Rural Alberta Food Bank Emergency Fund (RAFBEF) while also providing fundraising materials for the *Alberta Share Program*, the *thINK Food & Phones for Food Programs*, and *Plant a Row, Grow a Row*.

Helping Alberta Food Banks

Rural Alberta Food Bank Emergency Fund (RAFBEF)

In the summer of 2003, the media was informed of farmers suffering from drought conditions throughout Alberta. In response to this need, the Alberta Food Bank Network Association created the Rural Alberta Food Bank Emergency Fund (RAFBEF).

The money available is distributed by request for food banks in crisis. This is accomplished by food banks filling out an application form to request emergency funds. Each application is reviewed on an individual basis by the Association Coordinator as well as AFBNA Board Members.



The AFBNA is always on the lookout for new and creative fundraising ideas to pass around. We have compiled several ideas that came across our desks and are happy to share them with anyone interested in organizing a fundraising event in their community. If you would like to help us expand this fundraising package, we would love to hear from you toll-free at 1-866-251-2326.

In-Kind Donations

The AFBNA is always interested in hearing about available products or services being donated. Items that are valuable to food banks on low budgets include office equipment, warehouse equipment and online or print advertising space.

Rural Client Database

The Rural Client Database was designed to help smaller food banks collect and store client information. It also provides food banks with a quick way to produce annual reports and statistics. The database is in its final testing stages with anticipated distribution in 2006.

World's Longest Barbeque II

In August of 2005, the grills were on in Camrose for a record 177 hour Barbeque. The organizers of the event wanted a way to raise money in support of Alberta's cattle ranchers who suffered during the BSE crisis. With the support of many sponsors and dedication of many volunteers, the AFBNA was able to distribute \$29,292.63 in the form of Alberta beef to 81 rural food banks.

Programming

Alberta Share

Alberta Share has made it easier to help those less fortunate in the community to get healthy and balanced diets by enabling food banks throughout Alberta to buy products that they need most. A \$2 Alberta Share card is available at participating grocery store checkout counters for shoppers to give to the cashier for scanning. Their \$2 is donated to the local AFBNA member or partner in the form of a grocery store gift certificate. Food banks can then purchase a nutritionally-balanced supply of products.

In 2005, food banks in Airdrie, Calgary, Drumheller, Fort McMurray, Edmonton, Innisfail, Grande Prairie, Lethbridge, Peace River, Red Deer, Sherwood Park, St. Albert and Strathmore benefited from the Alberta Share program. Several more food banks are expected to establish Alberta Share in their communities in 2006. Participating grocery stores include Save-on-Foods, Sobeys, Calgary Co-op and several other independent outlets.

Plant a Row, Grow a Row

Plant a Row-Grow a Row helps to feed those who are hungry as well as feed the soul of our communities and neighbourhoods. The *Plant a Row, Grow a Row* program invites local gardeners to grow an extra row of vegetables, or donate extra fruit and vegetables to their local food bank or soup kitchen. Food banks are then given an opportunity to educate people about hunger issues locally, provincially and nationally. Established by the Canadian Association of Food Banks, the Composting Council of Canada and the Garden Writers Association





of America, *Plant a Row, Grow a Row* builds on the long-standing tradition of gardeners loving to share their harvest with others. If you visit Edmonton, check out the beautiful *Plant a Row, Grow a Row* garden and signage at the Muttart Conservatory.

Food banks can contact the AFBNA office to receive *Plant a Row, Grow a Row* posters and brochures to help bring awareness to the program in rural communities.

thINK Food

The thINK fundraising effort partners food banks and the inkjet recycling industry. The idea for the project is simple: to turn used inkjet cartridges into food by reconditioning the product to be like new and then donating the proceeds to the local food bank. Food banks are encouraged to establish collection sites and then send in the boxes when they are full to a central processing location. This program is an excellent fundraiser that helps bring local awareness to key issues of hunger and recycling.



Phones for Food

Cell phones are portable, convenient and small. It was once thought that their environmental impact was small too. However, millions of Canadians own cell phones and a typical user changes handsets an average of every 18 months. Nickel-cadmium and other toxic elements can leak into ground water and affect wildlife habitats and drinking water. Now, the same organization that brought you the thINK Food project has an innovative solution to the problem: Phones for Food. Phones for Food collects used cell phones and recycles them. The proceeds are then donated to your local food bank.



The *thINK Food* and *Phones for Food* programs also provide a great opportunity for member food bank staff and volunteers to liaise with local businesses and educational institutions by setting up and monitoring collection sites. More than a dozen Alberta food banks have established collection sites and have benefited financially from the *thINK Food* and *Phones for Food* programs. The Canadian Association of Food Banks, in partnership with several key corporate sponsors, ensure that participation in the program remains free for food banks so as to maximize fundraising potential.

Community and Collective Kitchens

Collective Kitchens are made up of small groups of people, usually four or five, who get together to cook once or twice a month. Collective Kitchens are a place where people gather to have fun, share ideas and learn a great deal about cooking nutritious meals wisely while saving money at the same time. There are currently Kitchens in Airdrie, Balzac, Banff, Calgary, Canmore, Cardston, Cold Lake, Edmonton, Evansburg, Fort Saskatchewan, Grande Prairie, High River, Killam, Leduc, Lethbridge, Red Deer, Rimbey, Sherwood Park, Spruce Grove, Sylvan Lake, Vermillion, Wetaskiwin and Wildwood that are benefiting from this program.

The AFBNA's Community and Collective Kitchen program involves researching relevant sources of support and coordinating the distribution of donated funding and resources to over 70 Kitchens throughout Alberta. Through this program, over 500 cooks are preparing cost-effective, healthy and culturally-appropriate meals for their families. A diverse nine-member advisory committee also helps to guide the program. Supporters of this program include the Alberta Pork Producers, Alberta Beef



Producers, Alberta Canola Producers, Alberta Pulse Growers, Alberta Egg Producers and Alberta Milk. We truly appreciate the contributions from these supporters.

AFBNA Fundraising

The following fundraisers were organized to help ensure the AFBNA will be able to continue its work with Alberta food banks in coming years.

Big Valley Jamboree

The Big Valley Jamboree in Camrose helped raise food and funds for the AFBNA and the Camrose & District Food Bank during its annual four-day, music-filled event from July 28th to 31st on the Camrose Regional Exhibition Grounds. Big Valley Jamboree is known for showcasing many of North America's best country music stars and bringing in festival patrons from all over the province. This fundraiser was held in collaboration with the Camrose & District Food Bank and has been a key event for the AFBNA. We look forward to a fruitful and ongoing relationship with Big Valley Jamboree organizers in 2006.

Grand Prix of Edmonton's Champ Car Nights

West Edmonton Mall Grand Prix of Edmonton welcomed donations of food and money for Edmonton's Food Bank and the Alberta Food Bank Network Association during its *Champ Car Nights*, presented by Bridgestone July 15th and 16th on Rice Howard Way in downtown Edmonton. The event was highlighted by live music performances by some of Canada's top up-and-coming country artists as well as a rock climbing wall, remote controlled cars, Champ Car displays, and opportunity to meet the drivers. The AFBNA looks forward to a continued positive relationship with Grand Prix of Edmonton organizers in support of Alberta's food banks.

Canadian Association of Food Banks (CAFB)

The Canadian Association of Food Banks (CAFB) is an umbrella organization representing approximately 250 food banks across every Canadian province and territory. Member food banks and their agencies serve about 90 percent of people who use food banks. In the short-term, their main focus – and that of their member food banks – is feeding hungry Canadians. In the longer term, they are working together toward a hunger-free Canada.



National Food Sharing System (NFSS)

The National Food Sharing System is a unique and sophisticated food distribution system that distributes major food donations to provincial centers across Canada. The NFSS is designed to ensure food is distributed in a fair and equitable way. Donations are allocated to provincial centers based on the number of people served by each center in the past. These numbers are based on the annual HungerCount survey.

Holiday Train

For the last five years, Canadian Pacific Railway runs the Holiday Train - a beautifully-decorated train that visits communities across Canada in December. We appreciate the efforts of CPR to raise



awareness of hunger during the holiday season. The Holiday Train program not only helps to bring about awareness of hunger in Canada, but also raises much-needed food and additional funds for CAFB members. In 2005, the Holiday Train stopped in Medicine Hat, Tilley, Brooks, Calgary and Lethbridge with several of Canada's favorite recording artists on board to help support the event.

HungerCount

Initiated in 1989, *HungerCount* is the only national survey of emergency food programs in Canada. This annual survey documents the struggle of food banks to keep up with ever-increasing demand. The information provided in the survey is invaluable, forming the basis of many CAFB activities throughout the year. Among many benefits, *HungerCount* allows CAFB to operate the National Food Sharing System on a "fair share" basis, presents accurate, timely information to donors and media and represents members' key concerns at a variety of public forums. Food bank use has more than doubled since the CAFB first conducted the *HungerCount* in 1989, increasing from 378,000 people in 1989 to 825,856 in 2005.

Alberta by the Numbers

Food Bank Use: 45,481 (-16.6%)

Number of Child Food Bank Recipients: 18,610 (-15.9%)

Most Common Family Type: sole-parent (31.9%)

Percentage of Recipients with Jobs: 22.6%

Principal Source of Income: social assistance (29.7%)

Poverty Ranking (2001): 7th (13.2%)

Welfare Income(s) as percentage of poverty line (2004):

Lowest for sole-parent families (48%); 2nd lowest for single adults (25%)

Minimum Wage: \$7/hour

Resources available for Alberta Food Banks

The following resources, among others, are available from the AFBNA office:

- Charitable Donation of Food Act
- Food Safety Guidelines
- Freedom of Information and Protection of Privacy Act (FOIP) Forms
- Confidentiality & Privacy Documents
- Fundraising Ideas Package
- Code of Ethics
- Neighbours Helping Neighbours
- Growing Food Security in Alberta (GFSA) DVD
- Ethical Fundraising Guidelines