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Edmonton's Food Bank

www.edmontonsfoodbank.com

Welcome from the Executive Director

Food connects us to our family, our friends, and our neighbours. Food is beyond nutrition. Sharing meals allows us to share our lives, our dreams, and our hopes with the people around us. Your support enables Edmonton's Food Bank to create meaningful connections between people and food. Your kind donations of food or funds help us support hungry people especially now as we struggle to keep serving more of our neighbours in need.



This is John's story. A year ago John was diagnosed with cancer, which meant he could not work. He was lucky that his job had good benefits, helping him support his family while he struggled to recover. John and his wife, Lisa, also used savings when benefits couldn't cover all the expenses. They tried to minimize the impact his illness had on their children and continue life as normal as possible. This meant spending savings for school trips and extracurricular activities. John has now recovered from his illness and went back to work, but his benefits ended before the next pay cheque. He and his wife called the Food Bank for help and received a hamper with enough food to see his family through to pay day.

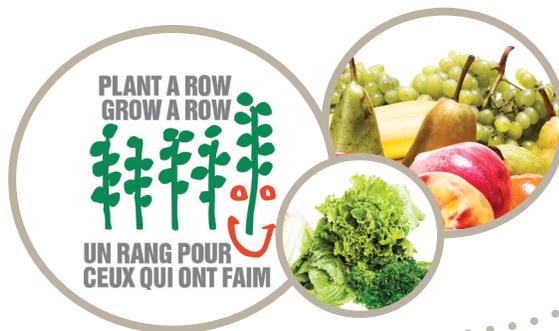
Moses shares a different story. Moses was buying his family groceries one day and was embarrassed and confused when his bank card was declined. He knew there was money in his account – he had deposited his cheque just days before. He checked at the bank and was shocked to discover that someone had drained his account. Moses had become the victim of identity theft and the money he'd worked hard to save was now gone. He will get the money back, but it will take some time. For now though, he has over a week until his next pay cheque and no money for groceries for his family. He realized he needed to call the Food Bank for help. The Food Bank provided him with a food hamper for his family and information on other food resources.

Unfortunately, anyone of us can encounter life challenges like John or Moses. Without your help, we cannot help people who are in need of food and our services.

Hunger never takes a holiday – which is one more reason why we need your help this summer. Any and all donations are appreciated.

Yours truly,

Marjorie Bencz, CM
Executive Director



Plant a Row, Grow a Row

As late summer and early fall approaches, gardeners may find that they have a surplus of fresh garden produce. As part of the Plant a Row, Grow a Row Program, your surplus can help feed families in Edmonton. Root vegetables are best as they are easier to transport and store. Some great vegetables for the Food Bank include carrots, onions, potatoes and beets. However, any produce that can easily be handled and stored is appreciated.

At harvest time, simply clean the dirt off your vegetables and drop off your fresh produce to Edmonton's Food Bank warehouse at **11508 120 Street, 8:30pm to 4:30pm, Monday to Saturday (excluding long weekends and holidays), or Tuesday, Wednesday, and Thursday until 8:00pm (please ring the doorbell located by front loading dock).**

Edmonton's Food Bank will also be on site at the **Southwest Edmonton Farmers' Market, 2051 Leger Road**, to collect donations on **August 26th and September 30th, 4:30pm to 7:30pm.**

For a pickup of over 100 lbs (45 kg) or for more details on how to donate fresh food, please contact us at **780.425.2133.**



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EDMONTON'S FOOD BANK WEEKEND

Hunger is complex and it never takes a holiday. From **July 31st to August 3rd**, we will be celebrating Edmonton's Food Bank Weekend through two great events.

Purolator TACKLE HUNGER

On **Friday, July 31st (game start 7:00pm)**, we kick-off the weekend with the Purolator Tackle Hunger Football game, the Edmonton Eskimos vs. Saskatchewan Roughriders. Prior to the game, Purolator staff and Food Bank volunteers will be collecting non-perishable food items and monetary donations at the stadium gates. Get your photo taken with the Grey Cup by Gate 10 while you are there!



40TH ANNIVERSARY

Come out the August long weekend, **August 1st to 3rd at Hawrelak Park**, to celebrate Edmonton's diversity during the 40th year of the Festival! The Festival highlights music, dance, crafts, and food from over 60 cultures. We will be there once again to collect non-perishable food items and monetary donations. Please give your unused food tickets to a Food Bank volunteer before leaving the Festival. Every donated ticket is worth 75 cents for the Food Bank. Watch for your brown bags being distributed through the Edmonton Journal and the Flyer Force on Tuesday, July 28th. Special thanks to the RBC Foundation for their ongoing support of our *Brown Bag It!* campaign.

Give 30

Donations accepted until **September 11th**

Give 30 is inspired by the tradition of fasting during Ramadan. This year, Ramadan takes place June 18th to July 17th. The hope is that fasting will help build empathy for those less fortunate.

During Give 30, people of all backgrounds are asked to fast and donate the money they save to food banks, or simply donate to food banks and help our neighbours in need. To donate to Edmonton's Food Bank, please visit give30.ca/donate.

Rock Skipping Challenge

September 5th, 2:00pm

Test your rock skipping skills at the Sir Wilfrid Laurier Park Boat Launch. The entry fee is \$20 to participate and all funds will be donated to Edmonton's Food Bank.

Park 'n' Party

September 12th, 1:00pm to 5:00pm

Join the Edmonton's Food Bank Park 'n' Party **before** the Labour Day Classic game between the Eskimos and the Stampeders! Head to the Northlands Park Racetrack with a food bank donation to park for **FREE**, and join the party!

Hunger Awareness Week

September 21st to 25th

This week is designed to bring attention to the solvable issue of hunger in Canada. Across the country, food banks hold events to raise awareness of what they do and bring attention to the stories of those facing hunger in Canada. For updated information on all of our events, please visit our website and follow us on Twitter and Facebook.

DONATE NOW ➔

"Just Eat It: A food waste story"

September 24th, 7:00pm

As part of Hunger Awareness Week, a screening of the movie, "Just Eat It: A Food Waste Story" will be held at the Edmonton's Food Bank second warehouse, 11434-120 Street. Doors will open at 6:30pm and the movie begins at 7:00pm. Please RSVP by registering for **tickets at eventbrite.ca** (search for Just Eat It: A food waste story, Edmonton).

City Wide Door-to-Door

September 26th

Watch for your flyer! If you receive a flyer, simply place your donation in a bag and leave it on your doorstep before **10:00am**. Highly organized volunteer teams will be picking up your donation by **12:00pm**. Last year, 56,087 kilograms of food was donated to support our work. This event is organized by volunteers from The Church of Jesus Christ of Latter-day Saints, and it wouldn't be possible without their contribution of time!

Harvest Luncheon and World Food Day

October 16th, 11:30am to 1:30pm

This annual fundraising luncheon is an enlightening way to celebrate the harvest. Join special guest speaker, Len Rhodes, President and CEO of Edmonton Eskimos, and fellow donors at this intimate luncheon. There will be a Safeway Cans Lottery, a live auction, and an amazing lunch provided by Alberts Group of Restaurants. For tickets or more information, please contact us at [specialevents@edmontonsfoodbank.com](mailto:specialevnts@edmontonsfoodbank.com).

Guru Nanak Birthday Celebration

November 25th

Mark your calendars and watch for more information on how to participate in the celebration of Guru Nanak Dev Ji's birth in support of Edmonton's Food Bank.

CanadaHelps & Online Donations

Since 2001, Edmonton's Food Bank has been working with CanadaHelps.org to provide safe and secure donation options and instant tax receipting for our amazing donors. To make an online donation to Edmonton's Food Bank, please go to our website at edmontonsfoodbank.com, and follow the "Donate Now" link. One time or monthly donations can be made. Thank you for your support.