

Who Is Coming and Why

Fiscal year Sept 1, 2021 to Aug 31, 2022

296,965 Lives Affected **141,206** Total Hampers

1.8 M
pounds of food was shared with 32 food banks

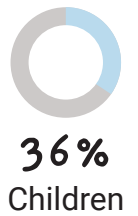
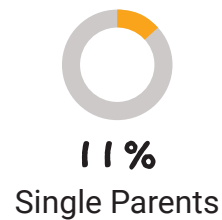
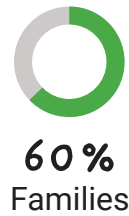
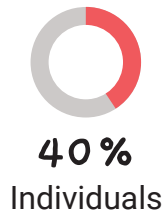
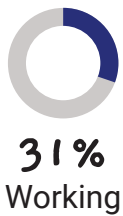
672,201
pounds of food went to 48 partners in 72 programs through Food Link

10.8 M
pounds of food was rescued from 321 food industry partners

Top 3 reasons for using the food bank

- Fixed Government Benefits
- Unemployed/Looking for work
- Full-Time income insufficient

“ The food bank has helped me provide a healthy and full meal to me and my 4 children. I am able to save the money spent on groceries and put it towards other necessities. I can focus more on my kids and less on where their next meal will be coming from. ”



Program Hampers

112,294
Emergency Food

4,002
Weekends and More

24,614
Mobile

296
Welcome

17,001
Baby

What's In A Hamper

what's in a hamper?

30%
OTHER*

28%
FRUITS & VEGETABLES



16%
WHOLE GRAINS**

26%
PROTEIN

Anyone, from anywhere in the city, from any background, will receive a weeks' worth of food for every member of the household.

“ The food bank has helped me a lot by providing everyday essentials such as milk, cereals and bread, which are skyrocketing in price now. ”

Volunteers

Our volunteers are critical in meeting our mission of ensuring no one goes hungry. They are the lifeblood of our entire operation. Volunteers are the first point of contact for many seeking emergency hampers to help beyond food with community referrals. They sort donations, build, and distribute hampers, and deliver food just to name a few of the 25 roles. Volunteers are our ambassadors in the community, sharing their impact and inspiring others to give of their time. Without volunteers, we could not do what we do, everyday.

Volunteers accounted for 39% of the Food Bank's workforce giving 104,343 hours of time.

401	1,195	175	25
Hours A Day	Group Shifts	Volunteers A Day	Volunteer Roles

Volunteers in the Community

“ I enjoy being of help to the community, meeting and connecting with new people and learning new skills. ”
Ryden,
Calgary Food Bank Volunteer

160	60
Stuff A Bus	CANstruction
8,000	50
City Wide Food Drive	AMA Shredding



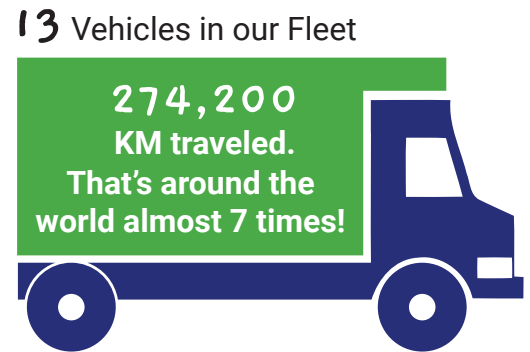
120 Volunteers
87,952 Pounds Harvested

Hundreds of volunteers dedicate their spring, summer and fall to planting, growing and harvesting produce for clients and organizations. Fresh produce from community gardens, TransAlta Retirees POWER Garden, Chevron Retirees Garden of Eat'n and Feed the Hungry harvest fresh vegetables that go into more than 32,000 hampers during the gardening season and that "fresh from the heart" shows the community cares.

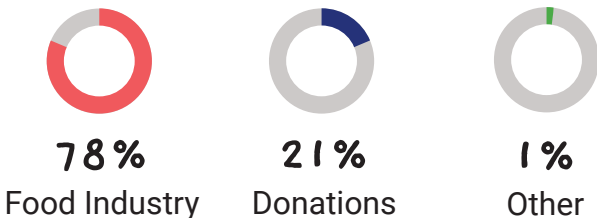
“ You know your gardening efforts go towards providing fresh produce to people in need and that energizes folks! ”
Fred Ritter, TransAlta POWER Group Coordinator

Millions of pounds of food move through our warehouse each year. Our strong relationships with grocery retailers, manufacturers, distributors and farmers allow us to provide quality, nutritious food to clients, community partners, and numerous food banks across the country. As a leader in safe food recovery, we can rescue non-perishables and fresh foods. Now more than half our hamper content contains fresh dairy, meat, produce and bread. By working together, we can ensure a hunger-free community while continuing to reduce food waste.

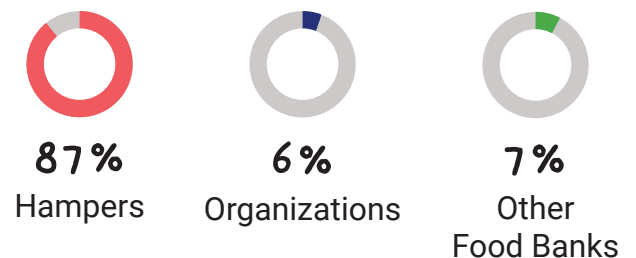
Yearly Snapshot



Where does the food come from?



Where does it go?



Best Before is not an Expiry Date

Food labelling terms can cause confusion for both donors and clients. Best Before (BB) dates are not indicators of food safety. When handled appropriately, many items are safe for days, months, and even years after the BB date has passed.

We must carefully balance safe food handling, food waste, and dignity. When a client receives an emergency food hamper with quality, nutritious items, it says we value you.

We are the stewards of the community's donations, ensuring we are allocating food and funds appropriately to meet the food needs of the community today, and tomorrow; envisioning a hunger-free community.

Funds Donated \$17.3 M



51%
Personal



21%
Corporations



22%
Foundations
and Grants



6%
Community
Organizations



0%
Government

Food Donated \$35.6 Million



73%
Gleaning



9%
Community
Donation Bins



12%
Food Drives



5%
Farms



1%
Other

Did You Know?

61% of clients received 1-3 hampers in the year

30% of clients received 4-10 hampers in the year

Ways To Give

Donate Funds
Donate Food
Host a Food Drive
Volunteer
Tribute Gifts

In Memory Gifts
Planned Gifts
Donate-a-Car
Gift of Securities
Grow-a-Row



4 cents
of the donated
dollar goes to admin



Our Food and Fund Supporters

321

Food Industry Partners

219

Foundations

9,378

Individuals

872

Organizations

1,004

Community Events