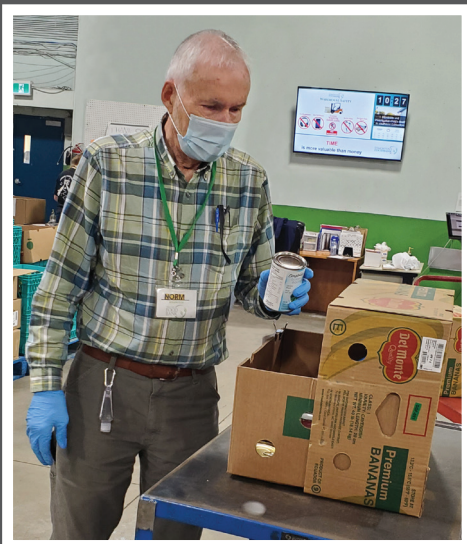


EDMONTON'S FOOD BANK PANDEMIC UPDATE

MAY 2020

Because of your ongoing support of Edmonton's Food Bank, we wanted to share how donations of time, food, and funds have helped us during the COVID-19 Pandemic. Edmonton's Food Bank has remained open and serving our community. Even as companies and organizations closed around us to adjust to public health guidelines, we were able to keep services and food available to people in need.



OUR OPERATIONAL ADJUSTMENTS INCLUDE:

- Hand sanitizer, face masks, and gloves available for staff and volunteers;
- Installed touchless faucets for hand washing and additional nightly disinfecting;
- Plexiglass barriers installed around reception and client intake areas;
- Physical distancing implemented throughout our facilities and work areas. This includes reception areas, food sorting, and the hamper line along with widened lanes for staff and volunteers working;
- Manage the number of people in the building and increased distance between seats in communal areas;
- Non-food resources moved to donated warehouse space;
- Adjusted food purchases to reflect the need of our shelter and soup kitchen agency partners like single serving items and deli meat for "easy to go" meals;
- We have changed our Volunteer Program. Individual and long term volunteers have remained consistent supporting our operations;
- Staff assignments and adjustments were made to focus on emerging priorities; hired extra support in client services and warehouse to handle changing community needs;
- Between March 11 and April 30, we purchased \$323,718 worth of food.

OTHER CHALLENGES:

- January, February and March 2020 were on a trajectory of increased need with the organization helping 25,028 people in March alone. This was an increase of 18% when compared to March 2019.
- Initial closures and processes for our food depots in March meant that about 5,000 clients needed to be reassigned to a different community food depot for a hamper. Thankfully, community food depots have begun to return following AHS guidelines.

As COVID-19 is affecting the lives of people worldwide, we are seeing people turn to Edmonton's Food Bank for the first time. These are people who have lost their jobs or incomes and who have exhausted all other resources. This new group of people who are reaching out to Edmonton's Food Bank are in addition to those who are already food insecure.

Because of our community, we are able to continue to do what we do best – feeding people and serving those in need, as we have since 1981.



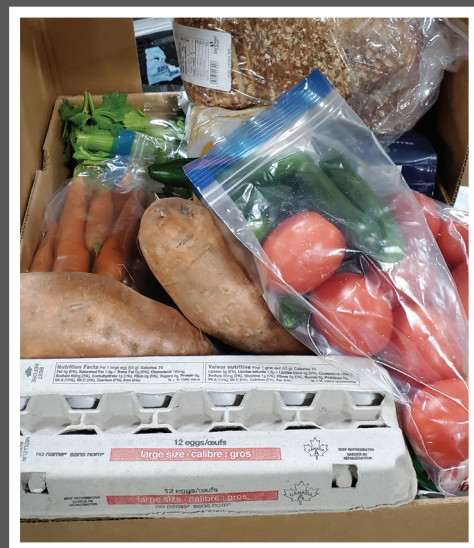
If you have any questions please contact Tamisan Bencz-Knight,
Manager of Strategic Relationships & Partnerships, at 780.425.2133 ext. 232.

EDMONTON'S FOOD BANK PANDEMIC UPDATE

SEPTEMBER 2020

Because of your ongoing support of Edmonton's Food Bank, we wanted to share how donations of time, food and funds have helped us during the COVID-19 Pandemic. Using creativity and resiliency, we have successfully responded and implemented numerous organizational changes.

Of course, none of this would have been possible without our dedicated volunteers, determined staff, and committed donors. Thank you.



FURTHER TO OUR ORGANIZATIONAL ADJUSTMENTS SHARED IN MAY 2020, EDMONTON'S FOOD BANK HAS:

- Established a delivery service for our most vulnerable clients. With the help of the YEGCommunityResponse Facebook group of volunteers, the process was developed at the onset of the pandemic. The service is now fully integrated within our client service food hamper programs. Thank you to Drive Happiness for their continued commitment to this service for clients who cannot pick up their food hampers and who do not have other supports to pick up the food on their behalf. Clients must meet specific criteria such as testing positive with COVID-19. Between March 2020 to August 2020, 1,134 households benefited from this specific assistance.
- Allocated federal and provincial funding support for food purchases to ensure continued and consistent access to food for our clients and agency partners.
- Remained open and served our community throughout the pandemic. Since January 1, 2020, 46,807 different people have received a food hamper with fresh and packaged food.
- Resumed small group volunteer opportunities (with restrictions), bringing us one step closer towards normalcy.
- Continued to pivot with our agency partners throughout Edmonton. Soup kitchens, shelters and other social service groups have ample, quality food resources from our warehouse.
- Completed our freezer upgrades thanks to the Alberta Government CFEP grant. This expansion was instrumental in accepting and distributing frozen food.
- Shared PPE (hand sanitizers & face masks) with our agency and community partners with the City of Edmonton and other donors. Additionally, face masks are being distributed to clients through hampers.
- ANAWIM Place, our largest inner city depot, had to stop distributing food because of physical spacing. To support the re-opening of this essential service, we helped with renovations to follow COVID-19 protocols. These partnerships with our community depots like ANAWIM Place, allow for broad food services & community distribution.



Because of you, we are able to continue to do what we do best – feeding people and serving those in need, as we have since 1981. If you have any questions, please contact Tamisan Bencz-Knight, Manager of Strategic Relationships & Partnerships, at 780.425.2133 ext. 232.

EDMONTON'S FOOD BANK

PANDEMIC UPDATE

JANUARY 2021

As the government implemented new restrictions in December 2020, and news of a vaccine provided a dose of hope, Edmonton's Food Bank has adapted and remains open.

We continue to distribute food and resources throughout our community thanks to our determined volunteers, dedicated staff, and committed donors.



EDMONTON'S FOOD BANK...

- partnered with Drive Happiness to complete home food deliveries to our most vulnerable. Between June and December of 2020, 615 households benefitted from this service which helped 1,108 people.
- provided 6,239 households with a Thanksgiving meal that included a frozen turkey or ham in their food hamper. In addition, we gave 252 turkeys and 21 hams to our agency partners like Our House Addiction Recovery, Boyle Street Community Services, and Bissell Centre.
- shifted when key annual events like the Heritage Festival (August long weekend), Tackle Hunger (summer), and City Wide Door-to-Door (September) were cancelled. Thankfully, community members gave food at major grocery stores and financially online.
- adjusted to last minute changes to major events like ETS Stuff A Bus, Citadel Theatre's A Christmas Carol, and Candy Cane Lane as they encouraged online contributions and nonperishable food donations at grocery stores. Due to COVID-19 restrictions, most festive community events at schools and businesses that typically support the Food Bank were cancelled. Edmontonians pivoted flawlessly and ensured the Food Bank met its campaign goals of 250,000 kilograms of food and \$1.7 million dollars.
- dedicated volunteers gave over 75,000 hours of their time despite COVID-19 restrictions and operational changes.
- received over one million disposable masks from MedSup Canada and distribution of these resources continues throughout our network and to partners. Handmade reusable masks from community members and businesses like GiveAMask.ca provide other tools to share with people in need.
- distributed over 5,000 COVID-19 kits from the Government of Alberta and Canadian Red Cross. Each kit contains masks, sanitizer, and instructions (in many languages) on self-isolation and keeping people safe.
- is pleased that our community stepped up and helped us distribute 3,900 turkeys and 3,068 hams to people to celebrate Christmas. This represents over 9,000 households. Our December hamper client numbers were the highest in our 39 year history - 26,606 people were assisted.
- creatively handled the surge in food requests in December. In response, the Food Bank's first ever, drive through hamper pick-up on December 18 supported 400 households. A follow-up drive through on December 23 helped 300 households. The contactless drive through provided a safe means for people to get food.



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PANDEMIC UPDATE

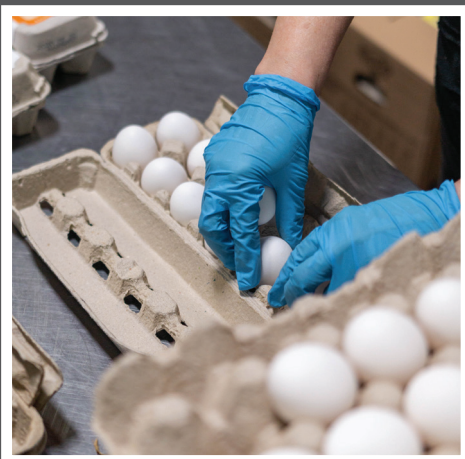
APRIL 2021

It has been a year since the pandemic was declared by the World Health Organization. As we recognize the passing of this milestone, we celebrate the warmth of spring and hope the vaccine rollout brings us closer to normalcy.

Throughout the year, Edmonton's Food Bank stayed open to serve the community. Thanks to our amazing donors our warehouse shelves are stocked, funds are available for us to respond to the changing needs of the community, and dedicated volunteers continue to help move food out to vulnerable neighbours.



We distribute your donations to many agencies in Edmonton including Metis Child and Family Services. Representatives pick up food hampers from us to help improve the well being of Metis children and families.



MOBILE FOOD DEPOT

- Edmonton's Food Bank introduced a Mobile Food Depot which will expand our capacity to provide food directly to underserved communities and ensure accessibility throughout our city.
- Like all food hamper arrangements, clients call in to prearrange their food hamper. The hampers are packed and clients collect their hampers from the vehicle at a specific location (i.e. a vacant lot) and at a specific time.
- Six Mobile Food Depot locations are scheduled to be in operation by May 1.

THE NEED FOR DATA

- Providing food to people in need is good in and of itself; however, there is more to it. Food insecurity is a symptom of poverty and while providing food helps an immediate need, it does not create long-term impact or change.
- Edmonton's Food Bank collects client information to understand who has been impacted by food insecurity and poverty.
- Aggregate data is shared with elected officials and the public to create positive change for the people we are serving. When we meet with government decision makers, we use reliable data to explain what we are seeing on the front line, such as needed change to income security, affordable housing and childcare, etc.

BY THE NUMBERS FOR 2021

Edmonton's Food Bank...

- answers an average of 350 to 500 phone calls each day by our Client Service team to coordinate a food hamper. We have responded to as many as 80 emails and 619 phone calls in one day.
- provided food hampers to 75,531 people in the first three months of 2021.
- served 439 people through the new Mobile Food Depot and 817 through our home delivery service with Drive Happiness.
- provides food to agencies, shelters, schools, soup kitchens in Edmonton. More than 1.2 million kilograms of food has already been shared with our partners.



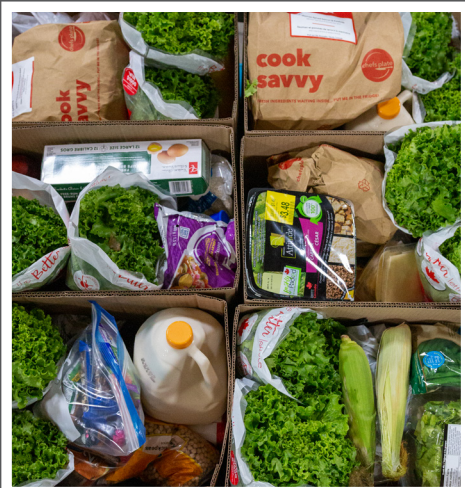
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PANDEMIC UPDATE

JULY 2021

Our top priority is to keep our volunteers, guests, staff, clients, and agency partners safe so we can continue supporting Edmonton's most vulnerable. Even with the easing of restrictions in Alberta, we will continue to require masks and practice physical distancing in our facilities.

We are hopeful and looking forward to hugging our loved ones and making new friends at community events while we move ahead cautiously by continuing to monitor and adapt throughout the summer. We sincerely appreciate your cooperation, understanding, and support. Thank you!



MESSAGE FROM THE MAYOR

- Edmonton's Food Bank welcomed Mayor Don Iveson to our 2021 Annual General Meeting in May. We appreciated his positive and insightful comments about our response to the pandemic and have included the following excerpt:

"It was truly a crisis, a crisis that called for maturity, experience, and calm – and of course Edmonton's Food Bank entering its 40th year, delivered. Your roots held and you responded with perseverance, common sense, problem solving, innovation, and of course collaboration. In the past year you've been a point of hope and resilience in a dark time not just for those in need, but those who have much to give. Through the pandemic you've focused on the possible and harnessed the goodwill and resources of Edmontonians to create stability and hope in the midst of fear and uncertainty. Now, what's most amazing is that you didn't skip a beat recognizing that the chaos of those first few months required a can-do attitude, a steady course, and a sense of continuity and constancy. Again, I know I speak for all Edmontonians when I say well done!"

COMMUNITY RALLIES TO BEAT THE HEAT

- The heatwave at the end of June into July was brutal. We put out a call for water and our community answered! We shared our donations of this essential item with our partner agencies including House of Refuge Mission and Hope Mission. One of our partners, the Bissell Centre, had a surplus and gave their excess back to the Food Bank to share more broadly and ensured our most vulnerable had access to water.



PANDEMIC UPDATE

JULY 2021



BY THE NUMBERS FOR 2021

Between January 1 and July 1, Edmonton's Food Bank...

- has served 40,901 Edmontonians with food hampers. On average, our clients needed us less than four times this year.
- provided hampers to 940 people through our home delivery service with Drive Happiness: a non-profit organization who provides affordable and accessible transportation to seniors.
- established 4 mobile depots throughout Edmonton, which helped 3,168 people receive a hamper.
- welcomed 21 new partners including the Veteran's Food Bank and the HELP Team to collaboratively provide food services and resources to people in need in Edmonton. We are proud to announce that we now work with over 300 agencies, churches, shelters, schools, and food depots.
- supported vaccination clinics coordinated by community agencies with hot dogs and hamburgers for a community BBQ. This helped to create an engaging and positive experience which encouraged some of our most vulnerable citizens to be vaccinated.
- packed 401 emergency bags for EPS, YESS, and the Edmonton Native Healing Centre as part of their community outreach and extended support. With the heat, we also provided bottled water to share.
- continued to offer the Beyond Food Program by appointment to help people get back into the workforce. Beyond Food resumed accepting in-person clients in late January. Since then, we helped 221 new clients (480 visits) and provided 95 paid safety tickets. About 38% of our clients found jobs and the rest will be supported as they continue their employment search.
- started a new relationship between NPower Canada and Beyond Food supporting youth (ages 17-30 years) in IT and tech training. We are proud to say that five applicants have begun their journey with NPower Canada.
- gratefully received 1.6 million kilograms of frozen meat, fresh produce, and nonperishable food from our retail food partners – up to 21 pallets in a single day! These shipments of fresh food have included staple items such as potatoes, peppers, carrots, citrus fruits, and lettuce.
- has brought in over 2.6 million kilograms of food, most of which is fresh.
- provided food to agencies, shelters, schools, and soup kitchens in Edmonton. More than 1.2 million kilograms of food has already been shared with our partners.



Because of you, we are able to continue to do what we do best - serving those in need, since 1981. If you have any questions please contact Tamisan Bencz-Knight, Manager of Strategic Relationships & Partnerships, at 780.425.2133 ext. 232.

EDMONTON'S FOOD BANK UPDATE

OCTOBER 2021

Edmonton's Food Bank is committed to providing a safe working environment. In our day-to-day operations, we have a responsibility to protect all employees and the community in which we operate. For this reason, it is critical that the Food Bank and its employees and volunteers take precautions to protect against COVID-19.

By November 1, 2021, the Food Bank will require all volunteers, employees, sub-contractors, and any other individuals employed or contracted to provide service in any capacity to the Food Bank and our clients, to establish that they have been fully vaccinated.

As an essential service, clients will not have to prove vaccination status to receive food support from Edmonton's Food Bank. If you have any questions about these changes, please contact us. We appreciate your cooperation, understanding, and support. Thank you!



AFTER THE BELL

Thanks to Food Banks Canada and the amazing national sponsors, we distributed 7,280 packs to children over the summer months (July/August). Each package included a number of healthy, non-perishable snacks along with fresh fruit and vegetables for children to take home.

"Having this food available for easier access close to where I live is such a blessing! My children are so much happier now that they have access to good food! Thank you so much!" – A grateful parent who received a pack from Jasper Place Child and Family Resource Centre (an agency partner with Edmonton's Food Bank)

THE EDMONTON FOOD DRIVE

Thousands of volunteers from the Church of Jesus Christ of Latter-day Saints collected your donations during the Edmonton Food Drive for a total weight of 121,566 kilograms; the largest single day of food donations we've ever collected! Our warehouses are full of non-perishable food ready to sort and ship out to our neighbours in need. This is a perfect situation for a food bank to be in before the festive rush.

"We're all fed up! Thank you Edmonton!"

THANKSGIVING AT A GLANCE

Thanks to our amazing community, we provided those in need with all the ingredients for a festive meal including seasonal vegetables, stuffing, cranberry sauce, and of course, turkeys. Edmonton's Food Bank provided 1,662 households with a turkey or halal chicken, and distributed 223 turkeys to our agency partners ensuring their clients have a festive meal. These agency partners include Hope Mission, Mustard Seed, Boyle Street, Our House Addiction Recovery, and much more.

BY THE NUMBERS

Between January 1 and September 30, Edmonton's Food Bank...

- purchased three freezers for community food depots to hand out frozen donations including meat, vegetables, and speciality items.
- delivered 1,766 food hampers through our home delivery service Drive Happiness.
- provided 75,705 food hampers to 50,941 individuals through our hamper programs.
- saw client requests peak at a monthly total of 28,000 people – the highest in our history.
- brought in over 4.3 million kilograms of food - most of which was fresh and gleaned (salvaged).
- purchased \$1,243,863 worth of food for our agency partners and our hamper recipients.
- welcomed 36 new partner agencies, expanding our network to include Sihle Sizwe Vineyard Foundation, Mustard Seed: Britannia Crossing, and BSCS: WinterBus.
- benefited from 65,000 hours from our dedicated volunteer team.



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EDMONTON'S FOOD BANK UPDATE

FEBRUARY 2022

It will be two years since the declaration of the pandemic – March 10, 2020. While 2020 seemed to go by in slow motion, 2021 was a far more challenging year for Edmonton's Food Bank. One key indicator was the increase in the number of times an individual needed us which means this person's life is far more unstable and volatile than it once was. On average a person needed to see us 5.24 times compared to 4 times in 2020.

The organization worked through wave after wave of COVID to ensure we remain open and helping our community. A vaccine mandate was introduced in November 2021, while extra cleaning and mask use continue.

We are humbled by the kindness and help from our donors, volunteers, and community supporters. Because of the commitment of our community, Edmonton's Food Bank is ready and serving our neighbours in need.

Thank you.



EDMONTON'S FOOD BANK...

- continued through rain, snow, and ice, during one of the coldest Decembers ever. We kept our fleet on the road picking up donations and delivering food to distribution points throughout the city.
- implemented three drive throughs for clients to pick up their festive hampers. Brave volunteers and staff helped 429 households while the temperature outside was brutally cold.
- started sourcing turkeys for our festive meals in July. Because of this work, 2,764 turkeys, 1,552 hams, and 379 halal chickens were available for agency partners, individuals, and families this holiday season.
- vehicles traveled 182,438 kilometers in 2021 picking up and delivering food throughout Edmonton. This is equivalent to traveling the entirety of the TransCanada Highway 24 times.
- collected, packed, and stored a record 6 million kilograms of food in one year – the most in our history. This includes 5,503,973 kg in food donations and 548,050 kg of purchased food.
- served an average of 25,801 people per month through hamper programs.
- provided food to more than 300 different partners including Multicultural Health Brokers, Edmonton Mennonite Centre for Newcomers, Hope Mission, The Mustard Seed, and many more.
- completed our third client survey – 2021 Beyond Food Revisited – which is available at edmontonsfoodbank.com/about/publications/
- helped people secure employment by purchasing over \$27,000 in safety tickets and providing other services. These tickets included First Aid, Safe Food Handling, and many more.

Client Story:

"I'm really amazed at the great quality of food we got from the Food Bank. Many thanks to all the staff and volunteers. The staff/volunteers are so hard working they were working outside in the cold and brought the food out to our car! God bless you. Awesome caring customer service. I have never been to a food bank in my life but COVID 19 has caused job loss, and this food bank has come to rescue me and my family. Thanks again. God bless you all."

Dez M. - Edmonton's Food Bank Client



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EDMONTON'S FOOD BANK UPDATE

MAY 2022



The Edmonton Chamber recognizes exceptional leadership with the Northern Lights Award of Distinction. It honours individuals and organizations that have made positive and lasting contributions to our community. Edmonton's Food Bank was honoured on April 30 as the recipient of the 2021 Northern Lights Award of Distinction.

"The work of Edmonton's Food Bank is not about one organization, but the dedication of thousands of generous donors, outstanding businesses, and committed people creating a kinder community. We are able to serve those facing food insecurity because of you. In celebrating this award, we are beyond grateful for your continued commitment to our neighbours in need."

- Marjorie Bencz, CM, Executive Director
Edmonton's Food Bank.



Pictured above is David Benjestorf, Vice Chair, Edmonton's Food Bank and Jeffrey Sundquist, CEO, Edmonton Chamber of Commerce.



EDMONTON'S FOOD BANK...

- Experienced a record number of hamper recipients in March. We served 32,082 people a food hamper, 11,851 of which were children.
- Provided a spring celebration with festive additions - 409 hams, 547 halal chickens, and 1,197 turkeys were distributed in food hampers and to our agency partners.
- Worked with community members and opened three new depot locations to reduce the distance and travel time for people to access their food hampers. These new locations include: YMCA: Castledowns, Boyle Street Plaza YMCA, and Hillview Baptist Church.
- Continued use of the Food Bank Annex as an overflow depot when other community food depots are full. Inflation impacts the cost of food, fuel, and all aspects of our lives, negatively affecting the people we serve.
- Served 320 agencies across Edmonton with meals and snacks. Each day, on average, 22 agencies access food from our warehouse! This means organizations such as emergency shelters, snack programs, seniors' programs, and pet programs receive the items they need to continue to keep our communities safe and healthy.
- Partnered with nine new agency programs to access food resources for their clients.
- Equipped two community food depots with freezers. Your donations made it possible for us to provide freezers to the Unitarian Church of Edmonton and the Marantha Christian Reformed Church depots. These freezers will allow us to supply items such as frozen meat in our food hampers.
- Is continuing to support Ukrainian and Afghan refugees arriving in Edmonton. In addition to providing food hampers, we have welcomed refugees to our volunteer team and the Beyond Food program. Our diverse staff team makes this possible by providing services in 19 languages.

"My husband and I have been donating to the Edmonton Food Bank for some time now and today we saw it being used by an Afghan family of 11! It was very well organized and they filled 4 large boxes with every food item you can think of including halal chicken! And the staff were very friendly and helpful. Thank you so much :)"

- Mary (Google Review)



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EDMONTON'S FOOD BANK UPDATE

SEPTEMBER 2022

Mud, Sweat and Gears Giving More

Tom, one of our wonderful volunteers, comes in weekly usually traveling on his bike. He had saved up to purchase his bike, and it was more than just a mode of transportation, it gave him independence. Unfortunately, in June, Tom had his bike stolen in a brazen act of theft outside the Food Bank warehouse. As Edmonton's Food Bank was searching for a solution, Paul, from Mud, Sweat and Gears, graciously stepped up. He donated a brand-new bike to Tom so that he can continue to commute around the city, including his volunteerism with the Food Bank! This act of kindness warms our hearts and we applaud Paul and the team at Mud, Sweat and Gears for their thoughtfulness – thank you!



Pictured above is volunteer Tom (L) and Paul from Mud, Sweat and Gears (R).



While inflation and increased costs are top of mind for everyone, it disproportionately impacts people on fixed and low incomes. The pandemic affected the Food Bank differently at the start: depots closed, volunteers stayed home, and food drives were cancelled; however, we witnessed immense generosity from Edmontonians that helped keep our programs running. 2021 brought its own unique circumstances, and now 2022 is undeniably a year of struggle for the organization and the people we serve. The monthly average number of clients helped with a food hamper has increased almost 100% when compared to 2020.

- June 2022 saw the largest number of people helped through the hamper programs in our 41-year history: 34,867 people.
- Edmonton's Food Bank's warehouse outbound food surpassed the inbound food donations during this same time period. Essentially, the organization has purchased more than 1.15 million dollars worth of food to make up for the deficit of 228,252 kilograms (503,204 lbs) of food.
- Our 65 community food depots, who have increased the number of hampers they can each distribute, are still running at full capacity most of the time.
- Inflation is affecting the volume of food one dollar is able to purchase with cautionary notes from suppliers that our food orders may go up by 5% this fall.

Despite these challenges, Edmonton's Food Bank continues to serve the community. Thanks to dedicated donors, we continue to salvage (i.e. glean) food from warehouses.

- Volunteers have contributed 45,464 hours picking up, sorting, and redistributing food throughout Edmonton.
- Community food and fundraisers are steadily growing to provide opportunities for donors to give conveniently. Grocery stores and fire stations also collect non-perishable food year-round for us.
- Our job readiness and support collaborative, Beyond Food, has had 491 participants. Edmonton's Food Bank paid for 298 safety tickets plus helped clients access 894 free tickets to help them secure gainful employment.
- Supported 24 Ukrainians with our Beyond Food program and welcomed one successful applicant to the Food Bank staff team.



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EDMONTON'S FOOD BANK UPDATE

FEBRUARY 2023

In its history, Edmonton's Food Bank has never seen the growth in demand and expectations that it experienced in 2022!

Volunteers, donors, and other supporters have been very kind and generous to the organization. We appreciate their contributions. Our key challenge, for a number of reasons, is that food requests from individual clients and our partner agencies are growing faster than the food donations are coming in. Because of you and the commitment of our community, Edmonton's Food Bank is ready and serving our neighbours in need in 2023.

We are humbled by the kindness and help from our donors, volunteers, and community supporters.

Thank you.



IN 2022 EDMONTON'S FOOD BANK...

- saw the largest monthly number of people served in our 42 year history: November with 35,623 people served in our hamper programs.
- implemented five drive throughs for clients to pick up their festive hampers. Brave volunteers and staff helped 1,743 people in 560 households while bearing the bitter cold.
- vehicles traveled 227,931 kilometers picking up and delivering food throughout Edmonton. This is equivalent to traveling the entirety of the TransCanada Highway 29 times.
- collected, packed, and stored over 5.9 million kilograms of food.
- served an average of 30,770 people per month through hamper programs.
- provided food to more than 300 different partners including Multicultural Health Brokers, Edmonton Mennonite Centre for Newcomers, Hope Mission, The Mustard Seed, and many more.
- welcomed 84 Ukrainians at our Beyond Food Program, providing help with english lessons and other needs resulting in over 54 finding employment.
- assisted 854 clients and helped pay \$55,000 for 1923 safety tickets such as First Aid, Forklift, H2S Alive, and many more.

Client Story:

Emily suffered a great loss when her partner passed away in a car accident last August. Left in immense grief, faced with a disability which has rendered her unable to work and the loss of a second income, Emily is struggling to make ends meet so she has come to rely on the Food Bank for her food needs.

Emily hopes to soon start buying her own food with a new source of income, but is grateful for the thoughtful and caring services of Edmonton's Food Bank through her times of grief. Dealing with long-term effects from Covid, Emily has been feeling rather unwell lately. However, in one of her hampers she received ginger and lemon which she was so excited to use for tea as a remedy for her throat.

"Thank you so much for being so thoughtful, bless your hearts," says Emily. "I'm going to make some tea and it's going to do me a world of good" With your support we are able to help make things a bit easier for people like Emily. Thank you.



Because of you, we are able to continue to do what we do best - serving those in need, since 1981. If you have any questions please contact Tamisan Bencz-Knight, Manager of Strategic Relationships & Partnerships, at 780.425.2133 ext. 232.

EDMONTON'S FOOD BANK
UPDATE
JUNE 2023



Messages of Thanks

"Hello to whomever opens this email. I don't know if others take the time to say thank you, but I would like to.

Your assistance to me is very much appreciated. Sometimes it is a sad choice for me to choose between food or getting my medications.

Being on a fixed income with medical issues is very hard. With your help I can have both – food and my meds.

Thank you!"

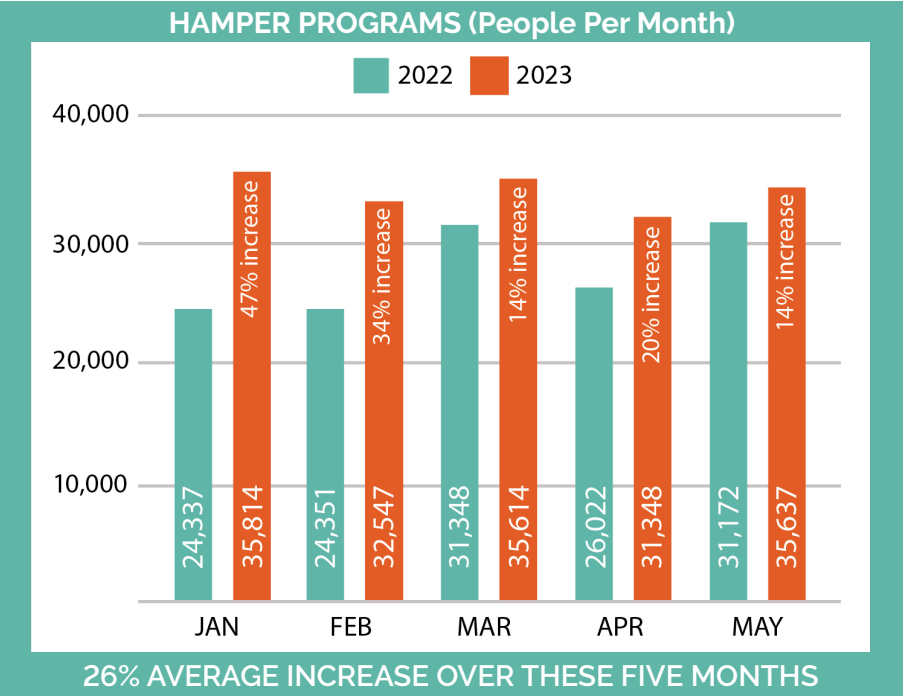


"Over the years, the Food Bank has helped me so much, and when I am able to give again, I will be cutting you a cheque.

Thank you so so so much! I am so grateful for all you do to help others."

UNPRECEDENTED DEMAND CONTINUES

As we continue our 2023 journey, the community needs have not lightened for Edmonton's Food Bank. The first five months of this year compared to 2022 have shown a staggering trend:



These numbers are from our hamper programs only. These numbers do not include the work we are doing with schools, soup kitchens, shelters, and other community organizations.

A little bit about the context of why we are here:

- Inflation disproportionately affects low-income people more than others.
- Complex issues like the lack of safe affordable housing continues in our community.
- Increased cost of food affects the Food Bank in a number of ways including the quality and quantity of food that we can purchase for our clients, as well as some donors have expressed concerns about their ability to support us with the same level of contributions that they have in the past.
- More schools, food depots, soup kitchens, shelters, and community organizations are asking for food from Edmonton's Food Bank to serve people in need.

In order to keep our food supplies and services sustainable, we have made changes including:

- Making strategic changes to the size and contents of our hampers.
- Having sensitive conversations with people and encouraging our community to make food a priority in households.
- Defining what specific programs that we are supporting; we cannot do everything for everyone.
- Operational changes like more phone lines and increased warehouse hours.

People have been very supportive of the work of Edmonton's Food Bank. We appreciate the kind contributions of food, time, and money.

It is really about the fact that the need for services is growing faster than the contributions that we are receiving.



Because of you, we are able to continue to do what we do best - serving those in need, since 1981.

If you have any questions please contact Tamisan Bencz-Knight, Manager of Strategic Relationships & Partnerships at 780.425.2133 ext. 232