



## 2017 Programs

### Regular Food Hampers

Each hamper contains enough food for a week to ten days. Each hamper includes nutritionally balanced food choices from the Canada Food Guide. Thanks to the generous donations of our community, we are able to provide more than canned and dry food pantry items to our clients, including meat and dairy items, as well as perishable fruit and vegetables. Food Bank clients may apply for a maximum of 6 hampers in a 12 month period, and only once in thirty days.

#### How to apply

1. Call 403-948-0063 Monday to Friday; 8:30 am to 3:30 pm.
2. We will ask for personal and financial information to determine eligibility. If you qualify for a hamper, you will be assigned an appointment day/time to collect your food.

### Emergency Hampers

The Emergency Hamper program provides a day's worth of food that does not need cooking including items such as juice boxes, easy open cans, granola bars and high protein nutritious snacks. These hampers are given to local agencies within our area to hand out to clients in need. Local churches and Community Links are partners and participate in this program.

### Bread and Extras

The Airdrie Food Bank provides bread and extras to anyone in need at any time during our regular office hours. You do not need to qualify to take advantage of this program. Participants are encouraged to stop in any time we are open to access bread and extra items as often as needed. This program operates to provide additional support to our clients.

### Best Beginnings Hamper

Best Beginnings provides nutritional support for expecting moms and their families. Referrals are made by the local Health Unit and food is provided by the Food Bank. The pregnant mothers are monitored and a support group is provided for them during their pregnancy. In Airdrie the partnership includes Community Links who provide opportunities for the pregnant mothers to meet together for education and support. Hampers are provided to program participants bi-weekly and extra juice, milk and vegetables are given during their pregnancy.

### Formula Hampers

Formula Hamper program provides formula to support moms and their babies. It operates in partnership with the Alberta Health Services. New moms are referred to the program by a local Public Health Nurse and are able to access formula for their infants on a recommendation from their Health Care Provider. Moms and babies are monitored by the Health Unit to ensure their nutritional needs are being properly met. When formula is no longer needed moms are able to access baby food at the food bank on an as needed-basis without having to qualify for a regular hamper.

### Milk for New Moms

Milk for new moms program provides milk to support moms and their babies. The program operates in conjunction with the Alberta Health Services. A referral is made to us by a local Public Health Nurse for access to the program by a new mom. We, in turn, provide the new mom with 16 liters of milk in a 2 week period while she is breast feeding. This ready access to milk ensures that moms are getting the proper nutrition while they are nursing and provides the best start possible to their babies.

#### How to apply for all 3 programs above:

1. Contact Health Unit at 403 912-8400.
2. Once the Airdrie Food Bank receives a referral from the Health Unit, client can call to set up an appointment to pick up their hamper.  
**NOTE:** For initial referrals, the Airdrie Food Bank will contact client to inform them that we have received their referral. After that it is the client's responsibility to contact the Airdrie Food Bank.

## Community Kitchen

The Airdrie Rotary Community Kitchen is an Airdrie Food Bank initiative. It is a place where people come to connect with others, gain cooking skills and grow personally, building stronger individuals, families and community. It is used for client classes, community classes as well as rentals, team building and corporate events. Classes and workshops span a variety of topics and are being updated on an ongoing basis.

## School Programs

### Fuel 4 Kids

Many families in our community are struggling and some children go to school without anything to eat. Without lunch, these students' ability to learn is greatly impacted. Our goal is to ensure that no child goes hungry at school in our area.

Fuel 4 Kids lunch program started in 2016 with two area schools, expanding to three in 2017. The schools identify the number of lunches needed each week, lunch food is purchased and then volunteers make the lunches and deliver them to the schools.

### Snack Attack

Emergency snack, breakfast and/or lunch food items are offered to 22 schools in Airdrie and surrounding area. Schools place an order, which is filled and delivered by our volunteers. We do not limit items given to what has been donated to us only, so whenever needed, items are purchased by us. Snack items are provided to students on an as need basis. The purpose of this program is to make sure no child is hungry at school. This program is funded in part by the RBC Foundation.

### R.J. Hawkey Breakfast Program

The R.J. Hawkey Breakfast Program addresses food insecurity in children, specifically those between the ages of 5 and 10 who come to school hungry. Typically these students either were not fed breakfast at home or did not receive a properly nutritional one. The program goes further to provide emotional and social support to these children. The staff and volunteers who participate in this program are mentors and the children form trusting relationships with them.

## G.E.A.R. (Gathering Edibles for Airdrie Residents)

G.E.A.R. project enables schools to meet the Rocky View School (RVS) goals, while at the same time assisting those local and area families in need. RVS schools sign up for one of the 10 months in a school year. Each school then collects food during that specific month. They can promote their food drive in whatever manner they see fit. Once the food drive is completed, the school calls the Airdrie Food Bank who then sends someone to do the food pick-up. The Airdrie Food Bank can provide a Certificate of Participation for that school, should they request it.

## School Partnership Programs

It's important that students learn about social issues. Their understanding of hunger and poverty will help build the public support that's needed for social change. We are happy to answer any questions from individual students and/or classes. Students/classes can help by:

- Arranging to come in to volunteer during our regular business hours, on a PD day or during holidays such as March Break. Special weekend events are another option. High school students volunteering at Airdrie Food Bank should bring their volunteer tracking sheets.

- Organizing a food drive at your school, church, or other organization. Be sure to register with us, so that we know what you are doing and can provide assistance.
- Arranging a student tour of the Airdrie Food Bank and classroom presentation on hunger. We can provide a speaker for classes on civics, social issues and related courses.
- **Gardens Replenish Our World (G.R.O.W.)** - Grade 4 students at Airdrie's Nose Creek Elementary plant, grow and harvest a garden at Dixon Farms located northwest of Airdrie. The potatoes are planted in the spring by one year's class and then harvested in the fall by the next year's class. Food collected by the students is donated to the Airdrie Food Bank.