



2015

Year in Review

Kamloops **FOOD BANK**

VISION

We believe in a hunger free Community

MISSION

Sharing Food – Feeding Hope – Strengthening Community

VALUES

We will act with...

Compassion

Integrity

Respect

sharing food  feeding hope  strengthening community

Kamloops Food Bank 2015

I am grateful to have spent another year with the exceptional team at the Kamloops Food Bank.

This organization is so much more than an emergency food distribution hub. It is a community of generous, compassionate, supportive and inclusive individuals who together form a beautiful and truly unique work environment.

I am honestly humbled each day by the positive energy that radiates from this building and am honored to be a small part of it. This is a powerful team whose combined efforts ensure that we can feed each person who comes to our door.

This unique situation does not occur in a vacuum. We are incredibly blessed to be operating a food bank surrounded and protected by the generosity of Kamloops. We experience powerful support through volunteering, financial and food donations and the desire to take care of our community's most vulnerable.

2015 marks the end of our second year in our new home – and what a positive and exciting year it was. A few of the highlights include:

- ♥ The most food collected in one food drive - 63 500 pounds in Spring 2015
- ♥ The largest amount of perishable food donations in FoodShare history – 1.2 million pounds
- ♥ The anticipation of a new refrigerated vehicle after fundraising efforts for this item were successful
- ♥ Honored by Food Banks Canada with a National Award for Excellence in Food Banking
- ♥ The expansion of our FoodShare program to include meat and frozen product

Our building has turned out to be a gift that keeps on giving. It has provided a foundation for us to grow our programs and services and to welcome volunteers, clients, staff and the community into the respectful space that we are all so incredibly proud of.

Our vision of a hunger-free community continues to guide our daily efforts. We look forward to the day that we do not have a line-up and that the issues surrounding poverty and people not being able to meet their basic needs have been solved. Until then - we will continue to share food, feed hope and strengthen community.

I will forever be in awe of this community and of our food bank family. I am honored to share each day with this special group in our beautiful home.



Bernadette Siracky BEd MEd
Executive Director
Kamloops Food Bank

2015 Highlights

Building

- Our new building (we moved in 2 years ago) continues to be appreciated and valued. It has turned out to literally be the gift that keeps on giving
- We are able to host dozens of volunteers at one time
- Our clients appreciate the respectful space and indoor waiting area
- We have added numerous donors to the FoodShare program confident that we have the infrastructure to support increased donations in temperature sensitive product

Recognition

- Recipient of national award from Food Banks Canada – Excellence in Food Banking
- Executive Director of Food Banks Canada visited our Food Bank

FoodShare

- 1.2 million pounds collected and distributed in 2015 - the most perishable food collected in one year
 - \$3 million – cost to purchase this amount of food
- 6 million pounds since program started in 2007
 - \$15 000 000.00 – amount it would have cost us to purchase this amount of food
- Largest food recovery program in western Canada
- Presentation given at National Food Bank conference
- Presentation to Walmart head office in Mississauga
 - Resulted in our Food Bank being the only one in Western Canada to receive donations of meat

Rotary Food Drives

- 63 500 pounds in Spring 2015 - most food collected in one food drive
 - Collected nearly 120 000 pounds of food over two food drives this year. This brings the total amount collected to nearly 710 000 pounds since October of 2008
 - This amount of food would have cost us \$1 775 000.00 to purchase

BC Share

- BC Share coupons were updated and increased in size
- All stores have been updated with the new coupons in two locations at each till
- Donations are increasing likely due to increased visibility

Grant applications

- Community Gaming Grant, Social Planning Council, Tim Hortons, KTW Christmas Cheer Fund, Canada Summer Job, ASETS employment program, Stollery Foundation, Food Banks Canada-capacity building grant, YMCA Summer Student, Boogie the Bridge, Rotary Daybreak

National Food Share System (NFSS)

- This program is coordinated through Food Banks Canada and supports food distribution across Canada.
- We added two regional food banks in the past year and are now responsible to distribute to
 - Ashcroft, Barriere, Chase, Clearwater, Lillooet, Logan Lake, Lytton, Merritt and 100 Mile House

**2015
Highlights (cont'd)**

Updated Website

- Entire website updated
- Clean, fresh and easy to navigate
- Easier access to 'donate now'
- Board and staff biographies added

New capital item

- Our new refrigerated delivery vehicle was ordered on November 5th set to arrive at the end of January 2016
- In our determination to remain debt free - we secured \$50 000.00 from the Stollery Foundation and are awaiting decisions for financial support from Food Banks Canada and Rotary Daybreak
- We have saved the remainder in our reserve fund dedicated to this purchase
- We will sell the Sprinter once the new vehicle is delivered and the logos/decals are installed

Financial position remains strong

- Remain debt free
- We own our building, property across the street and two delivery vehicles

Donated Purolator Van to the Salvation Army Food Bank in Prince George

Youth Awareness and Engagement

- Remains a priority
- Hosted 26 different youth groups for volunteering on-site
- Numerous groups assist with off-site events including Rotary Food Drives and Basics for Babies

Strong Community Connections

- Food Policy Council, North Shore BIA, Oncore, Changing the Face of Poverty, A Way Home, HomeFree, Food And Urban Agriculture committee, KidSport, TRU – Faculties of Nursing, Social Work and Human Service, Municipal and Provincial governments, ASK Wellness, JUMP, City of Kamloops, Interior Community Services, ACT team, Boys and Girls Club and the 38 agencies that we deliver perishable food through FoodShare

Most food distributed in one year

- 918 744 pounds of perishable food were distributed in 2014 - \$2 296 860.00 to purchase.
- 484 991 pounds of non-perishable food were distributed in 2014 - \$1 212 477.50 to purchase.
- This amount of food would have cost us **\$3 509 337.50 to purchase.**

FoodShare

The consistent availability of produce, bread and dairy for our clients is special indeed. Many Food Banks rarely stock these items. Through the generous support of our community we are able to keep FoodShare in operation and provide our clients with essential nutrition that they might not get otherwise. The FoodShare program allows our clients to access produce, bread, dairy and baked goods **twice a week**.

The food donated and collected by FoodShare in 2015 was used to feed the nearly 7000 individuals that accessed the Food Bank. This program also supports 38 local agencies and schools in Kamloops that run meal programs.

This innovative program was the second of its kind in British Columbia. The enactment of Bill 10: Food Donor Encouragement Act by the province enables FoodShare to operate and protects donors from all damages. This program is successful because of the generosity and compassion of our Community.

Approximately 45% of the perishable food is provided directly to our clients, 25% is distributed to 39 agencies and schools that provide meals for the hungry and the remaining 30% (which is typically expired when we receive it) is given to farmers as animal feed – nothing goes to waste.

We receive requests from Food Banks nationally requesting information about FoodShare and how to start a food recovery program in their locations. Our Community is proud of this unique effort and we are delighted to share our success story with all interested individuals and organizations.

Superstore joined our FoodShare program in June of last year and is the first business to donate meat products. Walmart followed suit this year and began donating meat and frozen item in July of this year.

Kamloops Food Bank 2015

Agencies and Schools		Regional Food Banks	Donors
1. 7th Day Adventist of Merritt	21. Out Of the Cold	1. 100 Mile Food Bank	1. Coopers Brock
2. Arthur Hatton Elementary	22. Parkcrest Elementary	2. Ashcroft Food Bank	2. Coopers Lansdowne
3. ASK Wellness	23. Pit Stop Soup Kitchen	3. Barriere Food Bank	3. Coopers Valleyview
4. ASK Wellness Merritt	24. River of Life	4. Chase Food Bank	4. Coopers Westsyde
5. Babies Head start	25. Rotary Family Dinners	5. Clearwater Food Bank	5. Costco
6. Barrier Youth	26. Safe Spaces	6. Lillooet Food Bank	6. Fresh is Best
7. Brock Middle School	27. Safe Suite	7. Logan Lake Food Bank	7. Garden Gate
8. Canadian Mental Health	28. Sensational Soups	8. Lytton Food Bank	8. Little Caesars
9. Child Development Center	29. Skeetchestn Indian Band	9. Merritt Food Bank	9. Little Caesars Sahali
10. Family Tree	30. St. Vincent de Paul		10. London Drugs
11. Four Directions Store Front School	31. Street School		11. Market Fresh
12. Interior Indian Friendship Society	32. Street Services / Safe House		12. Natures Fare
13. Jump Program	33. Stuart Wood Elementary		13. Safeway Sahali
14. Kamloops Gospel Chapel	34. Tk'emlups Indian Band		14. Save On Foods
15. Kamloops Native Housing	35. Valleyview Secondary		15. Shoppers Drug Mart
16. Louise Edwards	36. Westmount Elementary		16. Starbucks
17. Mother Goose	37. Westsyde Secondary		17. Superstore
18. New Life Mission	38. Youth Coaching		18. Wal-Mart
19. Norkam Secondary			

General Hampers

On average 2400 clients are served monthly. Clients can access our services once a month for a non-perishable hamper and up to twice a week for perishable items.

We provide various types of hampers to our clients dependent on need:

Diabetic Hampers

Clients who have been diagnosed as diabetic and submit verification from a doctor receive special hampers which contain items suitable for diabetic diets.

High Protein/Pre-Natal Hampers

Clients requiring a high protein diet as indicated by a physician receive a high protein hamper. These hampers are provided to pregnant women, nursing moms and individuals with a medical diagnosis that requires high protein intake.

Transient Hampers

These hampers contain items that have removable lids and foods which require little preparation.

Single, Couple, Family and Large Family Hampers

The majority of our clients receive one of these hampers. The item lists were created with the assistance of nutritionists.

Baby Bank

Children under two years of age receive a monthly supply of diapers, formula, baby food and pablum. These items are expensive and receiving them monthly removes a large financial stressor from these families.

In addition to these four items, families may access the Baby Bank once per month. Items available include baby wipes, lotion, blankets, bottles, soothers and clothing. Information regarding support services available in the Community is also available at the time items are received.

North Shore Depot

We provide non-perishable food hampers and perishable items to clients who are largely homeless, transient or at risk of homelessness at the United Church on the South Shore every Friday.

Regional Food Banks

The Kamloops Food Bank has been designated as a sub-hub by Food Banks British Columbia. The responsibilities include the distribution of non-perishable food items received through the National Food Share System organized through Food Banks Canada. We organize shipping, delivery and distribution of orders to Ashcroft, Barriere, Chase, Clearwater, Lillooet, Logan Lake, Lytton, Merritt and 100 Mile House.

Total Food Distributed

The following is calculated at - **\$2.50** per pound (as per Food Banks Canada researched amount it would cost to purchase 1 pound of donated food)

- 918 744 pounds of perishable food were distributed in 2014 - \$2 296 860.00 to purchase.
- 484 991 pounds of non-perishable food were distributed in 2014 - \$1 212 477.50 to purchase.
- This amount of food would have cost us \$3 509 337.50 **to purchase.**
(*note this amount does not include any operational expenses or wages)

Kamloops Food Bank

	2011	2012	2013	2014	2015
Children under the age of 5	804	768	608	752	759
Children between the ages of 6-18	1348	1271	1208	1068	1266
Clients between the ages of 19-59	4208	3937	3773	3161	3816
Clients over 60	450	421	407	448	580
Agencies served	38	41	42	45	44
Pounds of perishable food collected	615 010	146 493 lbs	127 520 lbs	228 288 lbs	288 952lbs
Pounds of non-perishable food collected	329 187	606 190	812 296	918 744	1 134 605
	329 187	355 343	438 477	484 991	551 192

Employment and Training Opportunities

We provide employment and training opportunities for individuals through the following programs:

- **Direct Suspension** - These are students suspended from school who volunteer at the Food Bank during the period of their suspension.
- **International Students** – These TRU students must complete a community service component in order to receive credit for the class 'Service 1000'.
- **LTD Consulting** – This program supports short-term work placement opportunities with the intention of building workplace readiness on the path toward securing long-term employment.
- **Restorative Justice** – This program offers young offenders Community Service opportunities instead of a criminal record.
- **Aboriginal Skills Employment Training Strategy** – This program provides a workplace opportunity for an individual under the age of 31 with an Aboriginal background. The intention is to provide workplace readiness and the opportunity to work with a diverse group of volunteers. The position is of six months in duration.
- **Thompson Rivers University Students** – Students in the faculties of Social Work, Nursing and Human Services may complete one of their practicum assignments at the Food Bank. A final project is typically a requirement of completion and has included flu clinics, diabetes screening and the provision of pre and post-natal information and classes.
- **Volunteer Program** - This is an important program which recruits volunteers for the operation of the Food Bank. Approximately 1100 hours of volunteer time monthly is required to operate the Food Bank as it is a labor intensive operation.
- **White Buffalo Skills Link Program** – This program offers young adults the opportunity to build skills and capacity in a work environment.

- **Work Experience** – SD73 Secondary students are able to complete a portion of their experience in the workplace at the Food Bank. Students are also able to add to their community service hours required to graduate from high school at any one of our community events or in our warehouse.
- **YMCA Summer Student Program** – Each summer we host two high school students from Eastern Canada. The students are selected by the YMCA and are focused on experiencing work at the Food Bank, enjoying our beautiful Community and practicing their second language – English.

Community Gardens

Thanks to the generosity of Rotary Daybreak five plots at the Crestline Community Gardens were planted in the spring with vegetables and root crops. Nearly 4000 pounds of fresh vegetables were harvested by this generous group and brought to the Food Bank for distribution.

Basics for Babies

This is a breakfast fundraising event which encourages funds and supplies to support pre and post-natal mothers as well as to purchase baby food, formula, diapers and hygiene products for children under the age three.

Rotary Food Drives

The Rotary Food Drive takes place in the spring and fall of each year. The five Rotary clubs and Rotaract organize and support the event by providing volunteers to collect food from all areas of the city. The two food drives that occurred in 2015 supported by all 5 Rotary groups, Rotaract and hundreds of volunteers, collected nearly 120 000 pounds of non-perishable food items. These Food Drives have collected nearly 710 000 pounds of non-perishable food items since 2008.

CP Holiday Train

This Christmas event is a well-attended family oriented evening. It takes place mid-December and assists to increase awareness of Food Bank usage across the Country and encourages financial and food donations from local individuals and businesses.

Financial

- The Society's fiscal year starts on September 1 and ends on August 31.
- The Accounting firm Tenisci Piva is contracted to complete a fiscal year-end review and report for the Society.
- Ceridian is contracted to do the Society's payroll.
- We have an employee that is responsible for daily bookkeeping, reviews monthly activity and provides reports, advice and professional support to the Executive Director and Board of Directors.
- During a typical year the Society receives the majority of its income from individual donations during the Christmas period.

Primary Sources of Income

- Basics for Babies breakfast at Hotel 540 each November.
- Community gaming grant from BC Lottery Corporation.
- CP Holiday Train raises food and financial contributions each December.
- Individual and business donations.
- Third party events.
- BC Share program - Customers can add a \$2 donation to their bill at the tellers of most grocery stores. The donation is transferred into a Food Bank account at the store and is used to purchase food at that store.
- Various Foundation, Municipal, Provincial and Federal grants

Capital Assets

- 171 Wilson St. The Society owns this property debt free.
- 164 Wilson St. The Society owns this property debt free.
- Vehicles - The Society owns a Mercedes Sprinter Van and a 3 tonne Western Star refrigerated truck.

Kamloops **FOOD BANK**

Our Top Ten Items

Tomato Sauce

Pasta

Peanut Butter

Formula

Canned Fruit

Rice

Baby Food

Tuna

Canned Vegetables

Beans

sharing food  feeding hope  strengthening community