CALGARY FOOD BANK

2014 FAST FACTS

Numbers reflect the Food Bank's fiscal year of September 1, 2013 to August 31, 2014.

COMMUNITY OWNED. COMMUNITY SUPPORTED

BECAUSE OF YOUR THOUGHTFUL DONATION:

132,469

Calgarians accessed the Food Bank this past year

CHILDREN MAKE UP

43%

OF PEOPLE WHO COME TO US FOR HELP

6% more than the national average of 37%

Over 56,000 kids will go to bed with a full stomach

29%

SINGLE-PARENT HOUSEHOLDS

1 in 5 Canadian parents say they have skipped meals so their children could eat

Better nutrition will help a family deal with the stress of an unexpected crisis that led to their food insecurity

38%

OF CLIENTS HAVE AT LEAST 1 EMPLOYED PERSON IN HOUSEHOLD

An individual didn't have to choose between keeping a roof over his head or buying food for the week

"I couldn't believe how hard it was to find work. We moved here from out east and the cost of everything ate up our savings. So, we came to the Food Bank. I was amazed at how much food I was given. I can't wait to pay it forward when my family and I are back on our feet. Thank you."

Most of our clients come 3 times or fewer*

*Based on our 15-year study

WHERE DID THE FOOD GO?

16 MILLION LBS

donated from the food industry and generous Calgarians

- We fed over 132,469 people from every quadrant in the city
- Gave food to 110 local agencies such as the Drop-In Centre through Food Link
- 486,080 meals and snacks were provided in one month to our Food Link partners
- Shared across Alberta and Canada to 63 food banks to help with emergencies

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VOLUNTEERS ARE OUR LIFEBLOOD

90% of critical tasks at the food bank are done by volunteers.

6,000 volunteers gave over **106,000 hours** in 2014.

The food bank welcomes **111** volunteers per day, for an average total of **407** hours per day

Families and individuals with food insecurity have to make tough financial decisions. Our clients gave up a meal to pay for things like:

- Rent
- Utilities
- Phone
- Transportation
- Childcare
- Medical needs
- Education
- Vehicle repairs

A LIVING WAGE

With one of the **lowest minimum wages** in Canada, Calgarians struggle between paying bills, buying food and living a comfortable and dignified standard of living.

A **Living Wage** is a wage that is high enough to maintain a standard of living and participate as active citizens in the community.

Calgary's Living Wage Action Team has determined that an individual working full time (35 hours per week, 52 weeks a year) needs to make a minimum of ***$17.29/hour without benefits***, or *$16.14/hour with benefits* to earn a Living Wage in Calgary.

1 in 8 Canadian households struggle to feed their families

STRETCHING A DOLLAR

$1 = $5

Every dollar donated allows us to distribute $5 worth of food and on average, it costs us **$65** to feed a family of four for a week.

HARVEST THIS!

Over 40,000 lbs of fresh produce was donated by community gardens. Some of these gardens, such as the BP Chevron *Garden of Eat'n* and the Transalta *Power Garden*, have been around for over 20 years. Newer gardens like *Grow Calgary*, have raised awareness that the Calgary Food Bank accepts fresh produce.

All of our emergency food hampers meet or exceed Canada's Food Guide. Fresh produce that is donated helps us provide the best nutritional quality for our clients.

Food is the stuff of life. It nourishes our bodies and connects us to others. Good quality food should not be out of reach for anyone.

- James McAra, CEO

For more information, visit www.CalgaryFoodBank.com/report