

# WHY DO PEOPLE NEED OUR HELP?

- Dramatic increase in the cost of nutritious food.
- Minimum wage – low income jobs not indexed to adjust for inflation – working poor.
- Inadequate social assistance.
- High shelter costs.

# HOW TO GET OUR HELP

- We are self-referral service
- Simply call or visit our facility to set up an Intake session.
- After the intake session you can call in for future assistance
- You will receive a week's worth of food including canned, box goods, potatoes, carrots, apples, oranges, eggs, milk, bread and other items as available.

# VOLUNTEERING – SO MUCH TO GAIN, SO MUCH TO OFFER!

*PARTNERS IN MISSION FOOD BANK* could not exist without the loyalty, dedication and support of volunteers, some of whom have been with us for over 20 years.

Volunteers come from many walks of life, ages, working and retired. It is a great way to meet new friends and contribute to our community.

Our volunteers provide essential services in many ways:

- Assemble daily hampers
- Sort food donations
- Breakdown and bag bulk items
- Hand out groceries to our clients
- Organize food drives & fundraisers
- Oversee the organization as a part of our Board of Directors and committees.

# FOOD BANK FACTS

- **13,049** hampers worth more than **\$2.6 million** were given out in 2018.
- Over **671** people came as new clients last year.
- **6,056** used the Food Bank in 2018, **31%** were children under the age of 18.
- More than **310,000** hampers have been distributed since the Food Bank began.
- On average Partners in Mission Food Bank helps **1100** households a month.
- **We do not receive any government funding or by a member of a funding agency.**
- **32,125 lbs.** of food was donated from the Food Bank to area meal programs
- Every month area churches of all denominations donate to the Food Bank.
- Over **92,500 lbs.** of surplus foods were recovered from area food businesses and diverted from landfill In 2018.
- All food hampers contain fresh fruits and vegetables, eggs and milk.



# GREATER DEMAND ITEMS

1. Money (your dollars contribute to higher purchasing power)
2. Canned meat & fish
3. Peanut butter, jam
4. Stews, canned tomatoes
5. Baby food, formula, diapers
6. Rice & pasta
7. Cereal
8. Tea, coffee, sugar



A central facility for the mass collection and distribution of food



Catholic Health International  
Santé Catholique Internationale



## DONATIONS GRATEFULLY ACCEPTED

Visit our website at  
[www.kingstonfoodbank.ca](http://www.kingstonfoodbank.ca)  
and make your donation through  
"Canadahelps" button on our home page.  
Mail or drop off cash or cheque at the  
address below.

### HOURS OF OPERATION

#### MONDAY to THURSDAY

8:30am – 12:00pm & 1:00pm – 4:30pm

#### FRIDAY

8:30am – 12:00pm & 1:00pm – 4:00pm

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Incorporated since 1997  
Charitable Tax Number  
877390161 RR 0001



Established in 1984  
by the  
Religious Hospitaliers of  
St. Joseph



35 YEARS OF SERVICE