

*Kamloops*  
**FOOD BANK**



**ANNUAL REPORT**

**2019**



# Letter from the **EXECUTIVE DIRECTOR**

The buzz around the Kamloops Food Bank in 2019 was electrifying to say the least. This powerful energy has attracted committed volunteers and energized our dedicated staff to ensure we can sort and distribute the record amount of healthy food we are diverting from the landfill. A record was indeed reached - we collected 187 000 lbs in August of 2019 alone.

We expanded our food recovery program to include all perishable items donated by every grocery retailer in Kamloops and will have collected 2 million pounds by year end. We tripled the number of elementary age children who receive backpacks full of food every weekend and distributed a record amount of food to our 7000 clients, 9 regional food banks in addition to the 59 community agencies we serve that make meals.

Our building is literally bursting at the seams with donated food and volunteer support committed to delivering it to people. All of this in the name of providing a basic need to our community's most vulnerable

We were honored to accept the Kamloops Chamber of Commerce award for Not for Profit of the year in 2018 and were proud to be recognized for a second year in 2019 in the Environmental Stewardship category for our work with foodSHARE.

Our expertise in food recovery was sought out across our Country and we offered workshops, webinars and training manuals to share our model.

The City of Kamloops confirmed its generous support through both a service level agreement and a permissive tax exemption for the next four years.

I remain grateful, humbled and honored to spend my days with an exceptional group of staff and volunteers that truly make things happen as if by magic every day at this miracle of a place

We continue to shine a light on the reasons our service is required including affordable housing and supports for individuals struggling with mental health.

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 complex issue of 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.



**Bernadette Siracky** **BEd MEd**

Executive Director  
Kamloops Food Bank





# 2019 Highlights

KAMLOOPS FOOD BANK

## foodSHARE

- We are now receiving all perishable product including meat, dairy, produce, bread and deli items from all major grocery stores in Kamloops.
- 45% monthly increase in perishable donations.
- We led the creation of a provincial food recovery guide which has been adopted as best practice and shared Nationally through Food Banks Canada.
- We distributed nearly 2 million pounds of perishable food in 2019 with a conservative retail value of over 5 million dollars.
- Over 13 million pounds diverted from the landfill since the program started in 2007. This product has a retail value of \$33 800 000.00.
- Approved for nearly \$300 000.00 from the Provincial government through Food Banks BC to support food recovery. Purchases made in the past two years include a refrigerated van, a new walk-in cooler/freezer and stand alone cooler along with various warehouse items.

## Most Food Collected and Distributed in a Year

- We distributed over 2 million pounds of perishable food in 2019 - 5 million retail.
- August 2019 marked the largest amount of product received and distributed through foodSHARE 187 000 pounds - retail value of nearly \$500 000.00
- Over 600 000 pounds of non-perishable food distributed in 2019 - 1.5 million retail.

# 2019 Highlights

KAMLOOPS FOOD BANK

## Rotary Food Drives

- Collected nearly 100 000 pounds of food over two food drives this year.
- Over 1 million pounds collected since October 2008.
- Retail value of \$2 600 000.00

## Funding Highlights

- \$300 000 from FBBC - Food Recovery grant
- \$150 000 from Food Banks Canada - Capacity building grant
- Grant applications included: BCLC community gaming grant, Canada Summer Jobs, Service Canada-enabling accessibility fund, ASETS employment program, Food Banks BC refrigeration grant, Food Banks Canada-capacity building grant, YMCA Summer Student, Rotary Daybreak
- \$3500 received from Service Canada - accessibility grant to complete a renovation on our sinking front entrance
- City of Kamloops permissive tax exemption approved until 2021
- City of Kamloops Service level agreement to support foodSHARE renewed until 2023
- Empty Bowls - \$30 000.00
- Holiday Train - 2000 attendees and \$50 000.00
- Basics for Babies - 400 attendees and \$63 000.00 donated
- BCLC Community Gaming Grant \$130 000.00

# 2019 Highlights

KAMLOOPS FOOD BANK

## Financial Position Remains Strong

- Kamloops Food Bank Society remains debt free.
- We own our building, property across the street and three refrigerated delivery vehicles.
- Added \$60 000 to our reserve fund dedicated to future land purchase

## Strong Community Connections

- We maintain positive and collaborative relationships with many local organizations including: TRU - Faculties of Social Work and Human Service, Municipal and Provincial governments, ASK Wellness, City of Kamloops, Interior Community Services, United Way, Lii Michif, Boys and Girls Club, SD73, 21 local donors and 59 agencies that we deliver perishable food to through foodSHARE, along with being an active committee member of Food Banks Canada and a sub hub with Food Banks BC.
- CFJC aired a 5-part series on the Food Bank. Coverage included interviews and information on foodSHARE, clients, volunteers, community agencies and root causes of food insecurity.
- Locking in Hope public art structure, in collaboration with the City of Kamloops, was installed at Riverside Park.
- We were invited to two National committee tables - one focused on national branding and the other on governance and structure with Food Banks Canada.

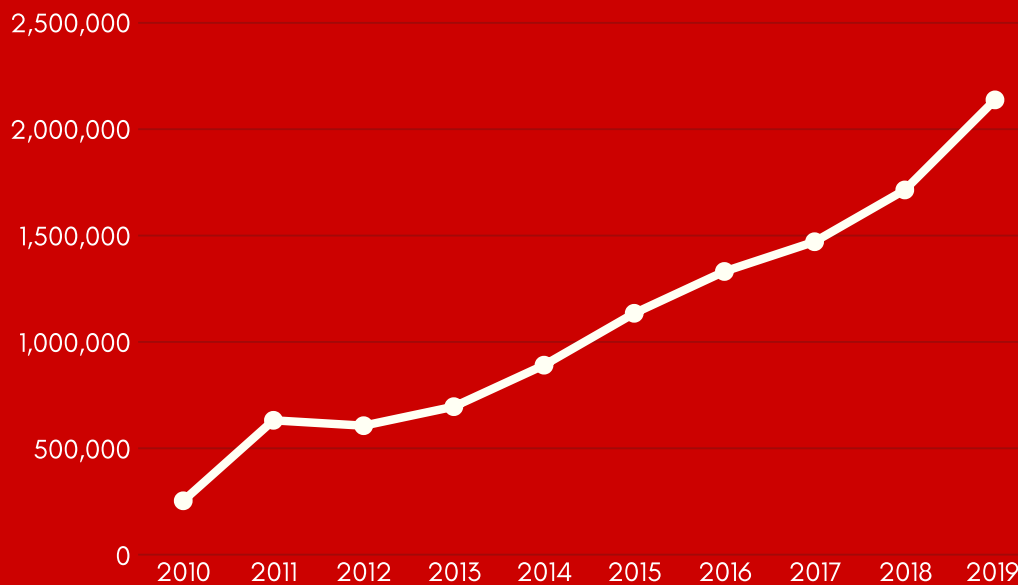
## Recognition

- Kamloops Chamber of Commerce 2018 Non-Profit of the Year
- Kamloops Chamber of Commerce 2019 - Environmental Stewardship
- Provincial Principal and Vice-Principal Association award for the Starfish backpack program



# Summary of FOOD DISTRIBUTION

Clients & Community Agencies	2015	2016	2017	2018	<b>2019</b>
Children under the age of 5	759	849	793	716	<b>649</b>
Children between the ages of 6-18	1,266	1,291	1,284	1,229	<b>1,243</b>
Clients between the ages of 19-59	3,816	4,091	4,031	4,050	<b>3,929</b>
Clients over the age of 60	580	622	657	702	<b>755</b>
Community Agencies Served	44	45	53	61	<b>52</b>
Pounds of Perishable Food	1,134,605	1,331,237	1,471,079	1,714,489	<b>2,137,891</b>
Pounds of Non-Perishable Food	551,192	501,585	702,185	619,029	<b>640,649</b>



## foodSHARE 2019

*Increase in the collection and distribution of perishable product over the past year. Every grocery store agreed to donate all surplus meat, dairy, produce and bread.*

The **Kamloops Food Bank** provides product to the following

# Agencies, Schools...

1. Alcoholics Anonymous
2. Arthur Hatton Elementary
3. Arthur Stevensen
4. ASK Wellness - Crossroads
5. ASK Wellness - Henry Leland
6. ASK Wellness - Maverick
7. ASK Wellness - Merritt
8. ASK Wellness Shop Program
9. Beattie Elementary
10. Boys and Girls Club Jump Start
11. Babies Head Start (ICS)
12. Barriere House
13. Brock Middle
14. CMHA - The Branch
15. Child Development Center
16. CSI (Centre for Senior Information)
17. Families First (ICS)
18. Family Resource Centre
19. Family Stepping Stones (E. Fry Society)
20. Four Directions (SD73)
21. Good Food Centre (ICS)

22. Insight Support Services
23. Kamloops Native Housing
24. Kay Bingham Elementary
25. King Street (IH)
26. Lii Michif Family Food Box
27. Lived Experience Committee
28. Living Water Society
29. Louise Edwards
30. My Place
31. Mustard Seed - New Life Comm
32. Norkam Secondary
33. Out of the Cold
34. Parkcrest Elementary
35. Pregnancy Care Centre
36. Pit Stop Soup Kitchen
37. River of Life
38. Rotary Family Dinners
39. Safe Spaces (ICS)
40. South Kamloops Secondary
41. St. Ann's Academy Breakfast
42. St. Vincent de Paul
43. Street School



44. TRU McGill Residence
45. TRU Residence
46. Upper College Heights
47. Valleyview Secondary
48. Venture To Hope
49. Vision Quest
50. Westmount Elementary
51. Westsyde Secondary
52. Youth Street Outreach (ICS)



## ...and Regional Food Banks

- |             |               |               |
|-------------|---------------|---------------|
| 1. 100 Mile | 4. Chase      | 7. Logan Lake |
| 2. Ashcroft | 5. Clearwater | 8. Lytton     |
| 3. Barriere | 6. Lillooet   | 9. Merritt    |

## DONORS

- |                                |                          |
|--------------------------------|--------------------------|
| 1. Cain's Independant Grocer   | 10. Safeway Sahali       |
| 2. Costco                      | 11. Save-On Brockelhurst |
| 3. Fresh Is Best               | 12. Save-On Lansdowne    |
| 4. Little Caesar's North Shore | 13. Save-On Sahali       |
| 5. Little Caesar's Sahali      | 14. Save-On Valleyview   |
| 6. London Drugs                | 15. Save-On Westsyde     |
| 7. Market Fresh                | 16. Shoppers Drug Mart   |
| 8. Nature's Fare               | 17. Starbucks Valleyview |
| 9. Safeway Fortune             | 18. Superstore           |
|                                | 19. Walmart              |







# food SHARE

saving food - feeding hope

**foodSHARE** is one of the largest food recovery programs operated by a food bank in Western Canada. We experienced strong growth in donations this year as we now collect all perishable product including dairy, meat, bread, produce and deli items from ALL major grocery stores in Kamloops. We distributed over 2 million pounds of perishable food - a 33 percent increase in collected and distributed product since 2017.

The City of Kamloops renewed our service level agreement until 2023. This financial support assists with the operation of foodSHARE. This commitment highlights the strong community support for the large amount of organic product that we are diverting from the landfill and directing to families, meal programs and farmers.

The consistent availability of perishable items to our clients is unique. The generous support of 21 local businesses and many private individuals have ensured the success and expansion of foodSHARE. We provide our clients with essential nutritional items once each week.

Close dated product is donated to the food bank instead of sending it to the landfill. Our staff and volunteers sort through the donations and ensure all edible products are distributed to nearly 7000 individuals and 59 community agencies and schools that make meals.

Approximately 45% of the donated product is given directly to our clients, 25% is distributed to 59 agencies and schools in Kamloops that provide meals for those in need and the remaining 30%, which is typically expired when we receive it, is given to farmers for animal feed. Nothing goes to waste.

We are a leader in food recovery and have welcomed food banks from across Canada to share our model, systems, and processes. We were invited by Food Banks BC to join a Provincial committee tasked with creating a food recovery guide that is now available to Food Banks nationwide to encourage and support new efforts at food recovery in communities across Canada.

Food Banks Canada requested that we lead a session on best practices in food recovery at the National conference held in Calgary in June of 2017 in addition to presenting at the Food Banks BC Provincial conference in Kelowna in 2018. We were also invited to host a Canada wide webinar focused on food recovery best practice in 2019.

Our goal is to minimize waste and increase the redirection of healthy food to people instead of landfills. We are dedicated to supporting the waste reduction efforts of our City, Province and Country.



# Non-Perishable FOOD DISTRIBUTION



## GENERAL HAMPERS

We served nearly 7000 individuals in 2019. Clients can access our services once a month for a non-perishable hamper and once each week for perishable items. We provide various types of non-perishable hampers which include transient, high protein, pre-natal, diabetic, single, couple, family and large family.

## SCHOOL SNACKS

We provide packages of school snacks to families with school age children on a weekly basis.



## BABY BANK

Children under two years of age receive a monthly supply of diapers, formula, baby food and hygiene products. The availability of these items through our baby bank removes a large financial stressor from families and ensure that infants in our community have the nutritious food they require for healthy physical development.

The funds required to ensure consistent availability of product are largely gathered at our Basics for Babies fundraising breakfast held in November of each year.



## STARFISH BACKPACKS

This collaborative effort with United Way and SD73 began in 2016 with the goal to provide children in need food to take home over the weekend. Last year we distributed 120 backpacks each week during the school year, this year we are at 130 and next year we intend on distributing 200. Christopher Seguin was key to creating this partnership and was passionate about ending child hunger in Kamloops. His passing in 2017 encourages us to continue his unending dedication toward this goal.



# Employment & Training Opportunities

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

## 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 offer skill development opportunities that increase workplace readiness.

## Direct Suspension

We offer a supportive and meaningful volunteer opportunity for high school students who have received a suspension.

## International Students

These TRU students must complete a community service component in order to receive credit for the class 'Service 1000'.

## Restorative Justice

This program offers young offenders Community Service opportunities instead of a criminal record.

## 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.

## Volunteer Program

Our in-house program recruits volunteers for the operation of the Food Bank. Approximately 1400 hours of volunteer time is generously donated each month to support our efforts.

## Work Experience

SD73 Secondary students may choose to complete a portion of their work experience requirements 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 by serving 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.



# Events & Activities

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## 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 2500 pounds of fresh vegetables were harvested by this generous group in 2019 and delivered to the Food Bank for distribution.

Lyons Landscaping and Home Hardware began a Grow a Row initiative this year that encourage individuals and businesses to support perishable food donation. We received a large financial contribution in addition to 2000 pounds of fresh produce.

## EMPTY BOWLS

This event is in its fourth year and was well attended and financially successful. MLA Todd Stone, MLA Peter Milobar and CEO of BCLC Jim Lightbody were talented auctioneers for the celebrity signed bowls we gathered during the year. The bowls signed by Ozzy Osbourne and Will Farrell received the highest bids of the day.



## ROTARY FOOD DRIVES

The Rotary Food Drives take place in the spring and fall of each year. The two food drives that occurred in 2019 were supported by all 5 Rotary groups, Rotaract, Interact and hundreds of volunteers, collected nearly 100 000 pounds of non-perishable food items. These Food Drives have collected just over 1 million pounds of non perishable food items since 2008.

# Events & Activities

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## BASICS FOR BABIES



This breakfast fundraising event encourages financial donations and baby products to support the purchase and consistent availability of baby food, formula, diapers and hygiene products for children under the age of two.

## 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. CP arranges a concert at each stop and donates \$15 000.00 that supports our foodSHARE program.



## BC SHARE

BC Share coupons are available to swipe at the till at most grocery stores in Kamloops. This adds two dollars to the customers bill which goes to directly to the Food Bank to purchase needed items from that store.





# 2019 BY THE NUMBERS



**6,576**

INDIVIDUALS SERVED

**2,616**

INDIVIDUALS SERVED EACH MONTH

**56**

COMMUNITY AGENCIES SERVED EACH MONTH

**9**

REGIONAL FOOD BANKS SERVED EACH MONTH

Ashcroft, Barriere, Chase, Clearwater, Lillooet, Logan Lake, Lytton, Merritt, 100 Mile House

**1,400**

HOURS VOLUNTEERED EACH MONTH

**35.5**

Million Dollars

RETAIL VALUE OF RECOVERED  
PERISHABLE PRODUCT SINCE 2007

**103,464**

PEOPLE USE A FOOD BANK  
EACH MONTH IN BC

# Vision

We believe in a hunger-free community

# Mission

sharing food • feeding hope • strengthening community

# Values

respect • integrity • compassion



# TOP 10 ITEMS

- Tomato Sauce
- Tuna
- Canned Fruit
- Canned Vegetables
- Pasta
- Formula
- Baby Food
- Rice
- Peanut Butter
- Beans