


# What is the food bank's role?

- To provide an opportunity for the more fortunate to share.
- To form a network of institutions and individuals that work together to meet the basic needs for food.
- To provide an efficient system of food collection from churches, individuals, groups and food suppliers.
- To operate a central facility for the storage of food collected.
- To arrange distribution of donated food to charitable organizations, hot meal programs, families and individuals.
- To take an active role in educating the public about the needs of the poor.
- To affiliate with provincial and national food bank associations in an effort to share and distribute food and information related to poverty.



A central facility for the mass collection and distribution of food



Religious Hospitallers Of St. Joseph



## DONATIONS GRATEFULLY ACCEPTED

Donations can be made by cheque and mailed or hand delivered to the above address, or, funds can be donated on-line via credit card by accessing - [www.canadahelps.org](http://www.canadahelps.org)

140 Hickson Avenue  
Kingston, Ontario  
T 613.544.4534  
F 613.544.4709

St. Joseph Regional House  
16 Manitou Crescent East  
Amherstview, Ontario  
K7N 1B2  
T 613.389.0275

[www.kingstonfoodbank.net](http://www.kingstonfoodbank.net)  
Email: [foodbank@kingston.net](mailto:foodbank@kingston.net)

**HOURS OF OPERATION**  
**MONDAY TO FRIDAY**  
**8:30 am to 12:00 noon**  
**1:00 pm to 4:30 pm**

Incorporated since 1997  
Charitable Tax Number:  
877390161 RR 0001



Established in 1984  
by the  
Religious Hospitallers of St.  
Joseph

**Our Mission:**  
**To provide nourishment and hope to those we serve, and an opportunity for our community to share**

**Serving the City of Kingston and neighbouring townships**

## Why 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 ~ no rent controls
- Lack of education and training programs
- Physical ~ mental disabilities
- Uneducated, untrained youth

### Suggested Food Donations

~ Non perishable items only ~

1. Peanut butter, jam
2. Spaghetti sauce, dry pastas
3. Canned meat, fish, fruit,
4. Vegetables, soups
5. Rice, dried beans
6. Stews, canned tomatoes
7. Baby food, diapers, formula
8. Junior baby foods
9. Snacks, drink boxes, raisins
10. Soda crackers, cereal
11. Puddings, Jell-O, cake mixes
12. Tea, coffee, sugars
13. Baking items, flour
14. Ketchup, mustard, relishes
15. Honey, cheese whiz
16. Macaroni and cheese
17. Sugar – white and brown

[Greater demand items]

## Food Bank Facts

- More than 192,180 hampers have been distributed since the Food Bank began.
- 8,689 hampers worth approximately \$800,000.00 were distributed in 2008.
- About 700 people come as new clients every year.
- Referrals are not necessary.
- Six thousand (6000) people use the Food Bank every year; 40% are children under age 18.
- 30% of Food Bank users are single parents.
- On average, Partners in Mission Food Bank helps 800 households a month. This denotes 2500 active files annually.
- We do not receive government or agency funding.
- Approximately 30,000 lbs. of food is donated on a regular basis to area soup kitchens, shelters and hot meal programs.
- Every month area churches of all denominations fill food bags to donate to the Food Bank.
- Surplus food is recovered from area wholesalers, retailers and individuals.
- Community service groups and individuals regularly contribute funds and organize food drives on behalf of the Food Bank.

## 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 our organization from the very beginning. Our team of volunteers consists of individuals who continually devote their time and skills on a regular basis in an effort to make a positive impact on the food needs of our community.

Volunteering takes no resources and has no age limits. Your commitment and energy is enough. Volunteering provides opportunities to make new friends and to contribute to your community. It can raise your confidence and help you stay physically and mentally active - all the while making a difference in someone's life.

Our volunteers provide essential services in many ways.

- Assemble daily client orders
- Sort food donations
- Breakdown and bag bulk items
- Pack loose eggs into cartons
- Clean work areas
- Provide helpful input
- Pass along food bank information to other perspective volunteers

**We are always looking for volunteers  
INTERESTED? GIVE US A CALL**