



The Guelph Food Bank

Hunger Hurts Please Give

HOURS OF OPERATION

Office Hours: Monday to Friday 9:00 a.m. to 4:00 p.m.
 Phone Lines Answered: Monday to Friday 9:00 a.m. to 12:00 p.m.
 Answering Machine: After 12:00 p.m., calls will be returned ASAP.
 Clients Served: Monday to Friday 9:00 a.m. to 11:00 a.m.
 Clothing Exchange Hours: Monday to Friday 9:00 a.m. to 4:00 p.m.

THROUGH OUR VARIOUS PROGRAMS, THE GUELPH FOOD BANK HAS ASSISTED OVER 61,900 INDIVIDUALS IN THE YEAR 2009.

Food Bank clients vary in age, ethnic and socio-economic backgrounds, but they all have one thing in common: they are all faced with financial hardship. Due to illness, short-term crisis, adverse economic conditions, and the ever-increasing cost of living, our clients cannot afford to buy the needed groceries to adequately feed themselves and/or their families.

Our goal is to not only help meet the needs of our clients in the short term, but also to help clients become self-sufficient, gain and maintain self-worth/self-esteem to eventually stand on their own with little or no help from agencies and groups within this community.

Not Just Food!

JOB AND PLACEMENT PROGRAMS

Individual Referrals, Direction for Retraining, Peer Work Programs, Community Service Programs



Individual referrals and direction for training are given through co-op programs from Upper Grand District School Board and Wellington Catholic District School Board high schools, U of G, and local colleges. Other programs include: Student work placements; Training for New Canadians and Landed Immigrants; and Peer Work Programs to help individuals to assimilate themselves into the regular job force or to simply interact with other people to develop social interaction and work skills. Court-awarded hours through Accord, John Howard Society, and Alternative Measures are also accommodated.

OTHER SUPPORT PROGRAMS

Clothing Exchange, Adopt-A-Family Christmas Program, Community Awareness, Silent Auctions, Toners, InkJet & Cell Phone Recycle Program



The Clothing Exchange is for people in the community to donate and exchange clothing. At Christmas time, the Adopt-A-Family program works to help businesses, families, and individuals give support to families in need. Through various media, the GFB informs the community on current events. Stores, businesses, and individuals may donate their old cell phones and/or InkJet cartridges to the GFB: this helps us to raise funds and recycle simultaneously.

FOOD PROGRAMS

Hamper Programs, Perishable Excess Programs, Community Excess Programs, Local Agency Food Support, Local Disaster Relief Programs



Food drives, on-going collections of bins in stores for community support, supply-and-share programs, direct recovery from manufacturers and distributors, recovery of product across Ontario and Canada through National Food Share Association, OAFB Milk Programs with Milk Marketing Board, food recovery from various retailers, farmers, local suppliers, markets, orchards, U of G, Syngenta, etc.

HELP WITH SKILLS

Budget, Debt and Credit Counseling, Life Skills Counseling, Referrals For Other Needs, Advocacy on Behalf Of Clients



Individual or group sessions (follow-up free to clients): nutrition and cooking skills, parenting and childcare skills, housekeeping and basic life skills, information distribution and referral information regarding housing, jobs, government support programs, eg, Health Card, Ombudsman, and assisted housing support.

How Do We Do It?

Without the thousands of volunteer man hours given in support of the operations of the Guelph Food Bank, food would never reach those who need it.

Some volunteers donate their time on a regular basis, others are on call and ready to appear at food drives or special events, and still others drop in when they have a spare hour or two to help. Volunteers over the age of 10 are welcome, including seniors. We value all of our volunteers for who they are, and for their willingness to help tackle any task. We have jobs for all ages and capabilities.

We simply could not operate with our staff of three without the care and dedication of our volunteers.

Students Do Your 40 Hours With Us!



We are always looking for volunteers! We can never have too many hands helping us to work in the Warehouse or Clothing exchange. We also need help with gift wrapping, creating posters, yard maintenance, and so much more!

What Can You Do?

Ways You Can Support Your Community

- Run A Food Drive Where You Work
- Do A Fundraiser, eg, BBQ
- Donate Monthly From Your Pay
- Have Your Employer Match Your Funds
- Have A Dress-Down Day At Work
- Become A Partner
- Do A Challenge In Your Company Or Your Division, Floor, Or Department.
- Have Your Business Sponsor An Ongoing Monthly Or Yearly Cost, eg, Hydro, Insurance
- Give-In-Kind Donations Of Merchandise
- Support Our Summer Garage Sales & Silent Auctions
- Adopt-A-Family Christmas
- Donate New, Leftover Toys From Staff Or Family Christmas Parties
- Donate Your Ultra or Zehrs Tapes
- Donate Canadian Tire Money
- Volunteer Time In The Clothing Exchange And Or The Warehouse

Our goal is to see people be self-sufficient, but help is needed in the interim.

We are NOT Government or United Way Funded.