

## Getting to Know The Bridgewater Inter-Church Food Bank

The mandate of the Food Bank is to assist people in a crisis situation. People are allowed to attend once per month, with additional food given for emergency situations.

### HOURS OF OPERATION & CONTACT INFO

Regular hours of operation are Tuesday and Friday, 1:00 - 3:30 pm.

The phone # is 902-543-1915

The Food Bank is located across from the Bridgewater Memorial Rink at 150 Churchill Street

### FOOD BANK SERVICE AREA

West Clifford to Northfield - Queens County boundary to Rhodes Corner down to Green Bay

### # OF PEOPLE SERVED

In May of 2012, the Bridgewater Inter-Church Food Bank served 467 people.

Below is the breakdown. *There were 32 new families in the month of May.*

Single Males	60	Couples with Children	42
Single Females	39	Single Male with Children	11
Couples	54	Single Female with Children	51
Milk Vouchers	187	School Lunches	148

### FIRST TIME USERS

People coming to the Food Bank for the first time need to bring their Health Card and cards for any others in the family that require food. There is also a Feed Nova Scotia application form to be filled in. You will be interviewed by one of the volunteers and given food according to the size of your family. Future monthly visits will only require the Health Card of the person attending.

At the present time, anyone can come in on Tuesday and Friday afternoon to pick up bread without needing to see an interviewer.

### FOOD ITEMS AVAILABLE

If available, fresh fruit and vegetables, baking supplies, toilet tissue, shampoo, toothpaste, deodorant, diapers, feminine products, cleaning supplies, dish detergent or other items which have been donated.

Milk tickets are given to families - one per child up to three per family, as well as bagged snacks for school aged children.

A single person's monthly food order consists of the following:

1 can milk or 1 container powdered milk	1 can sandwich meat	1 Kraft Dinner
½ dozen eggs	1 pkg. fish or hamburger	3 cans soup
1 square margarine	1 can juice	1 can beans
1 sleeve crackers	1 jar peanut butter	1 can fruit
1 box cereal	1 can spaghetti	1 small bag of sugar
Potatoes or rice	2 cans vegetables	2 loaves of bread or rolls

All orders may vary from time to time according to the food we have on hand. If people request items that we have, we will accommodate them.

The larger the family, the more of the same type of food is given. We do have chicken burgers and cheese slices for children.

### **SPECIAL TOUCHES**

Gift baskets are drawn for each special occasion such as Valentine's Day, Easter, Mother's Day, Father's Day, and Canada Day. Some school supplies are available each year. Birthday bags are also given to a family who has a child celebrating during the month.

## How you can help The Bridgewater Interchurch Food Bank

### **VOLUNTEER YOUR TIME:**

The following Volunteer opportunities are available:

Purchaser	Interviewers	Special Events and
Handyman/ Women	Food Packers	Promotions
Receptionist	Donation pickup	

If you have some spare time, please call 543-1915 or visit the Food Bank during their open hours, Tuesday and Friday 1-3.30 pm. We are located across from the Bridgewater Memorial Rink.

### **DONATE MONEY:**

The Bridgewater Interchurch Food Bank currently spends in excess of \$5,000 a month just to purchase needed food items. Donations of cash allow them to purchase items that are in short supply.

There are many ways to donate money to the Food Bank.

- Single one time donation
- Monthly donation
- Special Occasion - Instead of a special occasion gift (Birthday, Anniversary, Christmas), ask that a donation in your name be made to the Food Bank.
- Tribute or Memorial donation
- Planned Giving

### **GET YOUR WORKPLACE INVOLVED:**

The majority of Canadian consumers prefer to buy from companies that are good corporate citizens. That is to say that they support companies that are socially responsible.

Your business can help the Food Bank by allowing employees to volunteer at the Food Bank during Food Bank operating hours. Volunteerism increases employee productivity, improves their morale and helps build a good corporate image.

Use the proceeds from Casual Fridays to help support the Food Bank.

Adopt a food group for a week, a month, a season or year.

Make Food Bank expenses part of your businesses expenses.

**DONATE FOOD TO THE FOOD BANK:**

Foods high in fat, oils and sugar provide calories, but few nutrients. These foods make up a high percentage of many diets because they are inexpensive and easy to obtain. It is therefore important to provide healthful foods for those with limited financial resources to supplement their restricted choices with healthy alternatives

It's important to realize that although an overweight person may look well-fed, they may be filling up on calorie-dense food that does not contain the nutrients their body needs. Take a look at the food groups below to help guide you in providing healthy choices.

**Fruit and Vegetables**

Choose canned or dry fruits and vegetables in an array of colors to ensure consumption of a variety of vitamins and minerals.

Canned Vegetables  
Vegetable Juice  
Tomato Sauce

Spaghetti Sauce  
Canned Fruit (in its own juice)  
Fruit Juice (100%)

Shelf-stable Fruit Cups

**Proteins**

Choose shelf-stable lean meats as a good source of low-fat protein and canned or dry beans as a good source of fiber.

Tuna  
Salmon  
Chicken

Beans  
Chili  
Beef Stew

Peanut Butter  
Nuts (unsalted)

**Grains**

Choose non-perishable whole grains as often as you can for maximum nutritional value.

Hot Cereals  
Whole Grain Crackers  
Whole Wheat Pasta

Low Sugar/High Fiber Cereal  
Whole Grain Rice

**Dairy**

Choose shelf-stable low-fat dairy products fortified with vitamin D.

Dry Milk

Boxed Shelf-Stable Milk