

What is the food bank's role?

- To provide an opportunity for the more fortunate to share.
- 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.



DONATIONS GRATEFULLY ACCEPTED

Visit our website at www.kingstonfoodbank.net and make your donation through "Canadahelps" button on our home page.
Mail or drop off cash or cheque at the address below.

Thank you

140 Hickson Avenue
Kingston, Ontario K7K 2N6
T 613.544.4534
F 613.544.4709



@foodbankktown



Kingston Food Bank - Partners In Mission

www.kingstonfoodbank.net


Email: 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

32 YEARS OF SERVICE



A central facility for the mass collection and distribution of food

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
- Lack of education and training programs
- Physical, emotional and mental challenges
- Undereducated and unskilled youth

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

- 11,671 hampers worth approx. \$1,464,277,69 were given out in 2015
- Over 680 people came as new clients last year
- 6,477 use the Food Bank in 2015, 36% were children under the age of 18
- 32% of Food Bank users are single parents
- More than 269,163 hampers have been distributed since the Food Bank began.
- On average Partners in Mission Food Bank helps 900 households a month
- We do not receive any government funding or a member of a funding agency
- 44,784 lbs. of food was donated from the Food Bank to area meal programs in 2015
- Every month area churches of all denominations donate to the Food Bank
- Over 331,871 lbs. of surplus foods were recovered from area food businesses and diverted from landfill in 2015
- All food hampers contain fresh fruits and vegetables, eggs and milk

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. Volunteering has no age limits, your commitment and energy is enough. It is a great way to meet new friends and contribute to your community.

Our volunteers provide essential services in many ways:

- Assemble daily hampers
- Sort food donations
- Breakdown and bag bulk items

How to get 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 fresh and canned goods.

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