



Volunteer Newsletter

Vol I – February 2022

THANK YOU, VOLUNTEERS!!!

Happy New Year from all of us here at the Food Bank! I (Char) have now completed almost three months as the new Volunteer & Event Coordinator. I've enjoyed meeting all of you and learning all the little parts that make this amazing organization run. What a generous and giving community we live in and what a wonderful group of volunteers I am blessed to work with! I still have lots to learn, so thank you for your patience with me.

We made it through a very busy Christmas season. You incredible volunteers worked 406 hours in the month of December. We were able to provide 212 families (908 individuals) with Christmas hampers. Hamper delivery day (Dec 17) and Hamper Distribution Day (Dec 18) had 90 volunteer hours in just those two days. THANK YOU! We simply could not be this productive without your help.

January brought the exciting task of welcoming back volunteers who haven't been with us for a while for various reasons, but mostly due to Covid. It was important for me to contact each of you to let you know I deeply value and respect the time you have already put in, as well as your experience. You will be a huge help to the new volunteers we welcome to the team.

To the new volunteers, WELCOME!!!! I was amazed to be handed a file of over 50 people who have sent emails or called with interest in volunteering. Thank you, as well, for your patience while we learn the processes together. You have all been an immense help already and our warehouse is getting more organized every day. We have finished sorting 3/4 of the Fall Food Drive and Christmas donations – well done!



Safety & Protocol Reminders

I will be putting a few safety reminders in each newsletter. Please remember to stay alert and be aware of what's happening in the warehouse, what with Carl driving around on the forklift and me learning how to operate the pallet jack (watch out – rookie driver!). This means you should not wear ear buds or earphones. We can gladly turn up the music! Look both ways before moving around to make sure you aren't going to get run over.

A gentle request to please be more vigilant with sanitizing. Please wipe down surfaces (tables and carts), before and after your shift. This is Food Safety protocol always, but we should be extra cautious during Covid.

We are working hard to reduce our environmental footprint, so please be diligent in recycling any possible items. This includes take-out coffee cups you may bring. That being said, please note that the large box beside the sorting table is for hamper boxes only, not recycling! These need to be sturdy boxes that aren't too big (as they get too heavy to lift when filled with hamper items).

In these newsletters, I'd like to do Staff and Volunteer spotlights in each issue so we can all get to know each other a little better. For this volume, I'll just share a little more about me.....



I was born and raised in Calgary. We have lived in Okotoks for eight years and prior to that lived on an acreage just east of Okotoks for eight years. I consider myself an Okotokian now. Here's a photo of my family, my husband Shane, Haley (19), Caden (17) & Karis (14).



This photo is my yearly elf costume (I sing with the Big Rock Singers Choir) that I was kind enough not to show up at work in on Christmas Hamper Distribution Day. Maybe next year!

Each month, Donna Large, our Client Care Coordinator features a "Food of the Month". For January, it was Beets.

This Brownie recipe is delicious and something you may want to consider making for your loved ones this Valentine's Day. They will never know the secret ingredient unless you tell. Not too sweet, yet addictive!

Secret Double Chocolate Brownies

1 cup all-purpose flour

¼ cup cocoa powder

¼ tsp. salt

3 eggs

1 cup sugar

½ cup vegetable oil

2 tsp. vanilla extract

½ cup chocolate chips

2 cups finely grated, raw red beets

1) Preheat oven to 325° F. Grease an 8x8 inch glass or metal baking dish.

2) In a medium size bowl whisk together flour, cocoa powder and salt.

3) In a large size bowl whisk eggs with sugar, vegetable oil and vanilla; then stir in the flour mixture. Add the chocolate chips and beets and mix until just combined.

4) Scrape into the greased baking pan and bake for 35-40 minutes or until a skewer inserted into the middle comes out clean. Do not over bake or brownies will be dry. 5) Cool on a serving rack and if you prefer, decorate with a dusting of icing sugar or chocolate mint frosting. Cut into squares to serve.



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