



# Volunteer Newsletter

Vol IV – March 2023

## WE APPRECIATE YOU VOLUNTEERS!

I'm overjoyed to start this newsletter by welcoming over 20 NEW VOLUNTEERS to our Food Bank Family. I look forward to getting to know each of you. Volunteers are the heartbeat of our organization. Here are a couple of quotes we received recently from people who have spoken so highly of the work we do here.

"It was the first time in my life that I asked for a hamper. Things were getting just a little too tight. Thank you to all the volunteers and donors who contributed so generously to this program! It was great to receive all the fixings for a wonderful Christmas dinner, plus all the extra goodies! I am very appreciative and grateful and will endeavor to continue volunteering in the Okotoks community to help pay it forward. Merry Christmas to all of you caring and giving volunteers!" – client

"Thanks so much Okotoks Food Bank!! We love that we can support the community of Okotoks in this way! We have hardworking souls in all that we do as Entrepreneurs but it's so much easier to work hard when we know that our efforts contribute to the health of the communities we work in! Thanks for all you do!" -Leanne & Jean-Paul from Rancho Vignola



### DEC VOLUNTEER APPRECIATION PARTY

It was such a wonderful evening celebrating each of you. I've received amazing feedback so we will DEFINITELY be planning something like this again in the future! Here's just a couple of the many photos!



### BETTER IMPACT VOLUNTEER MANAGEMENT SYSTEM & POLICE CHECKS

Thank you to the volunteers who are actively using the Better Impact System. We now have 139 volunteers, so it's a huge help if you are able to schedule your own shifts. If you need any assistance, I'm more than happy to help. Go to [MyImpactPage.com](http://MyImpactPage.com) and use your email address as your username and FoodBank2023.

I've received most of the Vulnerable Sector Checks. Thank you! If you still need the letter to obtain the check, please let me know. Just a reminder, there will be a \$5 fee (payable in cash only – exact change).

### CHRISTMAS HAMPERS

This Christmas we gave out a total of 195 hampers. We had over 60 volunteers help throughout the week, pre-building, delivering and distributing hampers. This came to a total of 200 volunteer hours. Thank you so much for making an impact in many people's lives this Christmas.



### **FOOD SAFETY COURSE**

We'd like all volunteers to take this online Food Safe Handling Course from Alberta Food Banks. This one is specifically for volunteers in Food Banks. Here's the link:

<https://albertafoodsaferebellms.ca>

Please select "Register" from the menu in the top right corner, then use the access code:

**FoodSafe-T1S-1B1-2UFD2Q**. If you have any questions, please don't hesitate to reach out.

### **REMINDERS FOR OUR ROLE AS VOLUNTEERS**

Volunteers are at the core of all we do! We rely on you to sort, deliver, and pick up food to help out our community. You greet clients, distribute food, help bring donations into the building or take them out to client's vehicles. One of the roles that is sometimes forgotten is that of the AMBASSADOR. We love that you will go and tell your friends and family about your experiences here, the programs we offer and the opportunities to volunteer. Through all of that, we appreciate that you will keep the confidentiality of our clients in mind as well as any biases you may have. It can be hard to remain completely non-judgmental in all situations. Our amazing director Pamela has always graciously reminded me that we never know the whole story when people walk through our doors. Our mandate is simple, "To Feed the Hungry". We believe this includes all Albertans.

We are so blessed to have this amazing facility be a HUB for other food banks and to have our "Help Yourself" shelves (HYS). Some of you may not be aware that we welcome clients from anywhere to come to our HYS. The HYS items are those we typically don't give out in hampers. Much of it would be destined for the landfill if we don't pick it up, sort through it and then re-distribute it. We're so glad it can go to good use.

To receive a monthly hamper, our clients need to register and live in the Okotoks area. Hamper items are all within their best before date and the perishables have been purchased by the Food Bank. If you're interested in seeing what goes into our hampers just let us know and we'll be happy to show you.

We hope this information is helpful.

### **VOLUNTEER HOURS OCT-DEC 2022 (Q4)**

Core Volunteers	1284
Cobb's Bread	51.5
Food Bank Shopper	36
Store Pickups	225
Garden	0
Hamper Delivery	38
Corporate Groups	31
Board Activities	60
Students	87.5
Events	194.5
<b>TOTAL</b>	<b>2007.5</b>

### **VOLUNTEER HOURS (ANNUAL TOTAL 2022)**

Core Volunteers	4901
Cobb's Bread	265.5
Food Bank Shopper	144
Store Pickups	900
Garden	217
Hamper Delivery	128
Corporate Groups	125
Board Activities	384
Students	300
Events	832
<b>TOTAL</b>	<b>8196.5</b>

### **SAVE THE DATE**

Volunteer Appreciation Week is **April 17 – 21**. Please mark it on your calendar and stay tuned to hear what our plans will be to show our appreciation.

