



Sunshine Coast Food Bank

Gathering, storing and distributing food to those in need.



The Sunshine Coast Food Bank

- Opened in Gibsons in 1983.
- Now situated in Sechelt at 5657 Lamprey Lane.
- Our mandate is to gather, store and distribute food to those in need in our community.
- Member of Canadian Association of Food Banks.
- Team of 25 volunteers contributed 3,235 hours in 2011.



The Sunshine Coast Food Bank

- Support clients from Langdale to Egmont.
- Open every Tuesday and Wednesday from 11am to 1pm.
- Distribute bread and produce weekly and groceries every second week.
- Have an onsite walk-in freezer and cooler for storage.
- Children accounted for approximately one third of that number.



Our Challenges

- Balancing nutrition vs. quantity vs. costs.
- Lack of food skills or cooking facilities for clients.
- Meeting the needs throughout the year.
- Maintaining a steady volunteer program.
- Educating the community about poverty.



2012 Stats

- Food Bank Distribution 2012
 - 3,163 households representing 6,855 individuals of whom 2,575 are children
 - Monthly Average: 351 households, 761 individuals, 286 children
- Bread and Produce Days 2012
 - 1,502 households representing 3,088 individuals of whom 1,102 are children
 - Monthly Average: 166 households, 343 individuals, 122 children

2012 Highlights

- March 5 & 6 was biggest Food Bank of the year
 - 201 households received food
 - 413 individuals of whom 141 are children
 - Breakdown of Families:
 - One person - 115
 - Two person – 30
 - Three person - 25
 - Four person - 4
 - Six person – 7
 - Seven person – 1
 - Ten person - 1

Many of these
multi-person
groups
are single parent
families

Food Bank Initiatives and Partnerships

- Food Literacy Program:
 - Food and Nutrition Workshop
 - Arrowhead Gardening
 - Farmer's Market

- SC Botanical Gardens and Chatelech Secondary Foods Program:
 - Students farm, harvest and preserve vegetables

- The Fruit Tree Project:
 - Volunteers harvest fruit from privately owned trees

- Protein Program:
 - Protein for People Program



Community Outreach and Support

- Tours for school groups, Girl Guides, Scouts, Minor Hockey, and other organizations
- Hunger for Halloween School programs
- Hunger Awareness Week
- Extra Foods Extra Helpings / Loblaws
- Donations from local stores, bakeries, and farms
 - Marketplace IGA, Extra Foods, Claytons
 - Starbucks, Wheatberries
 - Sunshine Coast Botanical Society, Rosendale Farms





S U N S H I N E C O A S T
Community Services

Creating a Caring Community

