



**Acadia Food Pantry**  
**8516 Athabasca St. SE**  
**12 to 12:45 pm on the 3<sup>rd</sup> Tuesday**

**What do we do?** The Acadia Food Pantry (AFP) collects and distributes food on a monthly basis to people experiencing food insecurity. It was set up to primarily serve vulnerable people in our community, but does not turn anyone away.

**Who are the organizers?** As part of the Acadia Network & Action Group (ANAG), this program is organized and staffed by volunteers including local residents, neighbourhood Lutheran, Moravian and United churches as well as community service providers. Volunteers are key to making this program work. To get involved, contact: [acadiapantry@gmail.com](mailto:acadiapantry@gmail.com).

**How is it funded?** The AFP is funded primarily through the actions of the three churches and the Chinook Rotary Club, with some help from City of Calgary Neighbourhoods. During the pandemic, the AFP accessed two COVID grants directed at food insecurity. These grants are no longer available. Thanks to a substantial grant from the Moravian Ministries Foundation, we are able to offer enhanced food items until September 1, 2024.

**Why is a food pantry program needed?** Many families on low or limited incomes live with food insecurity as part of their daily lives. Food insecurity in our community continues to grow with the rising cost of food exacerbated by the current housing crisis in Calgary and resulting rent increases. Most of the patrons live in rentals units and there is often not much money left for food after rent and utilities are paid. During the last quarter of 2024, the AFP served an average of 72 families including 231 individuals per month, many of them children and mostly residents living in Acadia and surrounding communities. This is up substantially since last year and has continued to raise in early 2024.

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| <p><b>Who experiences food insecurity?</b></p> <ul style="list-style-type: none"> <li>• In 2021, 1 in 5 households (20%) in Alberta were food insecure., the highest rate in Canada.</li> <li>• 51.9% of food-insecure households reported their main source of income as wages.</li> <li>• One third of households with food insecurity are led by a lone female parent.</li> <li>• Households with children under 18 are more likely to be food-insecure than those without.</li> </ul> <p><a href="https://proof.utoronto.ca/food-insecurity/">https://proof.utoronto.ca/food-insecurity/</a></p> | <p><b>Is there enough help with food?</b></p> <ul style="list-style-type: none"> <li>• There are a large number of individuals and families in Acadia &amp; Fairview who access the Food Bank yet still experience food insecurity.</li> <li>• The Calgary Food Bank provides limited fresh fruits &amp; vegetables.</li> <li>• Families do not have choice in what is provided, so it may not meet family needs.</li> <li>• Many low wage earners are reluctant to seek referrals for help because of the stigma attached to it.</li> </ul> | <p><b>What are the consequences of chronic food insecurity?</b></p> <ul style="list-style-type: none"> <li>• Causes nutrient deficiencies</li> <li>• Increased vulnerability to physical and mental health problems such as disease, chronic conditions, anxiety, depression</li> <li>• Hunger in childhood may lead to hyperactivity and inattention as well as an increased risk of asthma, depression and suicidal tendencies.</li> <li>• Takes a toll on the health care system.</li> </ul> |
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**How does the food pantry program work?** The AFP receives some food from, Spinz-A-Round a division of Community Kitchens. Spinz is a food rescue program that provides fresh produce and other perishable and non-perishable items that might otherwise be thrown away by local merchants. Bread is provided by the Italian Market, COBS and Good Bread. Some churches collect non-perishable canned and dry goods. On the third Tuesday of the month, patrons are invited to pick up hampers between noon and 12:45 pm. Food items are laid out on tables and patrons pick out what they need for their families, with limitations on quantities. Pre-registration is not required and delivery is offered on a limited basis to in our area with mobility issues or other needs that prevent them from attending in person.

**How can volunteers help?** Volunteers are required on the 2<sup>nd</sup> and 3<sup>rd</sup> Tuesdays of each month. There are tasks for every ability level. Please contact [acadiapantry@gmail.com](mailto:acadiapantry@gmail.com) for more information.

**Pick-up and Delivery:** Drivers with medium to large vehicles are required on both days to do Spinz runs and pick up pre-ordered PC Express items. On the third Tuesday, drivers are also needed to pick up bread and produce, dispose of recycling, deliver hampers and take leftover fresh items to the Mustard Seed. Some heavy lifting may be involved, but not always. Drivers will be paired with another volunteer as needed.

**Hamper Packing Day – 2<sup>nd</sup> Tuesdays, 10:30 am – noon:** Along with pick-up and delivery, volunteers are needed to unload food items delivered from Spinz and PC Express, move food items to storage room in church basement, organize food items and check best before dates, and fill hampers with non-perishable items for delivery the following Tuesday.

**Pantry Day - 3<sup>rd</sup> Tuesdays, 10:00 am – 1:30 pm:** Along with pick-up and delivery, volunteers are needed to unload fresh items and organize them for distribution, bring non-perishable items up from the storage room and set them out, register patrons, supervise food distribution, clean tables and return items to the storage room.