



CAMPUS FOOD BANK AT UNIVERSITY OF ALBERTA:

CLIENT INFORMATION

Services Available

The Campus Food Bank Society at the University of Alberta is an autonomous non-profit organization that provides food hampers to members of the U of A community (defined as current students, staff, and alumni) in need. We also provide poverty reduction and advocacy referrals to anyone, at any time, about other programs and organizations that may assist you or someone you know in need. Confidentiality is assured.

Our hampers are designed to provide around a 5-day supply of food and as such are not intended to meet all the requirements of a healthy diet. They are modeled after Canada's Food Guide and follow a set menu. Because we want to provide a balanced diet and equitable service to all of our clients, we ask that special requests be made only when necessary (allergies, dietary or cultural restrictions).

We also provide toiletries to our clients on request, so please do not hesitate to ask if you need items such as shampoo, toilet paper, toothpaste, etc. Because we rely on donations, certain items may not always be available but we do our best to keep them in stock.

If you have an infant (under 2 years of age) we can provide baby formula, baby food and/or diapers (newborn to size 6) with your hamper. Please ask for more information.

If you have questions or concerns at any time, please do not hesitate to contact our office at (780) 492-8677 or by e-mail at cfb.admin@su.ualberta.ca.

Using our Hamper Service

1. Upon registering for Campus Food Bank services, a client user number will be assigned (for confidentiality reasons) and a food hamper will be issued immediately. Your personal information will be collected but is not shared.
2. Please note that some form of government-issued (birth certificate, drivers' license, or University-issued identification is required for each member of your household sharing the hamper.
3. Additional hampers can be accessed once every 2 weeks – so if your first hamper was picked up on a Tuesday, your next hamper can be picked up two Tuesdays from then. That said, food banks are designed to be a short-term source of food assistance for those in financial need. We ask that you use up all of the food from a previous food hamper before requesting another one.
4. Hamper requests can be made online (www.campusfoodbank.com, under Client Services), in person, or over the phone (780-492-8677). When making a request, please tell us your CFB client user number, the number of adults and/or children in your household that identification has been shown for, and your pick-up date and time. You may also note any special requests at this time – we accept up to 3 substitutions or modifications to your food hamper.
5. We require a minimum of one business day notice to fill a hamper request with the exception of first-time users. One business day means contacting us during business hours (ie. 10am-6pm) at minimum the day before your pickup. Requests sent in later than 6pm for next day pickup will be treated as a same day request.
6. Same day requests will be issued a half hamper at the discretion of CFB volunteers and staff. An additional full hamper cannot be requested until the two week period has passed. We are a busy service and appreciate as much notice as possible when requesting a hamper.
7. Picking up a hamper on the requested pick-up date is your responsibility. Any unclaimed hampers will be reshelfed after 2 business days have passed. Staff may, at their discretion, refuse to re-issue unclaimed hampers. Please call or email us (foodbank@su.ualberta.ca) if you are unable to pick up your hamper on time and we will do our best to accommodate your situation.
8. Perishable food items and toiletries will be distributed at your verbal request when you pick up your hamper. They are given out as part of a wholesome hamper with the non-perishable food items, and are not to be requested separately. These items are given out with your food hamper on your pick-up day based on what's currently in stock.
9. Please feel free to take a seat in our office and allow our volunteers to gather your items. You are welcome to take 2-3 items from our 'Help Your-Shelf' while you are waiting. Please do not enter our Hamper Room (door to the right of the entrance) – for food safety reasons we limit the access to this space to staff and volunteers.
10. The Campus Food Bank reserves the right to refuse service to anyone who is rude, abusive or belligerent. Our volunteers are here to help you – respect goes both ways.

Please keep reading on the other side for more information →

Your CFB Client Number Is: _ _ _ _

Listed below are the contents of a typical food hamper, based on Canada’s Food Guide. While we aim to always have these items in stock, many of these items are donated and we may need to make substitutions as necessary. We aim to provide all clients with an equitable, balanced diet. Campus Food Bank is here to provide those experiencing extenuating circumstances with the nutrition they require; if you are dealing with a consistent lack of funds, please consult with the Student Financial Aid Information Centre for more information and resources, such as budgeting workshops. We are also a depot for the Wecan Food Basket Society if you would like to buy healthy, affordable produce and/or meat.

<p>One Person Food Hamper</p> <p>2 cans each of:</p> <ul style="list-style-type: none"> • Beans (kidney, brown, chickpeas etc.) • Meat/Fish (tuna, turkey, chicken) • Soup (chicken noodle, vegetable etc.) • Vegetables (carrots, corn, potatoes) • Fruit (peaches, apple sauce, pineapple) <p>1 can/jar of:</p> <ul style="list-style-type: none"> • Pasta/Tomato sauce <p>1 package each of:</p> <ul style="list-style-type: none"> • Instant Macaroni & cheese • Pasta, Rice, Rolled Oats (500g each) • Juice (1L if available) • 1L Milk Token redeemable at Lister Marina 	<p>Four Person Food Hamper:</p> <p>5 cans each of:</p> <ul style="list-style-type: none"> • Beans (kidney, brown, chickpeas etc.) • Meat/Fish (tuna, turkey, chicken) • Soup (chicken noodle, vegetable etc.) • Vegetables (carrots, corn, potatoes) • Fruit (peaches, apple sauce, pineapple) <p>2 cans/jars of:</p> <ul style="list-style-type: none"> • Pasta/Tomato sauce <p>3 packages of:</p> <ul style="list-style-type: none"> • Instant Macaroni & cheese <p>1 package each of:</p> <ul style="list-style-type: none"> • Rice (1.25kg), Pasta (1kg), Rolled Oats (1kg) • Cereal • Juice (2L if available) • 1L Milk Tokens redeemable at Lister Marina • Peanut Butter (clients with children only)
<p><i>Bread and other items such as eggs, fresh fruits and vegetables will be included upon pick-up if available.</i></p>	

Easy Recipes Using Your Food Hamper:

<p>Quick 3 Ingredient Chili</p> <p>1 can beans (kidney, chick peas, navy – drained & rinsed) 1 can tomato sauce or diced tomatoes 1 can vegetables (corn, mushrooms or mixed vegetables) ½ cup rice (dry) <i>Optional: Oil, Chopped onion & garlic, Ground beef, Chili powder (2 tsp)</i></p> <p><i>If using:</i></p> <ul style="list-style-type: none"> • <i>Oil: Add to pot and let sit for 2-3 minutes over medium heat</i> • <i>Chopped onion & garlic: Add to the pot and cook for 4-5 minutes</i> • <i>Ground beef: Prepare the ground beef by frying it in a medium sized frying pan until browned. Drain grease and add to chili.</i> <p>Prepare the rice according to the directions on the package. Pour tomato sauce into pan and heat for approximately 5 minutes. Add beans. Stir & continue heating for another 5 minutes. Add vegetables. <i>If using beef & chili powder: Add to the pot and stir.</i> Continue heating the chili until all vegetables are hot. Remove pot from the burner. Serve over rice.</p> <p>Makes: 2 – 3 servings of chili & rice.</p>	<p>Bean & Tuna Salad</p> <p>1 can beans (kidney, chick peas, navy – drained & rinsed) 1 can tuna (drained & coarsely flaked) 1 stalk celery 1 green onion 1 tsp lemon juice 3 tsp olive oil Salt & Pepper to taste</p> <p>Chop celery and green onion into small pieces and mix together Pour lemon juice, olive oil and salt & pepper into a small bowl and mix with fork until well blended Mix beans and tuna into celery/green onion mix Pour lemon juice mixture over bean & tuna mixture. Serve cold with whole grain crackers or bread.</p> <p>Makes: 3 - 4 servings</p> <p>Still unsure of how to make tasty meals with your hamper ingredients? Sign up for FREE monthly community kitchens on campus with <u>Healthnuts</u>, a student group dedicated to teaching others the basics of cooking simple, healthy meals. For more info.: www.ualberta.ca/~healthnt/</p>
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HOURS OF OPERATION	Monday through Friday
Fall & Winter Terms:	10am-6pm (Closed on most holidays)
Spring & Summer Terms:	Contact the office (780-492-8677) or check: www.campusfoodbank.com