

Campus Food Bank Client Handout

About Us

The University of Alberta Campus Food Bank is a confidential, non-profit organization that provides food hampers to University of Alberta community members (staff, students and alumni up to five years after graduation) who are in need. Our food hampers include 4-5 days of food items and are not intended to meet all the requirements of a healthy diet. They are modeled on the Canada Food Guide and follow a set menu to include food items from each food group. The food hamper will however help reduce your grocery bill. Substitutions for those with allergies, dietary or cultural restrictions can be made. Because we rely on donations, certain items may not always be available but we do our best to keep them in stock.

For more details about us, go to campusfoodbank.com

Our Service

1. A ONEcard is needed to register and to pick up hampers
2. Eligible to pick up a hamper every two weeks (14 days apart)
3. Hamper requests can be made by:
 - a. Going online to campusfoodbank.com/clients
 - b. Visiting our office
4. We will not fulfill same day hamper requests.
5. If a hamper is not picked up within 2 days of the scheduled pick up day, it will be reshelfed.
6. We expect you to take the full hamper with you when you leave. Bring a friend, rolling bag or other reusable bags to help you carry everything.
7. Up to 3 substitutions are available, but only within the same food item category (ex. Switch a soup for a different soup, or a cereal for a different cereal)
8. We follow the Food Banks Canada standards for non-perishable items, not just Best Before dates.
9. Based on donations, Infant supplies (diapers, baby food, formula) may be available upon verbal request.
10. Toiletries such as toilet paper, toothpaste, soap, etc. are available on verbal request.
11. Check-ins with staff are required every 4 months to ensure their profile is up to date.
12. We are a volunteer-run service, so please be patient with our team. Visits will take 20 minutes, so plan that into your schedule when you come to pick up.
13. The Campus Food Bank reserves the right to refuse service to anyone who is rude or abusive.

HOURS OF OPERATION Fall & Winter Terms:	Monday through Friday 12-6pm
Spring & Summer Terms:	Tuesday-Friday 12-4pm
(780)492-8677	www.campusfoodbank.com

Resources Page

Campus Food Bank Food Hamper Menu

One Person Food Hamper	Four Person Food Hamper:
<p>Non-Perishables 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, peas) ● Fruit (peaches, 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) <p>Fresh Perishables (exact items vary, based on availability)</p> <ul style="list-style-type: none"> ● Eggs ● Bread (frozen to last longer) ● Dairy ● Fresh fruit and vegetables <p>* Note: This our basic menu, our volunteers will consider dietary restrictions/allergies when making your hamper. *</p>	<p>Non-Perishables 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, peas) ● Fruit (peaches, pineapple) <p>2 cans/jars of:</p> <ul style="list-style-type: none"> ● Pasta/Tomato sauce <p>4 packages of:</p> <ul style="list-style-type: none"> ● Instant Macaroni & cheese <p>1 package each of:</p> <ul style="list-style-type: none"> ● Pasta, Rice, Rolled Oat (1kg each) ● Cereal ● Juice (2L if available) ● Peanut Butter (primarily for clients with children) <p>Fresh Perishables (exact items vary, based on availability)</p> <ul style="list-style-type: none"> ● Eggs ● Bread (frozen to last longer) ● Dairy ● Fresh fruit and vegetables

Recipe Resources

- **Good and Cheap** -Leanne Brown
This FREE PDF cookbook was created to stretch small amounts of money and ingredients into delicious meals. Access it at: <https://books.leannebrown.com/good-and-cheap.pdf>
- **Atco Blue Flame Kitchen**
Here you will find many different recipes to use your hamper ingredients in, as well as how to videos to help you cook foods you may not have used before

Other Resources

- **Student Connect**
Located in the Administration Building on campus, this service can help you with financial questions or struggles, as they have information on workshops, bursaries, and more
- **Call 211**
Phone and online resource for social and community support and resources in Edmonton
- **Canada Food Guide** <https://www.canada.ca/en/health-canada/services/canada-food-guides.html>
Our hampers are based on this guide, which is produced by Health Canada
- **Money Mentors**
<https://moneymentors.ca/>
Further financial resources are available through this service, to promote personal money management. Money Mentors has an Edmonton office and can be reached by phone or online.