



## Acadia Food Pantry

8516 Athabasca St. SE

12 to 12:45 pm on the 3<sup>rd</sup> Tuesday

**Who are the organizers?** As part of the Acadia Network & Action Group (ANAG), this program is organized and staffed by volunteers including local residents, churches and community service providers. It is funded primarily through the actions of the three churches involved. Volunteers are key to making this program work. To get involved, please contact: [acadiapantry@gmail.com](mailto:acadiapantry@gmail.com).

**Why is a food pantry program needed?** Many families on low or limited income live with food insecurity as part of their daily lives. Food is a basic need to which everyone should have access, regardless of income or financial situation. Many residents of Acadia and surrounding communities live in food insecure households.

### Who experiences food insecurity?

1 in 8 households in Canada (over 4 million people) and 1 in 6 children under the age of 18 in Canada experience food insecurity,

Low-waged jobs and precarious work means people in the workforce often don't have enough to be food-secure.

45% of the minimum wage earners are not teenagers, but are parents themselves.

One third of households with food insecurity are led by a lone female parent.

### Is there enough help with food?

There are a large number of seniors and families in Acadia & Fairview who access the Food Bank yet still experience food insecurity.

The Calgary Food Bank provides limited fresh fruits & vegetables.

Families do not have choice in what is provided, so it may not meet family needs.

Families are limited to only 3 hampers a year through self-referral, and many low wage earners are reluctant to seek referrals for help.

### What are the consequences of chronic food insecurity?

- Causes nutrient deficiencies
- Increased vulnerability to physical and mental health problems such as disease, chronic conditions, anxiety, depression
- Hunger in childhood may lead to hyperactivity and inattention as well as an increased risk of asthma, depression and suicidal tendencies.
- Takes a toll on the health care system

**How does the food pantry program work?** The pantry collects food and distributes it to people in need. Spinz-A-Round, a food rescue program, provides fresh produce and other perishable items that might otherwise be thrown away by local merchants. The food Spinz provides varies greatly in quantity and quality. Fresh bread is provided by The Italian Market and COBS. Churches in the community collect nonperishable canned and dry goods and provide some funding for the purchase of extra staple food items.

We believe that food is a basic need and it is important to treat our patrons with dignity and respect. We honour the integrity of our patrons and work under the assumption that those accessing food do so because they are financially challenged to provide enough food for themselves and their families. As such, patrons are not asked to disclose personal information other than the number and ages of family members as required for basic record keeping. Contact information is required for COVID contact tracing purposes. Pre-registration is not required.

### How can volunteers help?

Volunteers are required for the 2<sup>nd</sup> and 3<sup>rd</sup> Tuesdays of the month from 10:30am - 1:30pm.

AHS recommendations to prevent the spread of COVID-19 are in place. Face masks are required and social distancing is expected whenever possible. Hand sanitizers, gloves, and face masks are provided.

**Hamper Packing Day - 2<sup>nd</sup> Tuesdays, 10:30 am - 1 pm:** Unloading and organizing non-perishable items, set up and take down, filling hampers with non-perishable items for pantry on the following Tuesday, sanitization of tables, washrooms and touchpoints.]

**Pantry Day - 3<sup>rd</sup> Tuesdays, 10:30 am - 1:30 pm:** Unloading and organizing fresh items, set up and take down, food distribution, sanitization of tables, washrooms and touchpoints. Delivery of some hampers and excess food to other non-profit.

**Spinz Pick-up and Delivery:** Two people are needed each Tuesday to pick up from the Spinz program at 9am and deliver to the pantry. A large vehicle is required and the volunteer should have to ability to lift boxes of food. If needed, drivers can be matched with another volunteer.