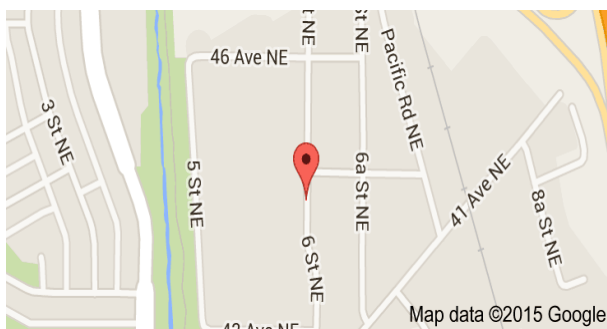


VOLUNTEER INFORMATION

- Our Address:
#1, 4539-6th Street NE (403) 265-6304



DROP OFF LOCATIONS

❖ Any Legion

❖ Veterans Food Bank
#1, 4539-6th Street NE

❖ Crown Surplus
1005-11th Street SE

❖ Aerospace Museum
4629 McCall Way NE

HOURS OF OPERATION

- Monday to Friday 8:00 to 3:00
- Closed all Statutory Holidays
- If you require us to stay past 3:00, we are happy to do so, just let us know

- During Campaign and after (end of October to end of January) we do work most Saturdays. We have designed these as family days, so you are welcome to bring your children over the age of 12 to participate in volunteering. These hours need to be booked in advance please.
Saturday Hours are usually from 8:00 to 3:00
- Groups of 10 or so work best. Over 15 is, pretty difficult to manage but we are happy to break this into two days or a weekend if that would work better for your organization.
- Parking is available
- Dress code is fairly simple, dress comfortable, proper footwear (no open toed shoes)
- Water, coffee, pop & juice is available, bring your own snacks.

VOLUNTEER DUTIES

- ❖ building hampers
- ❖ building hamper boxes
- ❖ sorting and checking dates on incoming food
- ❖ stocking shelves
- ❖ repacking food
- ❖ assisting drivers with food pickups and deliveries occasionally
- ❖ there will be some heavy lifting, just ask a staff member to assist you



THANK YOU FOR VOLUNTEERING



2017 FOOD HAMPER LIST

ALL ITEMS LISTED BELOW ARE INCLUDED IN A 4 BOX HAMPER SET ALONG WITH \$400.00 IN GROCERY CARDS FOR FRESH FRUIT, MILK, MEAT ETC.

Salmon	Pasta Sauce – Jars/Cans	Razors
Tuna	Tomato Sauce	Body Wash
Sardines	Tomato Paste	Bar Soap
Oysters	Evaporated Milk	Soda Crackers
Misc. Fish Items	Liptons Soup	Snack Crackers
Mixed Veggies	Chunky Soup	Cookies
Green Beans	Misc. Soup	Flour
Niblets Corn	Vegetable Soup	Sugar
Cream Corn	Chicken Noodle Soup	Cookies
Peas	Tomato Soup	Cereal
Honey	Mushroom Soup	Hot Cereal
Peanut Butter	Ichiban Soup	Popcorn
Jam	Cake Mix	Candy
Tomatoes	Misc. Baking items	Pudding Cups
Chicken Canned	• Nuts, Chips, Spices	Rice
Ham Canned	Pancake Mix	Instant Potatoes
Chicken Spread	Syrup	Side Kicks
Turkey Spread	Mustard	Fast & Fancy Rice
Ham Spread	Ketchup	Bistro Rice
Pie Filling	Relish	Hamburger Helper
Cranberry Sauce	Salad Dressing	Stove Top Dressing
Apple Juice	Misc. Condiments	Instant Pudding
Fruit juice	Dish Soap	Jello Packages
Mandarins	Paper Towel	Chili
Peaches	Kleenex	Stew
Pears	Toilet Paper	Chef –Boyardee
Applesauce	Deodorant	Pork n’Beans
Pineapple	• Mens/Womens	Mixed Beans
Spaghetti – Boxed/Bags	Tooth Paste	Misc. Cleaning Supplies
Pasta- Boxed/Bags	Tooth Brushes	Shampoo

Sometimes our donors request a listing of specific items that we are constantly low on. We have had companies/schools that have little mini competitions seeing who can round up the most cans of a particular item. We are grateful for all items donated but sometimes we are over inundated with some items and struggle to keep the shelves stocked with the following items:





Calgary Poppy Fund & Veteran's Food Bank Fact Sheet



- We support Veterans, and their dependents who are in need, regardless of their age
- All of our Veterans are entitled to a four box hamper set (value \$400.00) along with \$400.00 gift cards to purchase fresh veggies, milk etc. which they are eligible for every two months. Some of the money donated goes towards the purchase of gift cards
- An average of 60 hampers per month given out and they can be picked up or delivered
- Annual cost for vouchers could reach \$300,000.00 this year
- A portion of the funds collected goes towards re-stocking our shelves
- Gift bags for our Veterans in hospital or nursing homes
- Baby food, diapers and other items need for our younger Veterans with children
- We have a few Veterans that require special food items that we purchase for them
- We purchase aids to daily living items (such as walkers, scooters, wheelchairs, canes and bath aids) bus passes, compression stockings, as well as major expenses such as hearing aids, prescription medicine, medical equipment, Lifeline, shelter, dental, eye care, or any other medical costs they may incur
- If any Veteran is in need of assistance with bills such as shelter costs, utilities etc. we support them with these issues
- Up to \$1000.00 in bursaries for Veterans and their children or grandchildren for education purposes
- Basically, anything they require assistance with we provide all services to them
- Subsidize Meals on Wheels up to \$5.00 per day
- Hospital parking passes given to Legion branches & Veterans for appointments or visiting
- Major expenses could reach over \$350,000 this year
- The Calgary Poppy Fund & Veterans Food Bank is community minded and supports other organizations as well

Calgary Poppy Fund
#1, 4539 – 6th St. NE, Calgary, Alberta T2E 3Z6
Phone: (403) 265-6304 Fax: (403) 264-3892 Email: calpopp@telus.net