

Donations:

! The support we receive from our donors allows us to ensure we are providing our families in need with the best nutrition possible!

Requests can be found:

- Facebook page Fort McMurray Food Bank
- Twitter account @FMMFoodBank
- website www.fortmcmurrayfoodbank.com
- FMPSD School Newsletters
- This should not be a bulletin, it should stand alone. If you have a newsletter that you are willing to place our needs list in please let us know
-

This statement should stand alone Monetary donations are always welcome!

Thank You!

Rental SPACE Available
Meeting/board room holds 28 people
and outside food is allowed please call
780-743-1125 to book room.

VOLUNTEERS

The Fort McMurray Food Bank is very grateful to the many volunteers who Support our organization volunteer positions are available in the following areas

Board members
Food sorting
Trades people
Food drives
Shelf stocking
Fundraisers

Volunteers are the foundation on which we have built this organization.

If you are interested in volunteering please call 780-743-1125 to schedule your orientation.

We are open the second Saturday of every month for volunteers to come in and help from 8:30 am till 4:30 pm.

Other Saturdays can be booked for larger groups as well!

Fort McMurray Food Bank

10117 King Street
Fort McMurray, AB
T9H 3J1
www.fortmcmurrayfoodbank.com

E: info@fortmcmurrayfoodbank.com
P: 780-743-1125
F: 780-743-9156



"The Fort McMurray Food Bank is an organization of citizens who desire to enhance human dignity by eliminating chronic hunger in the provision of basic necessities."

Fort McMurray Food Bank

780-743-1125

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Fort McMurray**

info@fortmcmurrayfoodbank.com

Need Assistance?

HOW IT WORKS:

- Call and completing the application
- Make an Appointment
- Bring all necessary documentation:
 - Picture ID for Adults
 - Alberta Health Care for Children
 - Current proof of income. This includes GST and Child Tax. If more than one income, all must be shown.
 - Proof of any other form of income
 - Current & proper rent receipt (or housing payment)
 - Gas, electric, phone, water, cable bills (must be in the name of the household and current)
 - Any other legitimate expenses
 - Bank Statement
- You can receive help:
 - once every 30 days,
 - 6 times a year
- Are you missing something you need or have you already accessed the food bank 6 times in this calendar year?
 - Seek a referral from another agency you are working with to confirm need.

Call

780-743-1125

for an appointment!



Come for a Visit!

Please feel free to drop by our location anytime. We are more than willing to show you our Food Bank and explain how we operate.

Location:

10117 King Street
Fort McMurray, AB
T9H 3J1

Phone: 780-743-1125

Fax: 780-743-9156

CORNER OF KING STREET

&

FRASER AVENUE

Hours of Operation:

Monday

12 noon – 8 pm

Tuesday to Friday

8:30 am – 4:30 pm

(Closed Statutory Holidays)

The Fort McMurray Food Bank is Proud to be an Affiliate member of both:



“Compassion is within each of us – it takes so little to show you CARE!”

What is in a Hamper?

Family (3-4 people)

Dried Food	Canned Food
Hamburger Helper	Soup
Jam / Peanut Butter	Salmon
Kraft Dinner	Tuna
Mashed Potatoes	Canned Ham
Cereal	Vegetables
Sugar	Beans / Chili / Stew
Flour	Canned Tomatoes
Granola Bars	Alfagetti / Ravioli
Jello	Canned Potatoes
Cake Mix & Icing	Canned Mushrooms
Pancake Mix	Chunky Soup
Syrup	Pasta Sauce
Cookies	Canned Fruit
Crackers	Evaporated Milk
Rice	
Sidekicks / Noodles	

Cooler	Freezer / Toiletries
Eggs	Ham
Bread / Buns	Ground Beef
Hotdog Wieners	Turkey
Assorted Fruit Cups	Toilet Paper
Oranges / Apples	Soap
Butter	Toothbrush / Paste
Juice	Shampoo / Cond.
	Deoderant

ITEMS MAY VARY BASED ON AVAILABILITY!