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Community – University Institute for Social Research

*Inventory of Hunger Programs  
In Saskatoon*

**May, 2003**



*Building Healthy Sustainable Communities*

# Inventory of Hunger Programs In Saskatoon

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## **ABSTRACT**

The Saskatoon Food Bank is a major source of emergency food in Saskatoon, relying on donations of food and volunteered time from community members, secular and sectarian organizations, and businesses to aid the hungry. This study examines the Saskatoon Food Bank's services, particularly focusing on those who support the organization. Although this study is but a preliminary look at the Saskatoon Food Bank and its donors and volunteers, initial findings suggest high volunteerism rates striving to keep up with equally rising hunger rates in Saskatoon.

## **INTRODUCTION**

This study's purpose is to determine the production and consumption of food, service, and monetary donations to food programs for the hungry in Saskatoon, Saskatchewan. Of primary focus is the measure of volunteerism and efforts by local community members, organizations, businesses, and religious and spiritual organizations that seek to remedy the growing demand on food programs. The major source of emergency food in Saskatoon is the Saskatoon Food Bank (SFB). Information collected from the Saskatoon Food Bank formed the groundwork for this study. Collected data is primarily from those agencies that support the Saskatoon Food Bank.

By definition, an emergency food service's purpose is to distribute food and other grocery products to clients in need so that they can use the items in the preparation of food in their homes. This type of service is regarded as a short-term emergency program because it assists clients until they are able to meet their own needs (Second Harvest, 1997, p. 11). Non-emergency food programs include private non-profit charitable organizations providing services to the homeless and low-income clients, such as child day care centers, summer playground programs, mental health facilities, and senior day care (Second Harvest, 1997, p. 11). Of particular importance is a need to know who is producing food and providing service to organizations, and which organizations are working with people requiring food assistance. Early in this study's planning discussions, it was determined that time constraints would not allow for such an in-depth design. In particular, it was impossible in the time available to assess the magnitude and impact of those community development and education programs with an emphasis on food production, processing, and sharing, such as the Child Hunger and Education Program (CHEP), Egadz, and the Friendship Inn of Saskatoon. Therefore, concentration

is given to the Saskatoon Food Bank. Detailed records of incoming and outgoing food, sponsors involved, and amount of food and capital donated formed the study's design and data analysis.

This study is a collaboration of the University of Saskatchewan and the Saskatoon Foundation, conducted under the auspices of the Community-University Institute for Social Research (CUISR), "a partnership between a set of community-based organizations and a large number of faculty and graduate students from the University of Saskatchewan" (CUISR, 2000).

## **LITERATURE REVIEW**

To date, there is a lack of empirical research available on production and consumption of resources for hunger programs in Canada. Information for this study was gathered from existing food banks, nutritional studies, and research conducted by Graham Riches (1986, 1997). This points to a lack of understanding of emergency and non-emergency food programs in Canada, which, in turn, reflects misunderstandings of how food and other donations are obtained by food programs and what programs exist in rural and urban centers across Canada. As well, this may lead to a general public misunderstanding of why food programs are feeling the burden of an ever-increasing demand and lack of capital to satisfy existing need. Furthermore, there is a need to understand who is using food programs and why those numbers are growing across Canada at an alarming rate.

## **FOOD BANKS, THEIR ROLE**

According to the Canadian Association of Food Banks' (CAFB) annual report, *HungerCount 2000: A Surplus of Hunger* (Canadian Association of Food Banks, 2000) there are approximately 615 food banks and 2,213 additional agencies working with those requiring food assistance in Canada. Riches (1986) defines a food bank as "a centralized warehouse or clearing house registered as a non-profit organization for the purpose of collecting, storing and distributing surplus food (donated/shared), free of charge, to front line agencies which provide supplementary food to the hungry" (p. 16). With 726,902 people in Canada receiving emergency food packages from a food bank or agency served by a food bank, consumption of food distributed by food banks in Canada has nearly doubled since 1989. These figures are derived from a March 2000 survey of all food banks in Canada, and represent a 1.4% increase of people using food banks from 1999. According to CAFB, 12,865 people were assisted in Saskatchewan during the same time period (Canadian Association of Food Banks, 2000, p. 6). This

represents 5,193 households made up of 6,838 adults and 5,776 children assisted by food banks that reported by age breakdown (Canadian Association of Food Banks, 2000, p. 6). Figures obtained from the Saskatoon Food Bank indicate that from 1985 to 1995 there were a total of 311,741 requests for food or a per year average of 28,340. In 1996, requests for food rose from 42,493 to 42,436 in 1997, 42,249 in 1998, 43,072 in 1999, and 45,755 in 2000 (Saskatoon Food Bank, 2001). The average monthly requests at the Saskatoon Food Bank in 2000 were 3,813, of which 191 were first time requests (Saskatoon Food Bank, 2001). New food requests at the Saskatoon Food Bank have risen dramatically. These figures are staggering when noting that an individual or family is only allowed to access food once during a two-week period. This indicates an eight percent increase overall since 1999 (Saskatoon Food Bank, 2001).

Food banks across Canada cannot keep up with food demands. According to Riches (1997), “Confronting the practical, moral and political dilemmas raised by food banks is critical to any analysis which hopes to get to the roots of the massive incidence of hunger and food insecurity which exists in Canada today” (p. 62). While it may be argued that food that would otherwise be wasted is being effectively salvaged to benefit those in need, producers have doubtless factored in product waste costs and included them in the product’s retail price. In other words, large food producers for emergency food programs benefit from altruism, and society in general believes that the food crisis is being resolved by such generosity. Unfortunately, this is not true. Demand for greater amounts of food by food banks and other agencies reflects a growing disparity between economic groups in Canada and government’s reluctance to acknowledge their role in creating the problem (Riches, 1997, pp. 62-77). Riches’ analysis of the welfare state in Canada stresses a continued and alarming slide since an economic downturn in the early 1980’s. According to Riches (1997), this period has taught Canada a valuable lesson “about the politics of hunger and food security in Canada. First, food banks have tried but failed to stem the growth of hunger” (p. 69). The greater the reliance on production of goods for food banks, the greater the lack of policy to implement changes to reverse hunger in Canada. Riches’ statement emphasizes a concern that regardless of the amount of volunteerism and donor production for food security, it may never be adequate. Without intervention into social programs, affordable housing, and job creation projects, food security programs’ clientele will reflect growth of a changing demographic profile of the working poor. This can be seen in a survey conducted by The Daily Bread Food Bank in Toronto. In 1995, 14% of food bank recipients had a university or college diploma; by 2000, 25% of recipients were college graduates (Daily Bread Food Bank, 2001).

### ***PROFILE OF THE HUNGRY***

Presently, the profile of food security recipients, as discussed in CAFB’s *HungerCount 2000*, indicates an over-representation of children under the age of 18 (Canadian Asso-

ciation of Food Banks, 2000, p.7). Vulnerable sectors of society may play a significant role in children's hunger, namely, single parent mothers, Aboriginal people, the unemployed, refugees, and those with disabilities (Riches, 1997, p. 51). This sector relies on income support in the form of Social Assistance, disability pensions, and employment insurance that may be inadequate to support costs of housing, utilities, and food. According to Riches, this indicated that "hunger is a function of poverty and inequality," and that "poverty rates have remained high since the early 1980's" (1997, p. 54).

### ***WHERE DOES THE FOOD COME FROM?***

Since the first food bank opened its doors in Edmonton in 1981, charitable donations have kept food banks and food assistance programs operational (Fairholm, 1999, p. 31). Food emergency programs rely on surplus food from restaurants, grocery wholesalers, local grocery stores and chains, as well as limited donations from producers of eggs, milk, and produce, and from organizations working with their members to collect donated food items (Saskatoon Food Bank, 2001). Church organizations are an integral part of food collection via collection bins and food drives heavily focused on the Easter and Christmas seasons.

Formed in 1988, the Canadian Association of Food Banks is a national coalition of organizations that gathers food for redistribution. In 1993, CAFB established the National Food Sharing System (Fair Share) to facilitate sharing and to oversee collection, transportation, and distribution of all major food industry donations, as well as from national and provincial marketing boards to member food banks across Canada (Fairholm, 1999, p. 33; Canadian Association of Food Banks, 2000). Coordinating the distribution allows CAFB to distribute food based on Canada's food banks' different needs (Canadian Association of Food Banks, 2000).

The Canadian Association of Food Banks collects and distributes food products such as infant formulas, breakfast cereals, soup, fruit juice, and eggs. Approximately one-third of food collected by CAFB is frozen food stuffs or food that requires refrigeration (Canadian Association of Food Banks, 2000). In order to ensure reliable and guaranteed delivery, an agreement was reached between the National Food Sharing System and Canadian Pacific Rail in 1997. Food is shipped to the four western provinces and three Maritime provinces from the national distribution centre in Toronto. This alliance has made non-perishable food available to all member food banks serviced by the railway. NYK Line (Canada) and Montreal Shipping supply shipping containers, while the "local movement of the containers is by numerous truckers and the railways" (Canadian Association of Food Banks, 2000).

The Daily Bread Food Bank in Toronto is the national distribution center for major donations. Negotiations were conducted by the Daily Bread with Kraft and with the Canadian Pallet Council (CPC), which loans the Daily Bread Food Bank the orange-

coloured pallets on which distributed food is packed (Canadian Association of Food Banks, 2000). These companies are donors through the national Food Sharing System. As this study shows, many other companies donate directly to local food banks in areas where they have distribution facilities (Canadian Association of Food Banks, 2000). The Canadian Association of Food Banks' work is staggering. Nationwide, CAFB, relying on volunteered time, delivered over six million pounds of food in 1997 (Canadian Association of Food Banks, 2000).

**Table 1. Major industry donors and the total amount of food stuff (in pounds) donated to CAFB (1997).**

Campbell Soup	318,999
Kraft	683,125
Procter & Gamble	539,337
Ocean Spray Cranberry	493,567
Kellogg's	381,770
Wm. Nielson Dairy	347,970
General Mills	347,927
H. J Heinz	283,419
Hershey	239,014
Spartan (Soya Milk)	220,760
Daily Bread Food Bank (Perishables)	205,400
<b>Subtotal</b>	<b>4,916,291</b>
<b>All donors</b>	<b>6,076,303</b>

### ***VOLUNTEER AND DONOR ACTIVITIES***

Volunteers, as defined by Statistics Canada (2001), are "people who willingly perform a service without pay, through a group or organization" (p. 59). The National Survey of Giving, Volunteering and Participating (NSGVP) conducted by Statistics Canada in 1997 and again in 2000, measured volunteerism, civic participation, and charitable giving in Canada. It is evident from these surveys that without Canada's current rate of volunteerism many organizations would cease to exist. Need for volunteers and donor support is critical for continuation of food banks and other emergency and non-emergency food services.

In 1997, Canadians contributed over 1.1 billion hours to charities and non-profit organizations. In the 2000 NSGVP, 1 billion hours of volunteer time was contributed, the equivalent of 549,000 full-time year-round jobs (Statistics Canada, 2001). Not only do Canadians donate their time to non-profit organizations, NSGVP reports that approximately 22 million Canadians, or 91% of the total population age fifteen and over, donated an estimated five billion dollars to charitable and non-profit organizations (Statistics Canada, 2001).

## ***METHOD***

This literature review has indicated a lack of scholarly publication regarding donor time and volunteerism. Further, little research has been conducted on emergency food programs such as food banks, community kitchens, and food recovery programs. Especially lacking is research that pertains to actual hours of volunteer time provided from within both organizations and businesses that donate to food programs. Relevant data for this paper has been attained through on-line resources of food banks and community projects across Canada and the United States. This paper's methodology was constructed to develop an indication of donor and volunteer numbers as well as hours spent assisting charitable food programs within Saskatoon.

Using information from the Saskatoon Food Bank, a random sample of thirty religious organizations in Saskatoon that donate to the Food Bank, as well as thirty religious organizations not listed by the Food Bank as donors, were selected. Thirty responses were received, with nineteen coming from existing Food Bank donors and eleven from religious organizations not presently listed with the Saskatoon Food Bank as donors. Those selected were contacted by telephone and interviewed using a standardized questionnaire (see **Appendix A**).

Information from the Saskatoon Food Bank was also used in interviews with retail and wholesale businesses that donate to the Food Bank. A standardized questionnaire was developed and used in phone interviews conducted in July and August of 2001. Information obtained from SFB listed fifty-four businesses that had donated to the food bank in 2000. Of the fifty-four businesses contacted, twenty-one responses were received. The corporate questionnaire used in this survey is included in **Appendix C** and the data collected listed in **Appendix D**.

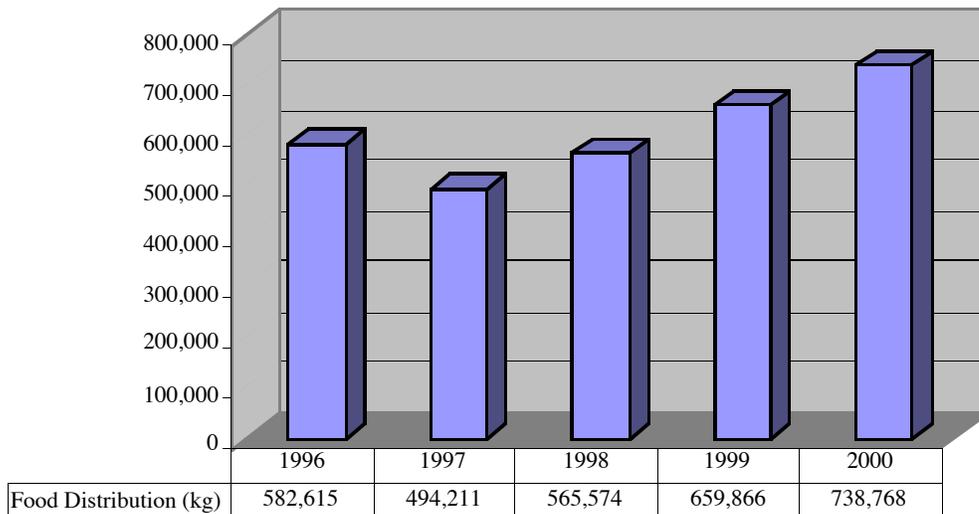
The business sector and religious or spiritual organizations were chosen because they are the most prominent sets of organizations in the collection and distribution of foodstuffs. Donor hour numbers and characteristics of donor activity within the business sector and various religious and spiritual organizations were assessed. Questions related to hours devoted to donor activity by employees working full time, part time, or seasonally were included in the questionnaire to businesses. The businesses were also questioned as to whether individuals were brought in to the business on a volunteer basis to help with the assembly of donations to the Food Bank.

As most donors do not determine a monetary figure for food contributed to the Saskatoon Food Bank, food donations are measured in metric tons or pounds. Dollar figures supplied for this report were based on donors that made either a monetary donation or a food and monetary donation. A dollar estimate in donated food products would have been valuable in determining future needs of emergency food providers in terms of grants and long-term food distribution planning.

## **DISCUSSION**

A growing need for emergency food programs necessitates continued community support as well as that from large and small business donations. The Saskatoon Food Bank was established in 1983 to meet that need. In June 2000, SFB was distributing approximately three metric tons of food per day, operating daily from Monday to Friday. This food is salvaged, sorted, repackaged and distributed by a team of approximately thirty-five volunteers on any given day (Saskatoon Food Bank, 2001). Volume growth of distributed food is increasing and, at times, SFB cannot meet demands (Saskatoon Food Bank, 2001). The total food distribution in 1996 was 582,615 kilograms for 42,493 requests. Figures from 2000 indicate that the total weight of food distributed grew to 738,768 kilograms for 45,755 requests. This is a 26.8% weight increase from 1996, and 12% since 1999. This is a rise of 156,153 kilograms in four years, or an average increase of 39,038 kilograms per year. From 1985 to 1995, the Saskatoon Food Bank distributed 5,103,456 kilograms of food, or an average of 51,034 kilograms per year. **Figure 1** illustrates the food distribution increase from 1996 to 2000 within Saskatoon.

**Figure 1. Saskatoon Food Bank Food Distribution in Saskatoon, 1996-2000.  
In Kilograms**

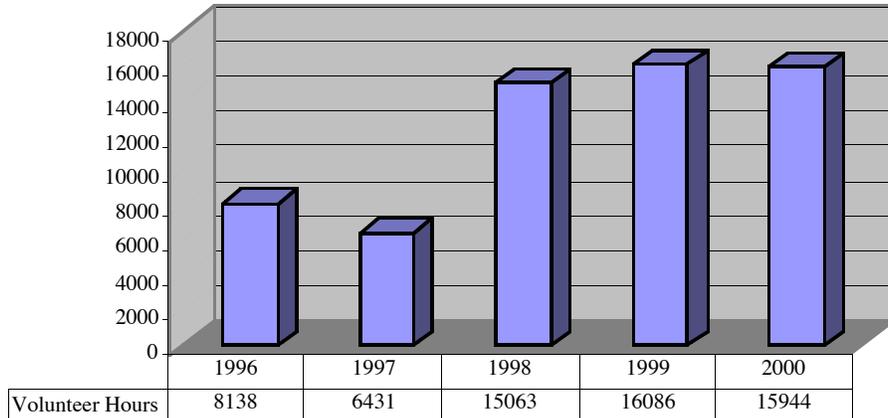


During the same time period, volunteer activity nearly doubled, increasing from 8,138 to 15,944 hours. **Figure 2** illustrates the rise in SFB volunteer hours.

**Figure 2** corresponds with the Canadian Association of Food Banks' findings that, although food production has increased dramatically, consumption has increased more rapidly than anticipated. Originally, food banks were started to fill gaps that high unemployment rates and lack of job markets had created. As unemployment has dropped,

however, the need has not subsided. This theme is recurrent across Canada and the United States (Canadian Association of Food Banks, 2000; Daily Bread Food Bank, 1997).

**Figure 2. Saskatoon Food Bank Volunteer Hours, 1996-2000**



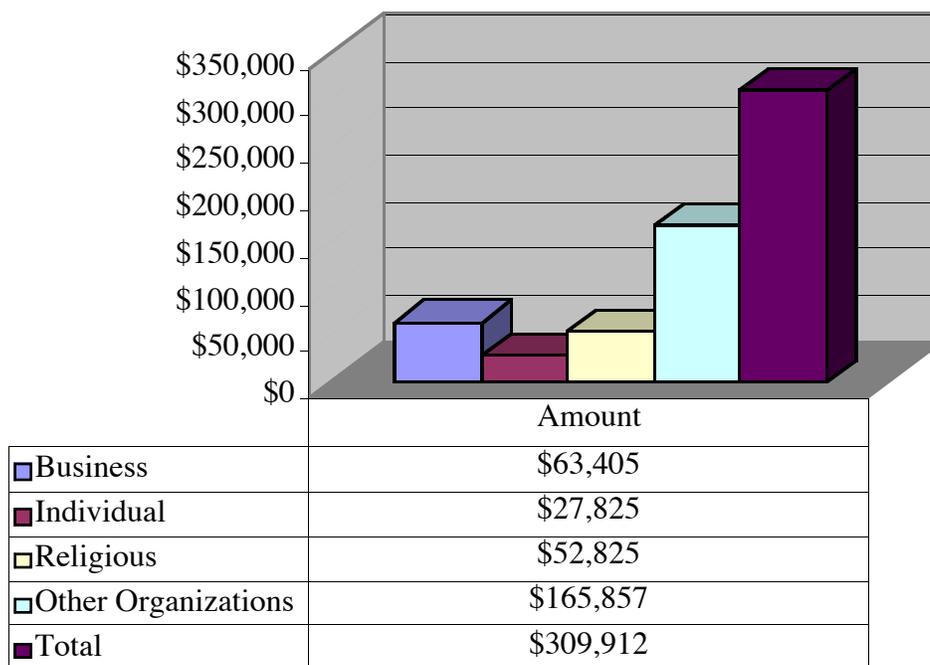
Monetary donations to SFB in 2000 totaled \$309,912 (**Figure 3**). This total includes business, individual, and religious and secular organizations in Saskatoon and area, but does not include civic or municipal donations. Donations contributed by the City of Saskatoon totaled \$19,000. This suggests that there is a high level of activity by organizations within Saskatoon to raise funds for the Saskatoon Food Bank. However, this does not illuminate the effort necessary to generate funding from other charitable organizations within the city.

Saskatoon’s business community’s monetary donations suggest continued SFB support. In 2000, businesses donated \$63,405, or 20.45% of total contributions, to SFB. This is an increase from \$31,157 in 1999, a rise of 103.5% in only one year. Monetary donations are a necessary segment of funding for the Saskatoon Food Bank as there is no financial support from the provincial or federal government. As mentioned, the City of Saskatoon donates annually and is the only example of government funding received by the Saskatoon Food Bank.

Religious organizations comprise the third category of monetary fundraising. **Figure 3** indicates donations of \$52,825 in 2000 or 17% of total contributions. This is an increase of 37.7% from the 1999 figure of \$38,354. As discussed later, religious organizations also donate a substantial amount of food stuff to food programs in Saskatoon, while their members further lend a great deal of volunteer time to the Saskatoon Food Bank as well as other food programs.

Individuals in Saskatoon donated 8.98% of SFB’s total contributions. The drop to \$25,450 (2000) from \$27,825 (1999) represents an 8.5% decline. This, however, does

**Figure 3. Monetary Donations to the Saskatoon Food Bank in 2000**



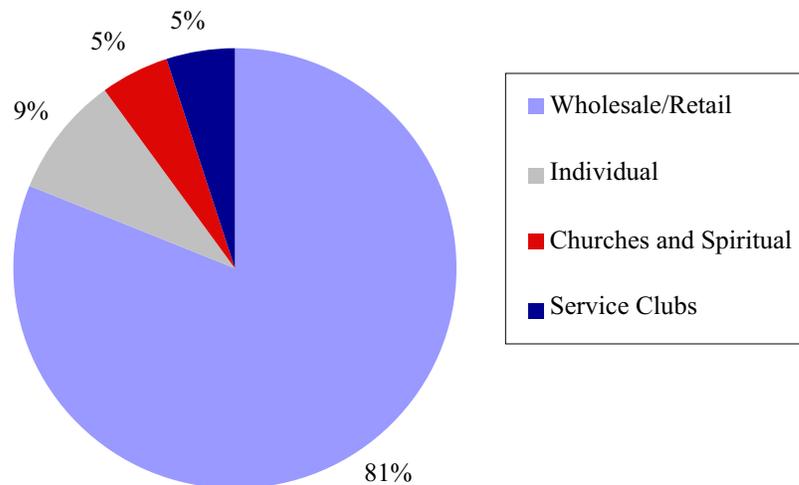
not reflect the national trend of individual donations as determined by Statistics Canada in the 2000 NSGVP, wherein individual monetary donations across Canada increased by 5%. Direct donations are most often in response to direct requests from charitable organizations. According to SFB facilitator Harvey Dahl, the larger part of a day is taken up in overseeing SFB daily activity. Although fund-raising is an important aspect of his job, there is not enough time to properly do such work (Saskatoon Food Bank, 2001). Canadians financially contribute in other ways through spiritual organizations, donations to cash-boxes, and contributions to organizations affiliated with a designated charity (Statistics Canada, 2001). It is therefore difficult to determine whether the decline in monetary support to SFB is due to indirect financial gifts through other charitable organizations or individuals donating to other causes in Saskatoon.

Various organizations give their support to SFB. This area of donor activity covers service clubs. The primary service club working with SFB is the Rotary Club, which, in turn, works with other partners in providing funds for SFB. The Kinsmen Club of Saskatoon also provides support (Saskatoon Food Bank, 2001). As well as financial drives for SFB, service club members donate time and foodstuff. Total organizational involvement in 2000 reached \$165,857 in financial support, or 53.5% of total contributions. Unfortunately, information concerning service club donations in 1999 was not released by the Saskatoon Food Bank.

## DISCUSSION OF SURVEY FINDINGS

Donated food volume is recorded daily by the Saskatoon Food Bank, with accurate records kept of the food's delivered and salvaged weight (Saskatoon Food Bank, 2001). Saskatoon Food Bank records indicate that national, provincial, and local businesses donated 557,042 kilograms of food in 2000. Anonymous donations totaled 60,840 kilograms. School programs donated 2,879 kilograms, churches and spiritual organizations totaled 14,284 kilograms, and Saskatchewan Hutterite colonies donated 11,683 kilograms. The amount of food donated to the Saskatoon Food Bank in 2000 totaled 848,110 kilograms, of which 738,768 kilograms were salvaged and distributed (Saskatoon Food Bank, 2001).

**Figure 4. Percentage of Food Donation by Type in 2000**



Canadian wholesaler and retailer participation contributes heavily to food banks. It is difficult to determine whether individuals donating from within the business sector are also donating at an individual level. This also applies to other areas of organized charity, such as service clubs and religious and spiritual organizations. According to NSGVP, “[M]ost charitable dollars are given by a small percentage of Canadians” (Statistics Canada, 2001, p. 16). Approximately 20% of all Canadians gave 82% of total donations in 2000. The survey also indicates that those who donate financially are more likely to volunteer time to charitable organizations, and that those with strong religious or spiritual affiliations are the most likely to donate time and money to charities (Statistics Canada, 2001).

## ***BUSINESSES***

Businesses in Saskatoon that donate to the Saskatoon Food Bank vary greatly. Major grocery chains such as Safeway, Garden Market IGA, Extra Food stores, and the Saskatoon Co-operative grocery outlets contribute such items as baking produce that has reached its shelf life and items nearing their expiry date. Restaurants and doughnut shops contribute unsold foodstuff. A meat cutting firm in Alberta cut, wrapped, and delivered elk meat to the Saskatoon Food Bank in 2000. Grocery wholesalers contribute items that do not meet retail quality expectations. Aside from food, there are other forms of donations. Truck transport companies donate their shipping fees to bring in large quantities of food from distant donation points. Radio stations donate air time to announce food drives and do live broadcasts from locations holding events with donated proceeds going to SFB. While much of the food comes from Saskatoon and surrounding area, some national companies make one-time donations. As well, some companies make monetary contributions stipulating that the donation be used to purchase specific items such as baby-food formula. The scope of activity by businesses to support SFB is much greater than simply donating unused food or that which has suffered package damage in transit. From interviews with Harvey Dahl and viewing the list of large and small businesses that donate in some way to the Saskatoon Food Bank, it is evident that tremendous effort and time is spent to help those who require food assistance.

The measure of time and effort by staff or owners in preparing food for SFB is rarely recorded by the surveyed businesses. In some cases, such as wholesale food outlets and larger retail grocery outlets, sorting and selecting produce and removing stale-dated items is reported as routine work. Of the twenty-one responses to the survey, thirteen did not record the time or had no knowledge of the number of hours that employees work in donor activities. A per month average of person-hours of donor-related work recorded by six businesses fell between 636 and 936 hours, while two businesses reported seasonal donor-time of 87 to 117 hours per year. For all responding businesses, the total amount of donor hours, based on in-store work, approximated 7,632 to 11,349 hours per year, or between 11.2% and 16.7% of donor hours per business per year. Given the small sample size (N=8) of businesses responding to this question, one must be cautious in making more general extrapolations. However, assuming donor hours are approximately the same for non-reporting businesses, a hypothetical total for sixty-six businesses may reach as much as 62,964 to 93,629 donor hours per year. Each responding business reported that donations were picked up by SFB on weekdays and by the Friendship Inn, Hands On Ministry and several other emergency food programs within the city on weekends.

## ***CHURCHES AND SPIRITUAL ORGANIZATIONS***

The role of members of religious and spiritual organizations is highly important to

Saskatoon food programs. Many churches have collection bins and call for donations on a regular basis. As noted previously, food donations by churches and spiritual organizations to the Saskatoon Food Bank do not meet the volume of other organizations discussed in this paper, but time spent organizing and volunteering meets a need that may not otherwise be filled. As with the corporate sector, in most cases volunteer time is difficult to measure because many congregation members donate time to food programs outside the church or spiritual organizations.

During telephone interviews with representatives of various religious or spiritual organizations, concern was expressed that more needed to be done to help Saskatoon's hungry. A number of those interviewed provided hampers or small items of food from a Deacon's Cupboards or Pastor's Pantry and provided food vouchers purchased at major grocery outlets. Many churches help members of their own congregations on an emergency basis.

Community food drives are initiated at certain times of the year to ensure that families have food during, for example, the Christmas and Easter seasons. SFB provides a list to these organizations of items most needed and, from time to time, a call is given to congregations to donate needed food. St. Thomas Wesley United Church acts as SFB's referral center, including recruitment, training, and coordinating volunteers to work in SFB's referral program. Congregation members volunteer at the Saskatoon Food Bank three hours a day, five days a week, and work in a gardening project as part of a community development program. St. Thomas Wesley is also a strong supporter of the Child Hunger and Education Program (CHEP). Members also volunteer their time at Princess Alexandra's school food program. In total, St. Thomas Wesley estimates fifteen volunteer hours per person per week, excluding an undetermined amount of time spent training volunteers. Volunteer numbers vary, making it difficult to determine due to extensive volunteer activity by congregation members in programs for those less fortunate.

Many churches give monetarily, either by itself or in conjunction with food items. According to SFB information, in 2000 Saskatoon's Catholic churches contributed 3,557 kilograms of food and 15% of the total donations made by churches and spiritual organizations. Saskatoon's United Church of Canada churches provided 2,942 kilograms of food donations (12% of total donations), Lutheran churches in Saskatoon contributed 905 kilograms (4% of total donations), and Saskatoon's Anglican churches donated 766 kilograms (3% of total food donations) to the Saskatoon Food Bank. Information pertaining to other religious and spiritual organizations was not available (Saskatoon Food Bank, 2001).

Volunteer time in activities not related to the Saskatoon Food Bank but part of programs that help those requiring support are among other projects in which churches and spiritual organizations donate time, money, food, and facilities. St. Joseph's Parish, for example, donates their kitchen once per month, providing a community kitchen to

those requiring the service.

Other programs to which spiritual and church organizations donate money, volunteer time, or food include Tamara's House, a facility for battered women; Interval House; Meals-On-Wheels; the Friendship Inn; and Egadz, a center for youth in Saskatoon. The Salvation Army has extensive programs, including a hostel for individuals who require shelter from the streets. As well, the Salvation Army makes food donations, contributing 1,466 kilograms of foodstuff to SFB in 2000. The Salvation Army also purchases and distributes food to those who cannot access SFB. These purchases often include meat items in short supply through SFB. Individuals or families who receive items are usually on Social Assistance and Salvation Army bills for the service through recipients' Social Assistance payments. Salvation Army workers are paid employees and rely on volunteers only during the Christmas season. Some churches that responded to the survey make donations in the form of food hampers to the Salvation Army for distribution.

The Neighborhood Link program coordinates religious organizations' need for occasional volunteers. Participating religious organizations are contacted when volunteers are needed. Currently twenty religious organizations participate in this inter-denominational program. The Link program's role includes helping individuals register with SFB. The volunteer program operates five days a week from September to June and three days per week in July and August. Volunteer time averages twenty hours per week from September to June and twelve hours per week in July and August.

The River of Life Ministries operates an extensive food program, helping approximately sixty people twice per week with food hampers. Their vision is to help individuals achieve self-sufficiency and has expressed the concern that they do not want to operate the program on a large scale. Presently, the Ministry relies on six to eight volunteers working a cumulative total of thirty-two hours per week. The Ministry relies on donations from businesses and donations from fall gardens.

It is evident that churches and spiritual organizations perform a significant role in food programs and in assisting those requiring the essentials of daily life. Apart from volunteer hours made to programs outside church activities, consideration must be given to the many hours and volunteers who work primarily with members of their own organizational community to assist those suffering from bereavement, illness, and despair. For this reason, any attempt to determine the number of volunteers and number of volunteered hours from this study would be misleading. A more extensive list of spiritual and church organizations and findings from this study are included in **Appendix E**. It should be noted that the churches and spiritual organizations listed here and in **Appendix E** represent a small sample given that there are over two hundred religious and spiritual organizations in Saskatoon. Due to summer hours and holidays, many were unavailable for interview. The information presented here almost certainly under-

represents the work of these organizations with regard to feeding the hungry in Saskatoon.

## LIMITATIONS AND CONCLUSIONS

The initial premise to measure levels of volunteerism and donor participation targeted at hunger programs in Saskatoon did not yield the expected results. This is due to limited recording of hours involved in the production of food for the Saskatoon Food Bank and other Saskatoon food programs. In order to attain data, future studies may choose to provide specific forms to business and religious or spiritual organizations to record employee and volunteer hours for a period of one month. In this way, work otherwise taken for granted as daily activities may be more accurately assessed and recorded. Furthermore, contacting some businesses during peak business hours did not yield hoped for results. A future study might include a letter sent to Saskatoon businesses in advance to set up more convenient contact times, as well as develop a contact within the organization who has had prior notice.

Participation levels within the community are much higher than this study's numbers would suggest. Both food and monetary donations are large enough to assume that many people are working long hours to provide the Saskatoon Food Bank and other food programs with the necessary support. This report surveyed only those referred to the interviewer. Time restrictions did not allow for examination of programs such as community gardens, school hunger programs, community kitchens, the Friendship Inn, and many others requiring food and items to help those suffering hunger. Other programs in Saskatoon need inclusion in further studies to determine community effort in providing for the hungry.

Tracking volunteerism within church and spiritual organizations, even with prior notification of a research study, may not yield accurate records. Humanitarian work conducted by these organizations requires the effort of many people. The support to charitable programs by members of the congregations is often outside planned charitable work within the religious organization itself. An extensive survey of a large percentage of congregations to provide results that more accurately reflect the level of support by individuals associated with these organizations is needed.

Speaking with spokespersons who contributed time and information to the survey questions yielded an understanding that more needs to be done to help the hungry in Saskatoon. It is unfortunate that this study's time limitations could not include the many groups and organizations within Saskatoon who contribute a great deal of their time and money to a growing social problem which appears to include greater numbers of individuals and families each year. Perhaps institutionalized emergency and non-emergency food programs have become part of the community geography to the extent that donations and volunteer hours are taken for granted. This study is but a preliminary look at

the Saskatoon Food Bank and its donors and volunteers who make feeding the hungry a reality in Saskatoon.

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## **Appendix A. Business Questionnaire Used in Survey**

Hunger Program Questionnaire for Corporate and Private Donors.

1. To begin, could you briefly describe your contribution as a product donor?

2. Do you have a sponsoring agency?

Yes \_\_\_\_\_ No \_\_\_\_\_

3. Do you have paid employees who work in the donor activities of this company?

Yes \_\_\_\_\_ No \_\_\_\_\_

If Yes, can you estimate the number of person hours in the past year that this/  
these employee(s) worked on food donor programs?

4. Do you have any volunteers within your company that work with donor activities?

Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, can you estimate the number of person hours in the past year that this/  
these employee(s) volunteered on food donor programs?

5. Can you estimate the monthly volume of food that your business provides to the food service or services?

6. Can you estimate the dollar value of food that is provided per month?

7. Do you provide food to any other agencies other than the Saskatoon Food Bank?

Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, please provide the names of the agencies if possible.

## Appendix B. Emergency Food Provider Questionnaire Used in Interview

### Hunger Program Inventory Questionnaire

In order to determine the types of food services within the city of Saskatoon, this questionnaire will classify programs into two categories: Emergency Food Programs and Non-Emergency Programs.

Emergency Programs include:

Emergency Food Pantry – the purpose is to distribute food and other grocery products to clients in need so that they can use the items in the preparation of food in their homes. This type of service is a short-term emergency program to assist clients until they are able to meet their own needs.

Emergency Soup Kitchen – the purpose is to provide prepared food to clients in need. These clients do not reside on the premises. Service is provided to adults and children (Kids' Café). This service may also supply light meals and snacks for clients to take with them when the service is closed.

Emergency Shelter – the purpose is to provide shelter on a short-term or temporary basis to clients in need.

#### Non-Emergency Programs

This category includes private non-profit, charitable organizations providing services to homeless and low-income clients. They may include child day care centers, summer playground programs, mental health facilities, senior day care, and other programs.

1. To begin, could you briefly describe the food services you provide.
2. Based on the description above, how would you classify this food program?
  - a. Emergency Program \_\_\_\_\_
  - b. Non-Emergency Program \_\_\_\_\_
3. Do this program have a sponsoring agency?
  - a. Yes \_\_\_\_\_
  - b. No \_\_\_\_\_ (If No, please move to question 4)

4. Do you rely upon sponsors or other funders to support this food service?

Yes \_\_\_\_\_ No \_\_\_\_\_

4a. If yes, can you estimate the percentage of contributions to your operation from each of the following categories of service in the past year.

- a. Government \_\_\_\_\_ % \_\_\_\_\_
- b. Municipal \_\_\_\_\_ % \_\_\_\_\_
- c. Non-profit organization \_\_\_\_\_ % \_\_\_\_\_
- d. Church \_\_\_\_\_ % \_\_\_\_\_
- e. Community Health Center \_\_\_\_\_ % \_\_\_\_\_
- f. School program \_\_\_\_\_ % \_\_\_\_\_
- g. Corporate or private sector \_\_\_\_\_ % \_\_\_\_\_

5. How many paid workers are employed at this service (number in each of the following categories)?

Full Time Full Year \_\_\_\_\_ Part Time Full Year \_\_\_\_\_  
Full Time Part Year \_\_\_\_\_ Part Time Part Year \_\_\_\_\_

5a. Can you estimate the number of person hours in the past year that this/these employee(s) worked here?

How many volunteers work for this food service?

Full Time Full Year \_\_\_\_\_ Part Time Full Year \_\_\_\_\_  
Full Time Part Year \_\_\_\_\_ Part Time Part Year \_\_\_\_\_

6. Can you estimate the number of person hours in the past year that this/these employee(s) worked here as volunteers? \_\_\_\_\_

7. Can you estimate the monthly volume of food that is provided by the food service? (Weight)

8. Can you estimate the monthly dollar value of food that is provided?

9. How are grocery products obtained by this service?

Food Bank \_\_\_\_\_

Donations \_\_\_\_\_

Purchased \_\_\_\_\_

Other \_\_\_\_\_

If Other, please identify \_\_\_\_\_.

10. How many clients are served per day by this food service? \_\_\_\_\_

**Appendix C. Questionnaire Used for Corporate and Private Donors**

Hunger Program Questionnaire for Corporate and Private Donors.

1. To begin, could you briefly describe your contribution as a product donor?

2 Do you have a sponsoring agency?

Yes \_\_\_\_\_ No \_\_\_\_\_

3. Do you have paid employees who work in the donor activities of this company?

Yes \_\_\_\_\_ No \_\_\_\_\_

If Yes, can you estimate the number of person hours in the past year that this/  
these employee(s) worked on food donor programs?

4. Do you have any volunteers within your company that work with donor activities?

Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, can you estimate the number of person hours in the past year that this/  
these employee(s) volunteered on food donor programs?

5. Can you estimate the monthly volume of food that your business provides to the  
food service or services?

1. Can you estimate the dollar value of food that is provided per month?

2. Do you provide food to any other agencies other than the Saskatoon Food  
Bank?

Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, please provide the names of the agencies if possible.

Appendix D. Data Collected From Business Interviews

Food Donations 2000	Kg	Monthly Volume	Dollar Value	Sponsoring Agency	Employees Hours for Donations	Volunteers	Hours	Donations Other	Other Details
Aero Delivery/Exalta (Service)	5,421								
Anonymous Donors (Drop-offs)	60,849								
Bon Appetite	1,262		Unknown	No	No	No	No idea	Because We Care	Bagels picked up daily FB
Buns Master Bakery	605								
Burger King, Circle	104								
Canada Safeway 33rd	718	1000 - 1500	700	No	No idea	No		Not Usually	
Canada Safeway - Confederation Dr.	1,926								
Canada Safeway Centre at Core & 8 <sup>th</sup>	36,084	No idea	No idea	No	300 - 600/mth	No		Hands On Ministry	Refused interview Weekends when FB doesn't pick up
Safeway Bakery, Centre at Core & 8 <sup>th</sup>	3,996								
Canada Safeway, Cumberland Ave	11,437								
Cumberland Bakery (Safeway)	1,492	100 - 200/day	No idea	No	30 hrs/mth	No	No	Hands On Ministry and several others	Weekends when FB doesn't pick up
Canada Safeway, Lawson Heights	2,518								Refused interview
Canada Safeway, Market Mall	27,026	No idea	No idea	No	30 hrs/mth	No		Hands On Ministry	Friendship Inn, FB no pick up weekends
Market Mall Bakery (Safeway)	3,087	Varies	No	No	30 hrs/mth	No	No	Hands On Ministry	Friendship Inn, FB no pick up weekends
Costco	22,095	Mainly baking	No	No	No idea	No		Children's Health Foundation	United Way, Care and Share
CPR Intermodal	2,084								
Craft Canada	138								
CSP Foods	28,300								
CSP Foods	14,211								
Culinar Foods	1,291								
Dairyworld	6,479								
Extra Foods, 3 <sup>rd</sup> Ave.	769								
Extra Foods, Broadway	3,544	50Doz/wk							
Extra Foods, Clarence Ave.	4,192								
Extra Foods, Sutherland	5,923								
Freshpac	10,102	1814 Kg, Nov-Feb	.12/lb	No	No	No		Salvation Army, Friendship Inn	Potatoes too big for market
Friendship Inn (Surplus Items)	6,188								
Grasswood's Auction	1,676	No idea	No idea	No	24hrs/mth	No		Friendship Inn, River of Live Ministries	Mostly produce, more so in winter left over
Grasswood's Auction	3,572								
Great Canadian Bagel Lawson Heights	3,912		297/wk	No	No	No		Yes pickup	Bagels picked up daily FB
Great Western Transport Service	10,014								
Greenline Distributors	414								
IGA College Park	1,444								
Louis' Pub, U of S	1,270								Day Old bread pickup
Luther	2,007								
Market Mall Bakery (Safeway)	3,087								
Martin's Produce	57,350	20 - 25000	5000/mth	No	No	No	No	Friendship Inn,	Over-ripe fruit & vegetables
Parmalat	4,304								
Pizza Hut Central Ave. Suther.	577								
Pizza Hut, 8th St.	766								
Prairie Meats	1,268		3,000	75 - 100/Fall	No	No	No	No	Cut donated wild game/fall

Food Donations (cont)	Kg.	Monthly Volume	Dollar Value	Sponsoring Agency	Employees Hours	Volunteers Hours	Donations Other	Other Details
Real Canadian Wholesalers	11,490							
Robin's Donuts 8th St.	2,200							
Robin's Donuts Circle	2,238							
Robin's Donuts, 2nd. Ave.	4,595							
Robin's Donuts, Confederation Dr.	3,727							
Robin's Donuts, Primrose Drive	6,130							
Saskatoon Co-op 33rd Ave.		Baking	See SC 8th	No	192 hrs/mth	No	No	Collection Bins in Store as well
Baking Supplies	311							
Groceries	20,151							
Saskatoon Co-op 8th Street	2,580		1000/wk	live - CKOM	Not avail.	Not	Not sure	Collection Bins in Store as well
Saskatoon Farmers' Market	18,157	Aug-Spt, Oct	NO	Not sure	Not avail.	Not sure	Not sure	Left over product, may be other donations by individuals
Scott National	2,989							
Star Egg	3,613		5,000	Yes, CFB	12+ 17hrs/yr	No	Hands On Ministry and several others	
Star Produce	4,526							
Superstore Bakery 8th	4,027							
Superstore, 8th Street	8,278							
Superstore, Confederation Dr.	2,460	No idea	No idea	No	No idea	No	No	Collection bins in store
The Grocery People	74,848							
Tim Horton's	5,465							
Trans-X (Service)	4,687							
U of S. Horticulture Department	22,713							
United Pharmacists	940	Varies	No	No	No	No	Refused to comment	
Versacold	2,849							
Vie's Deli	100							
Wal-Mart, Confederation Dr.	442							
Western Grocers	54,775	In pellets	Not sure	No	No idea	No	No	

Appendix E. Data Collected From Religious and Spiritual Organizations Interviews

Food donations ** Indicates those surveyed Churches Listed as Donors to Food Bank	Kg	Response (Yes, No)	Donation Program	Description of Program	Volunteers	Hours	Other Programs
Augustina's Lutheran	210						
Balmoral United	36						
Bethel Christian Reform	21						
Bethel United	34						
Calvin Go Forth Presbyterian	85						
**Christian Reformed Church (Bethel)	3,247	No					
**Circle West Presbyterian	38	No					
Colonsay Church	53						
Cornerstone Mennonite	47						
**First Mennonite Church	146	No					
**Grace Westminster United	115						
Grovesnor Park United	39						
Holy Family	38						
**Holy Spirit Parish	313						
Jewish Community Centre	177						
**Lawson Heights Alliance	230						
Mayfair United	241						
**McClure United	180			See next section			
**Meewasin Valley United	415	Refused					
Mount Royal Mennonite	20						
Nutana Park Mennonite	192						
**Redeemer Lutheran	381	Yes	Yes	Collection bin for FB, 1 Sunday of every month is FB day; FB collects when bin is full	Unknown	Unknown	Friendship Inn

Churches (Donors)	KG.	Responses	Donation	Description of Program	Volunteers	Hours	Other
Salvation Army	1,466		Donation	Donated food given out also buy food and bill Social Services & put on their record	2	70 hrs/wk	Hostel Program
**Second Street. United	14						
**St. Andrew's College	64	Yes	Yes	Donations to FB made from food left from luncheons and meetings. Very little donating approx. 5 times per year	No	No estimate	No
St. Andrew's United	126						
St. Anne's Catholic	696			Not available			
St. Francis Xavier	243						
**St. James Anglican	103	Yes	Yes	Collection barrels in church; 1st wk. Of each month FB Sunday, food and containers Members of church volunteer at FB; Deacon's cupboard for those who appeal directly to church; purchase of food hampers, 4 per mth. \$35 - 50 for families who come to the church in difficult times	5	60 hrs/mth.	No
**St. John's Anglican	94	Yes	Yes	Collection barrel at church, full once per month, FB picks up or is delivered Monetary donations from Congregation once per year	Hard to determine	No estimate	Friendship Inn Monetary and food

Churches (Donors)	Kg. Response	Donation	Description of Program	Volunteers	Hours	Other
**St. Joseph's	522		Collection bin at church - call fro requested items and rotate from FB list: FB picks up Food hampers made for those in need; deliver Community kitchen, facility donated once per month	14	18 hrs/mth.	No
St. Mark's Langham	177					
St. Martin's United	260					
St. Mary's United, Macklin	136					
**St. Mathew's Anglican Church	105	Yes	Special kick-off drive beginning of each month; collection bin for donations Rectors discretionary fund Food is purchased and given in emergency situations Monetary donation from collection and food hampers for Salvation Army	4	5 hrs/mth	Friendship Egadz,
**St. Patrick's Parish Center	127	Yes				
**St. Paul's Cathedral Parish	659	Yes	Primarily monetary; special collection during Lent and Advent of food in collection bin	1	No estimate	No estimate

Churches	KG.	Response	Donation	Description of Program	Volunteers	Hours	Other
**St. Paul's Lutheran	30	Yes	Yes	Request donations for collection bin; work it more during peek periods Christmas, make up hampers for people in emergencies	3 or 4	No estimate	CHEP
**St. Paul's United	460	Yes	Yes	Collection bin, not usually big food drives except Christmas Food hampers made for family who are members of church	Varies	No estimate	2 others
**St. Philips	823			Request for donations Advent and Lent: peanut butter - milk collections for 1 weeks of year Parish donates time to Meals On Wheels	1	2 to 3 hrs/mth	Friendship Inn
St. Stephen's Anglican	93						
**St. Thomas Wesley United	439	Yes	Yes	Recruit, train & coordinate volunteers fro referral to FB; train people to give information Food drives twice per year; hand out suggestions over course of several weeks Minister hands out money certificates to those not eligible at FB Gardening project, community development Volunteers at Princess Alexandra	Varies	15hrs/person per week plus unestimated time training	Egadz,

Churches	KG.	Response	Donation	Description of Program	Volunteers	Hours	Other
St. Timothy's Anglican	371			School food program; strong supporters of CHEP; Volunteers work at FB 3 hrs./day 5 days/wk.			
St. Timothy's United	85			Donate monetarily to FB and Friendship Inn; good food box			
**Third Ave. United	400	Yes	Yes	Collection bin at church for FB collected once/wk. And delivered to FB	2	6 hrs/wk	Egadz
Tops Resurrection	29						
Victory Church	145						
Watrous United Church	68						
Zealandia United	130						
**Zion Lutheran	161			Collection bin for FB Pastor's Pantry mostly for street people, food stuff collected from congregation for emergency to persons or families twice/yr.	7 to 8	2 hrs/mth.	No
<b>Churches Subtotal</b>	<b>14,284</b>						

**Appendix F. Random Selection of Saskatoon Churches**

Random Selection of Churches	Response	Donation	Description of Program	Volunteers	Hours	Other Programs
Christ Church Anglican	Yes	Yes	Donate financially to FB once per year and Salvation Army	No		1 other
Circle West Presbyterian Church	Yes	Yes	Care Committee helps out those who are in need, meals sickness, death	Varies	Hard to Estimate	Community effort once at Christmas Silverspring comm.
Courts of Praise						
Diefenbaker Drive Community Church						
Ebenezer Baptist Church						
Elim Lodge Incorporated	Yes	Yes	Donate to FB once per year food gathered by donations Distributed 100 grocery hampers avg. 2 to 3 per wk. Give time and money to Neighborhood Link	Depends on Need	No estimate	No
Evangelical Orthodox Church						
Filipino Community Church						
First Community Church						
First Evangelical Missionary Church						
Forest Grove Community Church						
Free Methodist Church Saskatoon						
Good Shepherd Lutheran Church	Yes	Yes	Place pleas for the FB donations collected and FB picks up	No	No	Friendship Inn, \$75 per year
Grace Westminster United						

Random Selection Saskatoon Churches	Response	Description of Program	Volunteers	Hours	Other Programs
Holy Trinity Anglican Church	Yes	Financial Donation once per year: Collection bins poor response. Volunteer time to Meals On Wheels	5	90 hrs/yr	Salvation Army
Hope Fellowship Church Jewish Community Centre	Yes	Collection bin for FB- FB picks up	No	No	Child Hunger Education Program
Lakewood Baptist Church	Yes	Monetary donation to CHEP Collection bin for FB	1	No estimate	No
Louise Ave. Congregational Church	Yes	Donate to families in need Limited donations to FB Volunteer from church for Neighborhood Link	2	5 hrs/wk	
McClure United Church	Yes	Take 2 months to devote donations to FB, Oct & Easter Food is donated each week; monetary donation - 1/2 of Christmas Eve offering to FB plus budget each year for FB No collection bins - Outreach Committee handles emergency requests Ice cream booth at exhibition all proceeds to Outreach	12 to 16+	No estimate	Tamara House: Interval House



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