

DID YOU KNOW? In 2016, Winnipeg Harvest fed nearly 62,000 people in Manitoba each month. Over 40% are children. Portage Avenue Food Bank is one of nearly 400 food distribution agencies across Manitoba including food banks such as ours as well as soup kitchens, youth programs and drop-in-centres.

Pre-registration with Winnipeg Harvest is REQUIRED in order to attend our Food Bank. Please contact 204-982-3660 to be on the registered client list, and you'll be asked to provide your Manitoba Health Card number(s) for your file with them.



CURRENT NEEDS OF Portage Avenue Food Bank

- ⇒ Volunteers able to manage HEAVY LIFTING and UNLOADING of Winnipeg Harvest Truck on food bank Fridays in the morning
- ⇒ DIAPERS for various ages, especially children sz. 4-6
- ⇒ FEMININE HYGIENE PRODUCTS
- ⇒ Volunteers for sorting and food set-up (a.m.)
- ⇒ Volunteers to host guests and shopping (p.m.)

To find out more or to volunteer, please call Prairie Spirit church office at 204-832-1000. Donations of diapers, feminine hygiene products and non-perishable food items can be dropped off at the church (please call ahead).

Financial contributions assist us to purchase food staples that don't always come in the Harvest delivery. To donate, please make cheques payable to:

*Prairie Spirit United Church
(please note Portage Avenue Food Bank on memo line)
207 Thompson Drive, MB R3J 3E2
Tax receipts for donations over \$20, upon request
(please provide name and mailing address)*



Portage Avenue Food Bank



serving St. James for over 20 years



Portage Avenue Food Bank

is located in the lower level of
Prairie Spirit United Church
207 Thompson Drive
(building is fully accessible)

An affiliated agency of:



VOLUNTEERS: caring and sharing, year round

Food is supplied and delivered by Winnipeg Harvest and supplemented by food and financial donations from church members and the wider community, especially service groups and school food drives. Portage Avenue Food Bank relies on volunteers to serve as many as 85 families, who register for our site by phoning Winnipeg Harvest. We operate the food bank on Fridays from 4:30 to 6pm at Prairie

Spirit United Church, usually twice a month. We rely on the help of area churches and community volunteers. Morning volunteers unload the truck, set up and arrange food, and refrigerate perishable



items. At 4pm another crew of volunteers do final preparations then greet, register and assist guests, and clean-up. Twenty volunteers are needed to operate each food bank day, divided into morning and afternoon crews.



ONE tin of food can help stop hunger for one person. \$1 helps Winnipeg Harvest leverage \$20 worth of food. ONE hour of volunteer time, added with others, adds up...to Portage Avenue Food Bank meeting needs of hundreds in our community. Caring and sharing, year round! Interested in VOLUNTEERING, please call Prairie Spirit church office at 204-832-1000.



WINNIPEG HARVEST'S MOST NEEDED FOOD ITEMS

These food items are needed on an ongoing basis:

1. Canned Fish and Poultry
tuna or salmon (packed in water), chicken or turkey
2. Canned Fruit and Vegetables
(packed in own juice)
3. Canned Stew, Chili, Brown Beans
4. Peanut Butter
5. Baby Food
jars of chicken, beef, vegetables or fruit infant cereal such as oatmeal, barley or rice formula with added iron
6. Pasta: whole grain/whole wheat
7. Rice
brown rice, converted or parboiled
8. Canned Spaghetti Sauce or Tomatoes
9. Cereal
high fiber, non-sugar-coated
10. Canned soup
hearty lentil, pea, vegetable, etc.

