



Information about the University of Winnipeg  
Students' Association Foodbank

**Frequently Asked Questions**

**Q: How do I sign up for the Foodbank?**

A: If you are a student, you can call the UWSA VP Internal Affairs at 204-786-9975 or email [vpia@theuwsa.ca](mailto:vpia@theuwsa.ca). You will need your Manitoba Health Card, your student number and your contact information. If you are not a student, then you can call Winnipeg Harvest at **204-982-3660**.

**Q: What time does the Foodbank start?**

A: You can sign in at the Foodbank from 2:00 p.m. to 3:30 p.m. (even if you're already registered, you need to sign in, it's like taking attendance). At 3:30 p.m. registered clients start getting called to come collect food, so make sure that you come in **BEFORE** 3:30 p.m.

**Q: Where is the Foodbank located?**

A: The Foodbank is held in the basement of Riddell Hall, in the Bulman Students' Centre, which is underneath the cafeteria on the main floor, next to the UWSA office. Sometimes, the Foodbank gets moved because of special events. If this happens, it will usually be moved to the Riddell Cafeteria, and notices will be put up, directing clients to the room where Foodbank will be held.

**Q: What do I need to bring?**

A: You will need to bring your Manitoba Health Card to sign-in. You will also need to bring some bags to bring your food home in, like 3-4 cloth bags, or a large backpack or duffle bag.

**Q: What kind of food will I get?**

A: Our food is delivered by Winnipeg Harvest and the types of food we get changes from week to week. As a registered client, you will get a "kit" which has 4 non-perishable items in, like soup or tuna. There will be some produce, and usually crackers or granola bars, but it's always different. You will get approximately \$50-\$70 worth of food in one week.

**Q: How often can I be registered?**

A: You can be registered for every second week.

**Q: How do I register for my appointment?**

A: If you are a student, and you signed up with the UWSA office, you can be put on our permanent list, which means that we sign you up for every second week, and you don't have to call in yourself. If you are **NOT** a student, then you must call Harvest yourself to sign-up for every appointment.

**Q: What if I need food between my registered appointments?**

A: You may come to the Foodbank between your registered weeks, and act as a "walk-in" client, which means that you don't have an appointment, but that you would like to collect some food after the registered clients have gone through to pick-up their food. On busy weeks, you might not get a lot of food as a walk-in client, but there is often quite a bit of food left over after registered clients go through, and it's worth checking out.

You may also access the "Emergency Student Foodbank" if you have an immediate need for food. To do this, you may come into the UWSA Office in the Bulman Students' Centre, and ask the VPIA to help you access this service.

**Q: What happens if I can't come in on the day I have an appointment?**

A: If you would like someone to collect your food for you, you can send them to the Foodbank with your Manitoba Health card, and a note saying that you give (someone's name) permission to pick-up your food on your behalf, with the date of the appointment and your signature to verify the note.

If you are unable to make Foodbank's regular hours, you can email the coordinator and schedule your pick-up for later on Friday between 4 p.m. - 6 p.m.

If you are going to miss more than one appointment, you should let the Foodbank Coordinator know by emailing [foodbank@theuwsa.ca](mailto:foodbank@theuwsa.ca)

If you miss three appointments without notice, your name will be taken off the list, and you will have to call in to register for the foodbank again.

If you have any questions, please email the VP Internal Affairs at [vpia@theuwsa.ca](mailto:vpia@theuwsa.ca) or call 204-786-9975