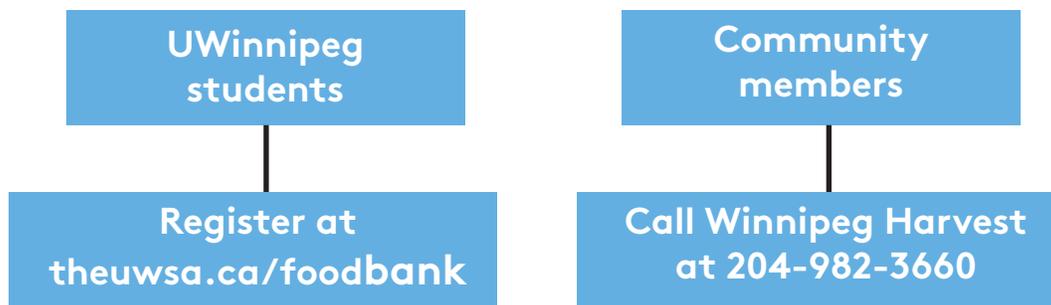


UWSA Foodbank

We're here to help students!

The Foodbank is for University of Winnipeg students and community members who need supplemental groceries. If students find they are skipping meals or choosing groceries over paying rent, they can access the Foodbank to close the gap.

Who can access Foodbank?



Questions?

foodbank@theuwsa.ca
theuwsa.ca/foodbank
204-789-4244

Q: How do I sign up/register for the Foodbank?

A: Online! You can register by filling up a form at theuwsa.ca/foodbank. If you are a UWinnipeg student who is a resident or citizen of Canada, you will need your Manitoba Health Card, your student number and your contact information. International students will need their student ID and proof of birth for their children. 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 between 2:00 p.m. to 3:00 p.m. (even if you're already registered, you need to sign in, it's like taking attendance). At 3:00 p.m. registered clients start getting called to come collect food, so make sure that you come in **before** 3:00 p.m. Distribution for walk-in clients begins at 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 to the Riddell Cafeteria on the main floor. If this happens, notices are put up, directing clients to 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. International Students need to bring their student ID instead of their Health Card. 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: How often can I be registered?

A: You can be registered for every second week.

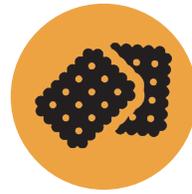
Q: What kind of food will I get?



NON-PERISHABLE
FOOD ITEMS



PRODUCE



CRACKERS OR
GRANOLA BARS

A: 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. Cat/dog food, feminine hygiene products, gluten-free kits, or baby food need to be requested at the time of registration.

Q: What is a gluten-free kit?

A: Gluten-free kits included food items that strictly exclude gluten, found in some breads and pasta, for clients who are gluten-sensitive. These need to be requested at the time of registration.

Q: I registered! Do I have to do anything else before I come to pick up food?

A: If you are a student, you must e-mail the Foodbank Coordinator at foodbank@theuwsa.ca to let them know that you will be coming to pick up your food hamper. If you are a community member who registered through Winnipeg Harvest, then you don’t have to confirm your registration.

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. Food availability is not guaranteed but we will try our best to provide. To do this, you may email the Social Sustainability Manager at sustainability@theuwsa.ca.

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/ Student ID, 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. If you are going to miss more than one appointment, you should let the Foodbank Coordinator know by emailing 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.

Q: How can I help?

A: You can volunteer! Foodbank volunteers who have worked a minimum of three shifts get priority access to the Foodbank after all the registered clients have been served. They also get work experience and a reference from us!