

# CALGARY FOOD BANK

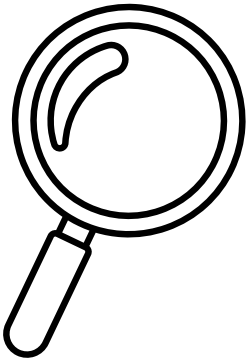
## VOLUNTEER REPORT

### Methodology

Voluntary survey of all volunteers who had completed at least one shift at the Calgary Food Bank, across the past year. A total of 752 volunteers completed the survey.



### Findings



Over the past five years, volunteers have donated the equivalent of 81 years of time to the Calgary Food Bank. Almost 200,000 volunteer hours were donated to the Calgary Food Bank in fiscal year 2024/25.

Most volunteers cite their personal values, and the desire to give back to the community as the main drivers of their volunteerism.

Just over three quarters of volunteers at the Calgary Food Bank are very completely satisfied with their volunteer experience.



### Volunteering Metrics

The number of volunteer hours needed to meet demand at the Calgary Food Bank has grown along with growing food insecurity within the Calgary community. Since 2020, the number of food hampers provided by the Calgary Food Bank has increased by about 200%. Most volunteers (49.7%) commit to a weekly shift at the Calgary Food Bank, with most having been with us for less than 5 years. Most volunteers are older adults (52.4%) between the ages of 55 and 75.

### Impact on the Community

Over the past five years volunteers at the Calgary Food Bank have:



Built 721,411 food hampers



Impacted just under  
2 million lives



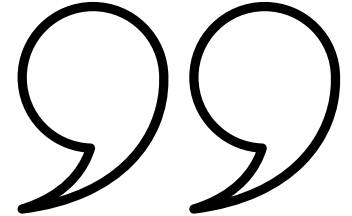
Contributed over 81 years  
of time to addressing food  
insecurity in their community.

## Motivations of Volunteers

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Volunteers most often identified that volunteering at the Calgary Food Bank aligned with their personal values and allowed them to give back to their community. Volunteers under the age of 35, also cited that volunteering helped them to meet their career goals.

*“My primary motivation stems from my current experience as a refugee claimant in Canada... I chose the Calgary Food Bank specifically because my own family receives hampers, and I deeply value the incredible support we get. When you are on the receiving end of human kindness and support, you truly feel its power, and I wanted to give back to the organization that is so important to my community and my family. Volunteering here also helps me integrate. It allows me to improve my English, make new connections, and contribute to my own personal growth, as even small contributions can help others. I am committed to doing my best work for the Food Bank.”*

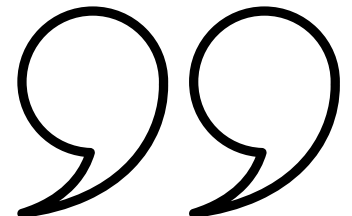


## Volunteer Experience

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Over three quarters of respondents said that they were very or completely satisfied with their volunteer experience at the Calgary Food Bank. The largest workforce of volunteers (43.0%) work within distribution, which includes building and delivering emergency food hampers at the main warehouse.

*“I chose to volunteer at the Calgary Food Bank because I care deeply about helping people in my community who are facing food insecurity. The Food Bank does important work supporting families in tough situations, and I wanted to be part of something meaningful. Volunteering there allows me to give back, learn new skills, and make a positive impact on others. It’s rewarding to know that even a small contribution can make someone’s day a little easier.”*



### About the Lead Researcher

Dr. Lauren Drogos is Head of Research at the Calgary Food Bank. She holds a Masters and PhD in Psychology from the University of Illinois at Chicago.

View the full report at [calgaryfoodbank.com](http://calgaryfoodbank.com)

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