



Christmas Supports in Alberta

Salvation Army

<https://salvationarmy.ca/alberta/christmas/>

Edmonton Christmas Food Hamper

People needing food hampers must register through the Edmonton Food Bank by calling 780-425-4190. Registration for hampers ends December 4th.

Edmonton Toy Donations

Individuals or corporations wishing to make toy donations can call 780-424-9222.

Calgary Christmas Assistance Registration

New this year, all clients seeking assistance will go to our website at SalvationArmycalgary.org and sign up online.

Calgary Christmas Food Hampers

Food hampers can be requested through the Calgary Interfaith Food Bank by calling 403-253-2055.

RedDeer Adopt-a-Family

If you are in need of assistance or would like to become a sponsor, please call 403-346-2251 or visit the Red Deer Adopt-A-Family website.

Parkland County

<https://www.parklandcounty.com/en/live-and-play/christmas-supports.aspx>

Christmas dinner

Stony Plain United Church will be hosting their annual FREE Christmas dinner on Wednesday, December 25, 2019 at the church located at 5012-51 Avenue, Stony Plain. Dinner will be served at 1:00 p.m. RSVP by December 24, 2019. For more information call 780-963-4843 or email spbc@shaw.ca.

Snow removal support program

Parkland County has a snow removal support program in place that provides funding support to physically challenged residents for snow removal from their private driveways. For more information please visit our snow removal support program page or call Parkland County Parks, Recreation and Culture at 780-968-8888 extension 8311.



Edmonton Christmas Bureau

<https://www.christmasbureau.ca/>

From donations to fundraising, volunteering to sponsoring a hamper, there are many ways you can support the Christmas Bureau of Edmonton. (780) 421-9627 Walk-In applications will also be accepted by the following agencies (you don't need to have an association with them):

- Bissell Centre - 10527 96 St
- Bethel United Church - 9950 148 Street Tuesday and Thursday 1:00 pm – 3:00 pm
- Boyle Street Community Services - 10006 105 Ave
- Sage Seniors Association – 15 Sir Winston Churchill Square 780-423-5510
- WECAN - 248 Riverview Crossing - old Abbotsfield Mall – 780-413-4525
- Changing Together- 3rd floor - 9538 107 Avenue- 780-421-0174
- Edmonton Vietnamese, Chinese Seniors Mutual Assistance Society- #6 10650-101 Street
- Creating Hope Society- 9538 107 Avenue (room #2 basement)- 780-477-7961
- Frap Settlement Program
- The Red Road Healing Society- 10045 156 Street- 780-471-3220
- UBUNTU- Children & Family Boyle Street Community Services- 14023 Victoria Trail
- Solomon College- #228, 10621 100 Avenue- 780-431-1515
- Dickensfield Amity House- 9213 146 avenue- 780-478-5022

Society of St. Vincent de Paul Calgary

<https://ssvpcalgary.ca/>

The Society of St. Vincent de Paul is a not-for-profit charity that helps economically-vulnerable people with emergency food hampers and assistance meeting basic needs. 403-250-0319

Drayton Valley Santa's Anonymous

<https://www.facebook.com/draytonvalleysantasanonymous/>

Drayton Valley Santa's Anonymous makes sure every child has a Christmas. We provide toys as well as a small



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food hamper to families in need at Christmas!
 (780) 234-6065

Red Deer Christmas Bureau Society

<http://reddeerchristmasbureau.com/>

The Red Deer Christmas Bureau has been working diligently to help our clients. We need your help so that EVERYONE can enjoy Christmas this year with a full belly and toys to enjoy! 403-347-2210

County of Lamont

<https://countylamontfoodbank.com/>

780-619-6955 to find out about donations or to book an appointment to get a hamper. countylamontfoodbank@gmail.com



The Kinette Club of St. Albert

<http://www.stalbertkin.ca/kinette-club/>

Their main service project of the year is our St. Albert Kinette Christmas Hamper which works to source Food and Toy Christmas Hampers in St. Albert, assisting roughly 300 families in need for over 50 years. For More information Email: info@stalbertkinettes.ca or Call: 587-355-2137

Fort Saskatchewan Food Bank

<https://www.fortsaskatchewanfoodbank.com/>

The Christmas Hamper Campaign is the primary Christmas assistance program within Fort Saskatchewan. Food and toy hampers are distributed at Christmas to families in need, as well as several children's homes and shelters. 780-998-4099

Spruce Grove Kinette Club

<https://www.sgkinettes.ca/default.cfm>

For the 47th year, the Spruce Grove Kinette volunteers are working to make Christmas brighter for local families struggling with a limited income. Our goal is to support families in need with food and gifts for the holidays and last year, with your help, we assisted 606 families in our area, and supported close to 1900 residents! Please direct any questions to sprucegrovekinettes@gmail.com, or Carolyn Ryan at (780) 960-0550 carolynd.sgkinettes@gmail.com.



Leduc Santa's Helpers

<https://leducshantashelpers.ca/>

Every year, your generous donations and support of the charity auction give hope to 100's of families in Leduc at Christmas time. And this year, we expect more requests than ever. Call 825-995-1008

The Alexandra Centre Society

<https://alexandracentresociety.org/programs/christmas-hampers>

Every year, the Alexandra Centre Society provides Christmas Hampers to those who are experiencing food insecurity issues within our communities. 403-269-5588 info@alexandracentresociety.org

Calgary Closer to Home Adopt-a-Family

<https://closer-to-home.com/adopt-a-family>

Closer to Home's annual Adopt-a-Family initiative helps low-income families provide their children with all the joys of Christmas. (403) 543-0550

Medicine Hat & District Food Bank

<https://www.mhfoodbank.com/>

The Medicine Hat & District Food Bank works collaboratively in the community of Medicine Hat and surrounding area to ensure an adequate and accessible food support system is available to individuals and families in need. This is achieved through support in Emergency Crisis, Security and Sustainability. 403-528-4313

Lethbridge Food Bank

<https://lethbridgefoodbank.ca/about/>

The Lethbridge Food Bank is an important part of a vibrant community to ensure a food security resource for families in need. As a non-profit organization we depend on donations from individuals and businesses like yourself to sustain our clientele.

Intake@lethbridgefoodbank.ca



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Lethbridge Interfaith Food Bank

<https://interfaithfoodbank.ca/>

Our assistance includes Monthly Food Hampers, daily food supplements and clothing vouchers.

info@interfaithfoodbank.ca

403-320-8779

Grande Prairie Salvation Army

<https://salvationarmygp.ca/family-services/food-bank/>

If you need food, please contact us, we are here to help!

Please give us a call at 780-532-3720 or you can email:

miranda_harris@can.salvationarmy.org

Helping Hands of Grande Prairie

<https://www.facebook.com/HelpingHandsGP/>

Helping Hands is a group put together to fill needs within our community. These needs are fulfilled by members who are looking to help out their neighbors.

helpinghands.grandeprairie@gmail.com

Wood Buffalo Food Bank's Mobile Pantry Program

<https://woodbuffalofoodbank.com/programs/mobile-pantry/>

The Food Bank's Mobile Pantry Program is unique and progressive because we directly address geographically isolated low-income communities where residents experience chronic hunger and food insecurity. To register for the Mobile Pantry program, or for more information, please contact mpp@woodbuffalofoodbank.com or 780-743-1125 ext.226.

DIY gifts that look like a million bucks

Here is a collection of some DIY Gifts that won't cost much to make but still turn out gorgeous! Many of these gifts can be made for around \$5 to \$20 each (especially if you're making multiples) instructions, recipes and ideas can be found online by searching goggle.



1. Marble dipped mug

Get a mug and dip it in oil based paint (nail polish works) in a container filled with water for a marbled coffee mug! Use sharpies to personalize it.



- Mason jar no water snow globes
Use salt as snow and put a small toy glued to the lid of the jar. Seal it with some hot glue.



- Cookie mix gift



Split cookie mixture between small containers and give individually. Write out the instructions on a piece of nice card stock and personalize the tag.

- Pantry Accessories

Put together a small pantry pack for a easy but useful gift. Wrap ribbon around some cooking utensils and a tea towel set.



- Orange Wreath

Make a wreath out of mandarin oranges



and plastic wrap. Garnish with a pretty tag for a inexpensive but enjoyable and tasty gift.

- Dip Mix Ornaments

Fill clear ornaments with spices and give as a gift. You can also use hot chocolate and marshmallows for this gift idea.



- Essential Oil Bath Salts

Fill a container with Epsom salts and add a few drops of your favourite essential oil. Layer it in a nice glass container for a pretty display.



- DIY Tea Towels

Use sharpie markers to draw on white tea towels for a unique design - let dry over-



- Mason Jar Sewing Kit

Use a mason jar and fill it with sewing items. These items can be picked up at the local dollar store.

- A print in a good frame

Print of a photograph or motivational saying and put it in a nice frame and wrap it up.



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11. Lunar calendar

Print a lunar calendar for your friends- there are many links online.



12. Nice stationery, a quality pen, and a few stamps



Make your own personalized letterhead and envelopes, add in a nice pen and some stamps - voila, you have a great gift.

13. A loaf of homemade bread

Everyone loves carbs (even the people who don't eat them), and almost everyone is impressed by baking, especially when it involves yeast.



14. A nice vase or jar filled with candy



Food, honestly, is never a bad gift. People need to eat, and they'd prefer to eat something delicious. Similarly, home décor is often the last thing on somebody's mind. So give them a jar or vase full of candy of your choice, and once they've scarfed that down, they'll have a nice receptacle for flowers to go on the dining room table.

15. Bottle of nice olive oil

If you've ever watched a show on the Food Network, you know all about using some "good olive oil," and people who actually follow that advice say that you really can tell the difference.



16. A collection of nice hot chocolate mixes, plus a mug and marshmallows



As apple cider is to fall, hot chocolate is to winter—regular, steaming mugs of that chocolate-y goodness can propel you through the short days and oh-so-long nights of January and February. Grab a few packets of your favorite brand and put them in a festive mug for your recipient's pleasure.

17. Pancake mix and maple syrup

While the idea of pancakes is almost always appealing, the actual fact of making them usually isn't. A mix can help expedite and simplify the whole



process, allowing for less time measuring flour and more time stuffing your face.

18. A deck of playing cards and a book of rules

Go for a classic deck, or maybe for something themed. Introduce your family or friends to such classic games as whist, bridge, or the many varieties of poker.



19. Slippers with accessories

Fill some slippers with foot



lotion, a nail file, some nail polish, and a chocolate treat, wrap with a bow!

20. Ice cream Sundae in a Box

Just add ice cream - prepare a box

of all the goodies that you would like to eat on an ice cream sundae.



21. Gift Baskets!

Create a gift basket with a



theme - spaghetti night for two, movie night with popcorn, home spa, or a wine with glasses in a creative basket. Wrap with clear plastic and a bow!

VAD Holiday Hours

Voice of Albertans with Disabilities will be closed for the following dates:

- December 24
- December 25
- December 28
- December 29
- December 30
- December 31
- January 1, 2021



Please leave a voice message at 780-488-9088 on the general mailbox if you require our services during this time and someone will call you back at the earliest convenience. Regular service hours resume January 4, 2021.

HAPPY HOLIDAYS From VAD

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