



[www.foodforlife.ca](http://www.foodforlife.ca)

# 2018 IMPACT REPORT *a special publication*

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## Dear Neighbour,

2019 marks the 24th year of Food for Life and its positive impact on the community. From the first pound of food rescued in 1995 we now pick up and share millions of pounds of food and serve every neighbourhood in Halton Region. We also provide support to partner social service agencies in Hamilton and Mississauga.

Inside you will see how we are looking ahead as Food for Life continues to be responsive to emerging trends in our sector. There are so many factors that affect a neighbour's need to access food programs and that is why collaborating between organizations of all sizes and geography is so important. With 98 collaborative partners that provide food supports it is hard to imagine that there are ways left to serve our community, but there are, and together we are finding them.

I hope you are inspired to get involved and join us in some way as part of our team as we head on this exciting journey. Perhaps you want to share your time and talent as a volunteer in one of our many existing or new opportunities or perhaps make a personal donation to support a neighbourhood food program. Whatever inspires you, whenever it inspires you, we will be ready to welcome you to the team.

Thank you for all you do to help ensure none of our neighbours go hungry.

**Graham Hill**  
Executive Director



*Our amazing volunteers at the Food for Life program at the Bruce Apartments in Milton help the drivers with unloading food from the truck.*



*Every Thursday afternoon our group of volunteers come in to pack 70 bins of food to go out to the Glen Oaks Co-op in Oakville.*

## Impact Stats

*Time shared by volunteers*  
**49,526 hours**

*Neighbours Helped Each Week*  
**12,721**

*Food rescued and donated*  
**3,840,000 lbs**

*Greenhouse Gas Diverted*  
**5,508,518 kgs**

*km's driven by our trucks each year*  
**97,000**

**snapd**HUB

**Unlock** a whole new  
**Augmented Reality**  
Experience  
in this **report**



## Starting right here

**STEP 1**

Download the **snapd**HUB app



**STEP 2**

Open and select **AR** option

**STEP 3**

Place lens over this ad to GET STARTED

**STEP 4**

Look for this symbol throughout the paper and around town for unique **AR** experiences from our partners and the community



Proud  
partner of  
Food for Life



## Dear Neighbour

We are a community of neighbourhoods.

When we put a return address on a personal letter to a donor or volunteer, we usually write it as follows:

2258 Mountainside Drive, Burlington, ON, L7P 1B7

When I think of it, what I really want to put is:

2258 Mountainside Drive, Mountainside,  
Burlington, ON, L7P 1B7

Why?

In a day and age when community spirit is considered to be fading away due to the rapid speed of life, perhaps it is time that we build our neighbourhoods back into the everyday things we do. A small way to remind ourselves to take a moment, reconnect and support each other as neighbours.

It is this act of being neighbourly that has inspired us to look at the communities that we serve in a whole new way. A new way that inspires local neighbourhoods to support neighbours in need who live and work in their neighbourhood but they may never know are in need.

You may drop your kids off at school with them, play pick up hockey, or even walk your dogs at the park together. You see the challenges that cause people to turn to food programs are complex. Perhaps an individual is on disability and unable

to work, or an aging-adult on a fixed income in a time when the cost of life keeps getting higher. Perhaps it is a single working mother who is holding down two jobs and often goes with less food to ensure her kids are healthy with a full belly before bedtime.

The reasons are as complex and unique as the individual houses on your street, and the street one over and one over from that.

Starting with this issue we are taking a deeper look into each community in which we serve to ensure we are serving our neighbours in the best way possible providing people with the full belly they need to thrive.

We have started with six neighbourhoods from across Halton to give you an example of this important work. We hope this information inspires communities to rally together and help fund and volunteer for the vital programs and services that Food for Life provides in your neighbourhood so we can continue to be there to serve our neighbours in need.


**Learn more through our Augmented Reality experience below or find your neighbourhood profile and opportunity to donate by visiting [www.dearneighbour.ca](http://www.dearneighbour.ca)**



Every week, the Lakeview Villa in Acton is supported with fresh food thanks to volunteers who run the program.

### DOUBLE YOUR IMPACT!

Until the end of April, **ALL DONATIONS TO THE DEAR NEIGHBOUR CAMPAIGN WILL BE MATCHED** thanks to a caring donor up to a campaign maximum of \$4,500




I have worked hard all my life and despite having two jobs it is stressful trying to afford healthy groceries for our family some weeks when life expenses happen and stretch our budget. Which is why I am so grateful to Food for Life.



The programs in, and around our neighbourhood provide us with nutritious fresh food without any questions except how many people we need food for. It means a lot to have this supportive program in our neighbourhood.

Please donate today so neighbours like us continue to have access when we need it most.

With appreciation, Your Neighbour



Learn more about how food programs positively impact your neighbours at [www.dearneighbour.ca](http://www.dearneighbour.ca)



### Dear neighbour, I want to help.

Here is my gift of:

☐ \$18   
 ☐ \$25   
 ☐ \$50   
 ☐ Other: \_\_\_\_\_

☐ I have enclosed a cheque, payable to Food for Life, OR  
☐ I prefer to use my credit card. Please charge my:

☐ Visa   
 ☐ Mastercard   
 ☐ American Express

Card Number: \_\_\_\_\_ Cardholder's Name: \_\_\_\_\_

Expiry Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ CVV: \_\_\_\_\_ Signature: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

I want to spread the word about Food for Life! Please send me:

☐ a lawn sign   
 ☐ some buttons

When life is changing all around me, I can depend on neighbours like you.



Learn more about how food programs positively impact your neighbours at [www.dearneighbour.ca](http://www.dearneighbour.ca)

Food for Life • 2258 Mountainside Drive, Burlington, Ontario, L7P 1B7 • 905 635 1106  
[www.foodforlife.ca](http://www.foodforlife.ca) • Charitable Number: 890943772 RR0001

You can also donate online at [www.dearneighbour.ca](http://www.dearneighbour.ca)







## Accountability to the Community

Food for Life prides itself on being transparent and open to the community, after all we are here to serve the community.

Food for Life is governed by a dedicated volunteer Board of Directors and have a comprehensive set of Board Policies that are publicly available on our website along with past annual reports and full audited financial statements.

To all our supporters, thank you for placing your continued trust in our organization and the work we do everyday to make our neighbourhoods a better place to live.



Full financials are available at  
[www.foodforlife.ca](http://www.foodforlife.ca)

### FOOD FOR LIFE CANADA CHARITABLE CORPORATION (Incorporated without share capital) Statement of operations For the year ended September 30, 2018

	2018	2017
<b>Revenue</b>		
Amortization of deferred contributions (Note 6)	\$ 83,565	69,386
Donated food	9,389,762	7,781,762
Donations and fundraising	302,301	266,141
The Regional Municipality of Halton grant	161,531	162,733
Other grants	353,349	296,406
Other income	6,711	10,737
United Way	101,936	108,143
	<b>10,399,155</b>	<b>8,695,308</b>
<b>Expenditure</b>		
Administration	31,991	27,539
Amortization	86,480	71,837
Distribution of donated food	9,389,762	7,781,762
Fundraising	17,667	4,301
Insurance	5,019	4,747
Other agencies' support	28,448	25,353
Professional fees	26,706	26,130
Promotion	32,211	23,010
Salaries, benefits and contracts	592,313	518,749
Telephone	6,984	6,745
Travel and conferences	5,694	8,335
Utilities	12,316	14,697
Vehicle operating costs	77,316	80,834
Warehouse rental	53,286	46,216
Warehousing and supplies	40,705	43,473
	<b>10,406,898</b>	<b>8,683,728</b>
Excess of (expenditure over revenue) revenue over expenditure, before other	(7,743)	11,580
Other		
Gain on disposal of property, plant and equipment	7,200	-
Excess of (expenditure over revenue) revenue over expenditure for year	\$ (543)	11,580



GLENN & GRAYDON WRIGHT LLP  
CHARTERED ACCOUNTANTS

# FORTINOS

## Bringing food & families together!



With the support of our local communities,  
we were able to donate 4,000 turkeys  
to families in need!



## Get Involved in *Great Events!*

**April 13th** The Big Sort Spring Edition

**May 30th** The Big Chill- Tapas and Toques

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Align your Brand with Ours-Advertise with us!

Partnering with Food for Life gives you the following extra benefits:

- **90%** of Canadians agree that Food Dignity organizations are their top charities of choice
- **70%** of Canadians will buy from companies that align with their values

You are aligning with a major charity brand and cause when you invest in this initiative

Follow us on social to see the latest happenings





Please contact us for more information:  
Laura Hickerson | 905-635-1106 | [Laura@foodforlife.ca](mailto:Laura@foodforlife.ca)

# Impact Food for Life has on neighbours in *your community*



## WHO WE SERVE BY NEIGHBOUR GROUP

Food for Life is proud to serve people from all backgrounds in all communities. Our mission is to ensure people have access to healthy food as close to their neighbourhood as possible in the most accessible way.

To help show the impact of who is being helped we wanted to share the number of people who we help by group each week.

**FAMILIES**  
(adults & children)  
10,217

**SINGLE ADULTS**  
359

**AGING ADULTS**  
524

**YOUTH**  
(under 18)  
1,612

## Hamilton

Number of FOOD PROGRAMS SUPPORTED:  
**5**



Number of  
FOOD PROGRAMS  
SUPPORTED:  
33

Number of  
NEIGHBOURS HELPED  
each week:  
3,967

VALUE OF  
FOOD SHARED:  
\$1,963,307

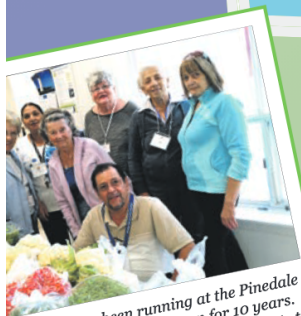
Sum of Kg's  
of GREENHOUSE  
GAS EMISSIONS  
DIVERTED:  
1,083,224



Volunteers at the Food for Life program at John Rhodes Seniors Residence in Oakville, serving 100 neighbours every week.

Oakville

Burlington



Food for Life has been running at the Pinedale seniors program in Burlington for 10 years. Each week, volunteers ensure fresh food gets to neighbours in need.

Number of  
FOOD PROGRAMS  
SUPPORTED:  
40

Number of  
NEIGHBOURS HELPED  
each week:  
5,224

VALUE OF  
FOOD SHARED:  
\$1,972,519

Sum of Kg's  
of GREENHOUSE  
GAS EMISSIONS  
DIVERTED:  
1,088,307

VALUE OF  
FOOD SHARED:  
\$695,412

Number of  
NEIGHBOURS HELPED  
each week:  
1,778

Sum of Kg's  
of GREENHOUSE  
GAS EMISSIONS  
DIVERTED:  
383,683

## Nourishing Minds Kids and Youth

Food for Life knows that our future starts with today's youth. Ensuring all youth have access to healthy nutritious food is a vital part of this. We are proud to say that we are able to help over 15 youth programs that are specifically focused on supporting youth who face barriers to accessing healthy, nutritious, fresh food. In addition to the children supported through our other food support programs we also serve 1,612 youth every week through our collaborative partners such as Frontline Outreach, Arthouse, Kerr Street, Boys and Girls Clubs, and many more.

We also embrace innovative programs like Nourishing Minds. Thanks to the financial support of The Levan Family Foundation, The Henderson Family Trust, The MacDonald Family Foundation, and the Carmichael-Willis Fund at the Oakville Community Foundation, a registered charitable public foundation serving the Oakville Community, Food for Life was able to expand the Nourishing Minds program in partnership with the Town of Oakville.

*"The kids got to try different things that I normally wouldn't buy. If the fruits and vegetables and healthy snacks are in the house they are more apt to grab one when they're hungry."* A Grateful Parent

When school programs stop, the risk of summer hunger begins. Food for Life would like to thank Sodexo for helping us in the summer by supporting us with a grant from the Feeding Our Future program.



## Neighbours helping Neighbours!

Neighbours **shared 49,526 hours of their time** this past year to help ensure people in need did not go hungry.

Volunteers are the heart of Food for Life. Without the hundreds of volunteers we would not be able to serve the more than 12,000 people each week who turn to Food for Life for support.

As we have grown you have stepped up to help us test, build and expand our volunteer opportunities.

We know it is about providing meaningful opportunities for people of all ages and talents to be a part of helping their neighbours in need. It truly does take a community.

Join us in celebrating the amazing volunteers of Food for Life both at our programs and those at the agencies we support with food, we cannot do it without you!

## Interested in Sharing Your Time & Talents?

Volunteer with Food for Life!

Contact  
Donna@foodforlife.ca  
to learn more



*"We are fortunate as retirees to have the health and time to volunteer for Food for Life. I was trained to drive a truck professionally by a staff member and love doing it. It is exciting to be a part of a value chain which includes families in need and volunteers in so many places, along with food retailer and manufacturers reducing food waste. I have been involved with Food for Life for five years as a volunteer and enjoy being a part of such an effective and efficient operation." -- David*



*"I got involved with Food for Life through the community garden at CUMIS - now being retired I help out with admin work and help with the annual turkey drive. It has been a great way to get involved with my community." -- Donna Johnson*



Every Monday, Food for Life volunteers gather at the Brant Hills Presbyterian Church to support their neighbours in need within their community. Their weekly commitment ensures neighbours have access to fresh fruit and vegetables.



The Food for Life Program has been running at the Oakridge Bible Chapel since 2011. Volunteers here serve 70 families weekly. Neighbours who come to this program are grateful for the weekly support they receive from these volunteers.



*"I feel very blessed to work with such an incredible group of volunteers. Our volunteers are the back bone to Food for Life, ensuring our neighbours are supported weekly with fresh food." -- Donna Slater, Director of Programs*

## DEAR NEIGHBOUR

I have worked hard all my life and despite having two jobs it is stressful trying to afford healthy groceries for our family some weeks when life expenses happen and stretch our budget. Which is why I am so grateful to Food for Life.

The programs in, and around our neighbourhood provide us with nutritious fresh food without any questions except how many people we need food for. It means a lot to have this supportive program in our neighbourhood.

Please donate today so neighbours like us continue to have access when we need it most.

With appreciation, Your Neighbour

Learn more about how food programs positively impact your neighbours at [www.dearneighbour.ca](http://www.dearneighbour.ca)







## Celebrating our Caring Donors and Supporters

Beyond the gifts of time and talent shared by so many people, Food for Life could not continue its work without the support of donors for both food and funds. Rescuing and sharing nutritious surplus food is our mission. Food for Life picked up and delivered 3.84 million pounds of food last year. This food came from caring donors like Earth Fresh who provides us with regular first-run root vegetables, and a network of aligned food rescue partners.

We currently receive approximately 25% of our funding from The Halton Region Community Investment Fund and United Way Halton and Hamilton. The remaining 75% is raised from caring individuals, companies and community groups who believe in our mission and impact. We have been fortunate to have several long-standing funding partners who believe in the work we do.

As a longstanding supporter we would like to thank The Sprott Foundation for their commitment to Food for Life and the neighbours we serve. They have supported our responsible growth and invested in the tools needed for us to move food safely to neighbours in need.

*"For many years now, we have been proud supporters of Food for Life. Food for Life has been leading the way in helping ensure neighbours in need have dignified access to fresh, healthy food. The positive impact their work has had on the lives of so many is truly inspiring to my family."*

**Juliana Sprott, Chief Giving Officer, The Sprott Foundation**

Innovative ongoing support from donors through groups like the Oakville Community Foundation, C.B. Powell and long-standing support from individual monthly donors means the world to us.

Thank you for believing in the work we do and investing your hard-earned resources to help our neighbours!



Dedicated volunteers at St. Alban's Church in Acton serve about 40 families every week.



Food for Life supports Boys and Girls Club summer camps



Our Martin House Food for Life volunteers ensure 40 seniors in Milton every week get fresh food.

## Thank you to our supporters



Ontario  
Trillium  
Foundation



Fondation  
Trillium  
de l'Ontario



United Way  
Halton & Hamilton



BURLINGTON  
FOUNDATION



# THE COOLEST CAMPAIGN IN TOWN

## WANT TO LEARN ABOUT THE COOLEST CAMPAIGN IN TOWN?

Food for Life is looking forward to an exciting new project. Are you an interested donor who wants the first opportunity to support the project or perhaps align your company or community group with a certain space or project?

### Contact:

Graham@foodforlife.ca  
or 905-635-1106 ext. 223  
to learn more.



## Team Building With *Impact!*

Small, medium, large or HUGE! We have been very fortunate to have been able to provide exceptional experiences to caring companies and community groups who want to have a major social impact while building their team.

Over a million pounds of food sorted by thousands of volunteers from hundreds of companies and community groups has shown us the way forward but we continue to learn and grow and need your help to do it!

If you are interested in booking a food sort or other group experience please connect with Laura@foodforlife.ca who will guide you through the start of your journey.



Thank you to those caring groups  
who help make this report possible



heart felt THANKS

to Food for Life and its volunteers for providing  
fresh, healthy food to those in need!



www.smithsfh.com  
905-632-3333

## We Feed Students. Healthy Food. Thousands Every Day. Together!



halton food  
for thought

Thank you to our dedicated army of over  
2100 volunteers, including 930 students,  
helping to ensure

*"no student goes hungry at school"*

To learn more visit [www.haltonfoodforthought.com](http://www.haltonfoodforthought.com)  
or [www.breakfastbash.com](http://www.breakfastbash.com)



*Dinner done right with  
this simple side dish*

EarthFresh Farms Inc.,  
1095 Clay Avenue, Burlington, ON L7L 0A1  
www.earthfreshfoods.com



### ROASTED ROSEMARY FINGERLINGS

#### Ingredients:

1.5 lb EarthFresh Gourmet Fingerling Potatoes  
1 Tbsp olive oil  
1 tsp salt  
2 Tbsp chopped fresh rosemary

#### Directions:

Preheat oven to 350°F.  
Wash, dry and cut the potatoes into halves. Place the potatoes,  
olive oil, salt and chopped rosemary into a medium bowl. Toss  
to evenly coat the potatoes.

Transfer the potatoes to a roasting pan and roast in the oven  
for 30-40 minutes. Roast until potatoes are crisp and golden  
brown. Remove from oven and transfer to a serving platter.  
Serve warm. Enjoy!