

Looking Ahead

Food for Life's 25th Anniversary brings so much to be excited about and so many new opportunities to rescue food and impact lives. Since 1995, we have distributed over 26 million pounds of food. Over half of that has been collected in just the last four years.

From our compost program, fresh food fridges, emerging work on the Halton Food Strategy, increasing work in the north of Halton, greater engagement of volunteers to help us modernize our warehouse and operations, to the inspiring support that we continue to receive from donors and partners, we are moving in a positive direction.

Our 25th is a true testament to the amazing communities we serve. The adventure is just beginning as we add more positive environmental influence, sustainability measures and increase our full community impact. The **GOOD** we do, is because of **YOU!**



Upcoming Events

All Around The Table
Neighbourhood Dinners
Burlington **February 12th**
Oakville **February 24th**
Milton **March 5th**
Georgetown **March 26th**

Doing Good Conference
A Fresh Look At Food Security **April 24-25**

25th Anniversary Harvest Dinner
Gambrel Barn, Milton **November 5th**

Our Mission Rescuing Food. Impacting Lives. Our Vision For Everyone To Have Access To Healthy Food.

Acton/Georgetown Fresh Food Fridges

More than 150 seniors, in three buildings, now have access to healthy food in their buildings thanks to a partnership between Halton Community Housing and Food for Life.

Through the installation of Fresh Food Fridges, seniors who face challenges accessing healthy food due to mobility, financial or physical capacity to carry, now have access to fresh food. Food for Life keeps the fridges stocked with fresh food each week, ensuring

the food is readily available in the amount that seniors have told us they need. The impact has gone beyond an increase in healthy eating; we have heard wonderful stories of neighbours meeting while choosing their fresh food - catching up, sharing stories and some even getting together and cooking up great dishes for all to enjoy in their community rooms.

Good food has a way of bringing people together!



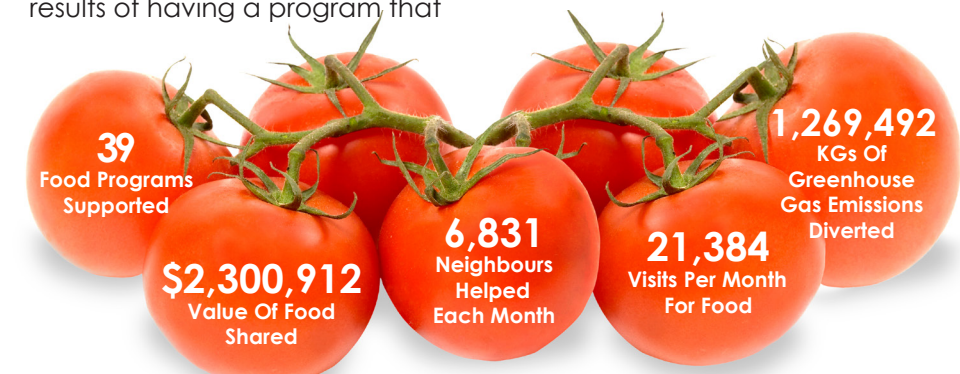
Burlington Neighbour-Centric Food Programs

The positive impact of a neighbour-centric food program. Funding from the Ontario Trillium Foundation has allowed us to undertake a pilot project at our Mountainside warehouse.

Neighbours who were facing challenges accessing other food programs due to a variety of life-challenges are participating in this pilot with many sharing positive results of having a program that

provides what they need, when they need to access it, and in a way that they want to access it.

Reduced stress, financial savings and more time to work, study or be with family are just some of the positive impacts that people are sharing. The pilot runs through to the summer of 2020 and we are looking forward to sharing the full results.



Hamilton Growing Partnerships

While Food for Life started in Halton Region we know that there cannot be any barriers when it comes to the need to access food supports. For many years Food for Life has been a supportive partner with many non-profits in Hamilton including Neighbour 2 Neighbour, The Kingsway, Hamilton Food Share, and many others.

We continue to work with our allied partners in Hamilton to build on our combined strengths to ensure none of our neighbours go hungry.

Inspired by our work with Halton Community Housing we piloted a fresh food fridge in Hamilton with much success and continue to explore how to expand this program with our great partners at Hamilton Community Housing and other local charities.

Milton Neighbourhood Programs

Milton is one of the fastest-growing communities in Canada, and one of the areas of greatest need for food supports. With rapid growth comes the challenges of ensuring a family has enough funds to last the month and set aside for future needs. However, for many, the rising cost of living means they are literally 'working poor.' That's why Food for Life programs that do not require someone to qualify for support are important.

For 10 years the volunteers at the Food for Life Neighbourhood Program at Milton Bible Church have been ensuring that fresh food is available to people who need it. More than 80

families are helped each week at this program alone. The volunteers also ensure those that cannot come to the program receive food by delivery and a friendly visit - adding an extra layer of care.

In 2019, Food for Life also expanded its supports in Milton through innovative partnerships with Community Living North Halton's Lunch Box Café program, gleaning activities to rescue end of the year healthy food at Country Heritage Park.

If you thought 2019 was exciting in Milton, just wait until you see what we have planned for 2020!



Oakville Fresh Ideas Are Growing

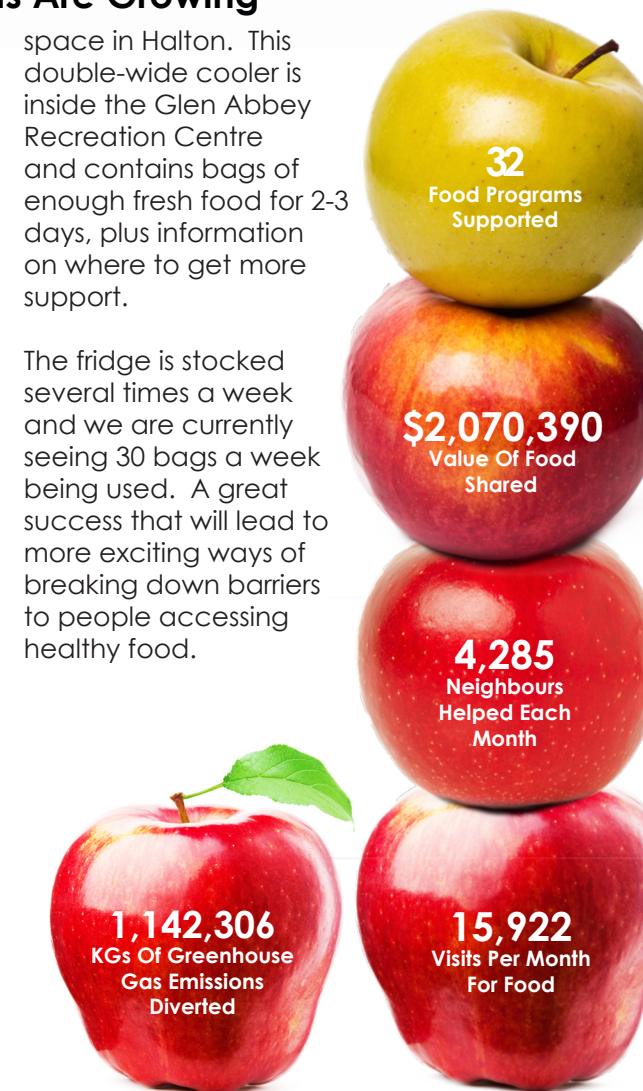
Food for Life began in Oakville, so it is appropriate that when we looked at piloting something truly inspiring, we would start in this caring community.

Without any fanfare Food for Life and the Town of Oakville partnered towards a truly open-access program to help ensure everyone has access to healthy food. Building on our successful Nourishing Minds Youth recreation program, we realized that community centres and libraries are key points for people to access resources of all kinds, including food.

In 2019, Food for Life supported a food program at a south Oakville library and installed and stocked the first open-access fresh food fridge in a public

space in Halton. This double-wide cooler is inside the Glen Abbey Recreation Centre and contains bags of enough fresh food for 2-3 days, plus information on where to get more support.

The fridge is stocked several times a week and we are currently seeing 30 bags a week being used. A great success that will lead to more exciting ways of breaking down barriers to people accessing healthy food.



Thank You To Our Food Heroes



Thank You To All Of Our Sponsors.
Full List At Foodforlife.ca



FSC LOGO

Food for Life
2258 Mountainside Drive
Burlington Ontario, L7P 1B7
905.635.1106

Charitable Number 890943772 RR0001

foodforlife



CELEBRATING 25 YEARS!

IMPACT REPORT



#FoodHero

From One To Many

In 1995, George Bagaco saw the opportunity to rescue quality surplus food from a local bakery and share it with neighbours who were struggling to access good food. A moment that leads to the beginning of Food for Life.

We continue to be accountable to all those who support us and the broader community. That is why we actively pursue ways to improve sustainability for our operations and the environment. We strive to ensure time, energy, and resources are never wasted.

Twenty-five years later, Food for Life Halton & Hamilton is the regional leader in rescuing and distributing fresh and frozen food. We support the community by providing healthy food to a network of more than 100 non-profits and partners ensuring that more than 18,500 friends and neighbours have access to good food each month.

Until long-term solutions are found to the complex issues that cause people to face challenges in accessing healthy food, we will continue doing what we do; striving to achieve our vision - everyone having access to healthy food.

Together we are making a huge impact – the **GOOD** we do, is because of **YOU!**

Impact Stats

100+
Food Programs Supported

18,537
Neighbours Helped Each Month

\$10,465,356
Value Of Food Shared

4,025,137
Pounds Of Food Rescued

5,774,098
KGs Of Greenhouse Gas Diverted

The GOOD We Do, Is Because Of YOU!

"Stage 4 cancer survivor. I used to live up north. I had my own business and my children were all grown and had moved away. I was then diagnosed with cancer, my health started to decline, I had to sell my business and relocated to Burlington to live with my son. He's not well himself. I'm very appreciative of Food for Life, as eating healthy is very expensive and hard to do when paying for such expensive medications and treatments."
- Tansley Neighbour

"I recently moved to Canada with my family from Colombia and am learning to speak better English. I started attending the church at Clearview and learned about the Food for Life program, now I am helping to volunteer. I used to run a similar program back in Colombia so I know how important this service is. I never thought I would have to use a program like this but am so happy that Food for Life is here."
- Clearview Church Neighbour

"I have two teenaged boys at home and it's summer. They'll go through 4L of juice in a day! I can't keep up with that as a single mother. The Food for Life program has really helped. What I pick up here, I don't need to get at the store. It helps me have the money to be able to pick up the expensive items that we can't get here like laundry detergent and or other household items."
- St. John's Burlington Neighbour



I Want To Make An Impact! Here Is My Gift Of -

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Food for Life
2258 Mountainside Drive
Burlington Ontario, L7P 1B7

foodforlife

25
CELEBRATING 25 YEARS OF IMPACT
1995 - 1995 - 2020 - 2020

Donations support all of the **GOOD** work we do!

FOOD | FRIENDS | FUN

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