



food *for* life



2017 IMPACT REPORT

A FRESH FOCUS ON FEEDING THOSE IN NEED

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*Food Security
Project Manager*

Coming home to a fridge full of healthy nutritious, fruits, veggies, dairy and meats is an everyday occurrence for many of us. This unfortunately is not the reality for the 1 in 10 people in Halton Region battling food insecurity who don't know where their next meal is coming from.

As we reflect on 2017 we are reminded that the number of people in need is growing and Food for Life is seeing an increased number of families accessing services throughout the community. In 2017 Food for Life distributed the equivalent of 3.3 million meals into the community to support our neighbours struggling to put food on the table.

In 2017 Food for Life was named one of Canada's top 10 impact charities for the second consecutive year. This is due to amazing support from our incredible funders and donors such as the Halton Region, Oakville Community Foundation, Ontario Trillium Foundation, United Way, Sprott Foundation our corporate sponsors and private donors and our great volunteers and community partners.

- Halton Region provided funding for a new truck which increases Food for Life's capacity to distribute food across the Region.
- In partnership with the Oakville Community Foundation, Food for Life was able to expand programming for seniors in Oakville.
- Food for Life launched a resource in collaboration with community partners called www.finding-food.com, where anyone can access information on all food programs offered in Halton, Mississauga and Etobicoke.
- In partnership with the Burlington Food Bank hosted the annual Ride to Provide event which raised over \$70,000 to support those in need within our community.
- Collected over 2,000 turkeys to provide a holiday dinner to families with the help of 200 volunteers and Fortinos.
- Expanded our agency partners and are proud to support over 95% of food agencies in the Halton Region.

Food for life has taken a strategic approach to reducing hunger by leading the Halton Food Security Alliance (HFSA), which brings a diverse group of stakeholders together to reduce food insecurity by 50% over the next 5 years. The HFSA collectively works towards a Halton in which no neighbour goes hungry and everyone has the opportunity to thrive.

Food for Life is poised for growth in the coming years. In the next three years the goal is to distribute 5 million pounds of food annually which equates to 5 million meals annually. With the continued support of the food donors, financial donors and volunteers Food for Life can build a resilient community free from hunger.



A handwritten signature of Catherine Potechin in blue ink. The signature is stylized and cursive, written on a white rectangular background.

Catherine Potechin, Board Chair

John is a senior living in Oakville. He lives alone in his subsidized apartment and is struggling to pay his bills with his Ontario Pension. He has worked all his life and at age 70 is seeking help from the local food banks for the first time. In 2017 Food for Life set up a program in his building, now John is able to get the extra food support he needs to get through the month. Not only has the program offered him fresh nutritious food, but he has made friends with other seniors in the building and now plays cards and bridge with them each week.



75% of program attendees said the program gave them an opportunity to socialize with others.



80% of program attendees said it contributed to their overall health and well being

Behind on bills and with an empty fridge **Tammy** called Food for Life for help. Her husband Tyler works at the local shopping mall, however his hours have been cut to part-time. Tammy and Tyler have two children and when they go shopping they buy Kraft Dinner and canned items to stretch their very tight grocery budget. She discovered a Food for Life program in her neighbourhood where she was able to access healthy items such as apples, bananas, granola bars and sandwich meats for her children's lunches. Tammy feels less stressed about what her children are eating and it has given her a bit of food budget relief.

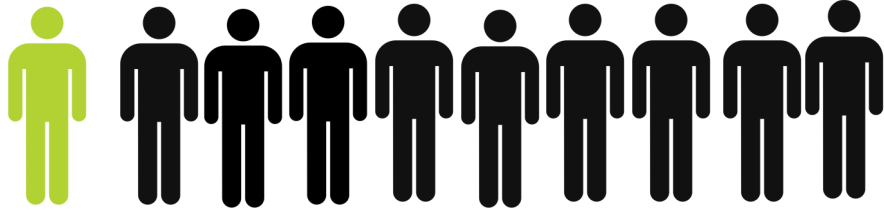
Ben is a teenager, lives at home and starts to notice that his mom who has a disability is not eating very well. When he asks her about this she mentions that she is finding it hard to keep the roof over their head, pay the bills, and buy nutritious groceries. Ben does some research using the www.finding-food.com website and realizes there is a FFL program in their neighbourhood that is within walking distance. The program runs in the evening, so he is able to attend the program. After attending the program for a few weeks, Ben's mom comes along one evening and is able to meet some of her neighbours. After a few months, she has now made connections in her community.



75% said it gave them an increased sense of belonging in their community

A Lasting Impact in the Community

1 in **10**
people in Halton
experience hunger



\$1 = 3.5 Meals



41,656

Neighbour visits supported
each and every month.

80%

Of food distributed
is perishable.

45,313

Number of volunteer hours
invested in Food for Life

Of neighbours
served are
seniors

20%

Of neighbours
served are
Children

39%

38

Food for Life
Programs

**3.3
Million**

Pounds of food distributed
by Food for Life in 2017

46

Food
Agencies

WHERE THE FOOD COMES FROM ———>



Farmers



Grocery Stores



Community Gardens



Distributors



Food Sharing Partners



Wholesalers



Food Drives



Manufactures



Restaurants



WHERE THE FOOD IS SHARED



Community Dinners



Seniors Programs



Community Outreach



Youth Programs



Community Kitchen



Food Banks



Community Housing



Community Agency

34% Single

22% Single Parent Family

20% Two Parent Family

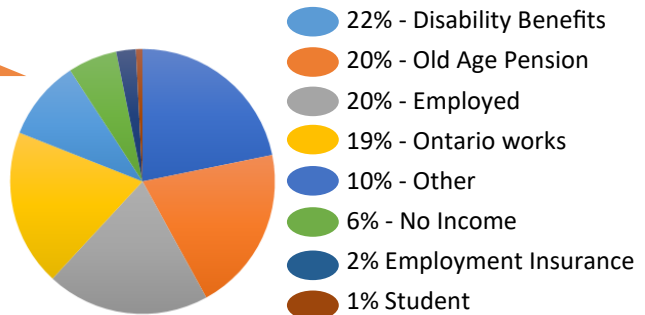
9% Couple (No Kids)

8% Did Not Disclose

7% Other

Neighbour Household Demographics

Neighbour Household Income



90% of those surveyed said FFL stretched their budget, Only in the end, they received much more such as friendship and increased knowledge of programs.

Food for Life Programs



Acton:

Bethel Christian Reformed Church
Lakeview Seniors Residence
St. Alban's Anglican Church

Burlington:

Aldershot Seniors
Applemead Co-Operative Homes
Bill Shackleton Place - Calvary Baptist Church/
Forestview Church
Brant Hills Presbyterian
Burlington East Presbyterian
Don Quixote Co-Operative Homes
Faith Christian Reformed Church
Halton Children's Aid Society
Halton Islamic Association (2)
Longmoor Seniors Residence
Maple Crossing/Life Church
Pinedale Seniors Residence
St. Luke's Anglican Church
Stoa's Coop
Tansley United Church

Georgetown:

St. Alban's the Martyr Anglican Church (Glen Williams)
St. John's United Church

Milton:

Martin House Seniors Residence
Milton Bible Church
Milton Gospel Hall
The Bruce Apartments

Oakville:

Birch Glen Co-Operative Homes
Clearview Christian Reformed Church
Dar Foundation
FrontLine Outreach, Royal Canadian Legion 114
Glen Oaks Co-Operative Homes
Hopedale Bible Chapel
John Rhodes Seniors/ Church of St. Peter & St. Paul
Oakridge Bible Chapel
Rotary Centennial Towers
St. Hilda's Anglican Church
St. Jude's Anglican Church
St. Lukes Palermo Anglican Church—Nourishing our
Neighbours
The Oaklands

*Because of FFL, I and my kids can eat fruit and
it helps me to provide more food to my kids.*

Thank you.

Neighbour supported by Food for Life



Food for Life Supported Agencies

Acton:

Links2Care

Acton Food Share

Burlington:

Arthouse

BurLINKton's 55+ Luncheon

Burlington Food Bank

Chill Zone—North BurLINKton

Compass Point Bible Church

Compassion Society of Halton

Food4Kids

Friday Night Community/Wellington Square United Church

Halton Womens Place

Nelson Youth Centre

Next Door Social Space & Kitchen

North BurLINKton Dinner—Glad Tiding Pentecostal Church

Open Doors Food Bank & Dinner (St. Christopher's Anglican Church)

Our Community Cares—Burloak

Our Community Cares—Surrey

Our Kids Network –Aldershot Hub

Salvation Army Burlington Community & Family Services

Shifra Homes

St. Luke's Anglican Church Community Lunch

Summit Housing & Outreach Programs

Georgetown:

Community Living

Georgetown Breadbasket

Summer Camps:

Chillzone—Tansley

Chillzone—Calvary Baptist

Arthouse Camp

Kerr Street Camp

Camp Dakota

Community Cares Camps (Burloak & Surrey)

Youth Aiding Youth Camp (ROCK)

Milton:

Bob Rumball Association for the Deaf

Community Living

Grace Anglican Church Community Dinner

Hope Place Recovery Centres—Halton Recovery House

Hope Place Recovery Centres—Womans Treatment Centre.

Milton Community Resource Centre

Salvation Army—Khi Community

Support & Housing Halton

The Meeting House Community Dinner

Oakville:

Big Brothers Big Sisters Halton

Grace House Incorporated

Halton Lighthouse Shelter & Family Emergency Shelter

Harvest Bible Chapel Market

Howard & Jean Caine Apartments—March of Dimes

John Rhodes Seniors—Kerr Street Tea

Kerr Street Mission

Oak Park Neighbourhood Centre

Oak Park Food Bank/Sanctuary Church

Oakville Youth Centre—Bronte/Nottingham/QEPCCC

Positive Space Network—Reach Out Centre for Kids (ROCK)

Summit Housing & Outreach Community Kitchen

Support & Housing Halton

Hamilton:

Food with Grace (Waterdown)

The King's Way Outreach Centre

Minto—Triple H Recovery Homes

Neighbour to Neighbour

Parkview Church—Compassion Ministries

This program helps me and my children tremendously since I can save money on groceries.

Neighbour supported by Food for Life

THANK YOU TO ALL OF OUR

Benefactors (\$100,000+)

Halton Region Community Impact Fund
Ontario Trillium Foundation
Sprott Foundation
United Way Halton & Hamilton

Supporters (\$10,000 - \$35,000)

Fleck Family Foundation
Food Banks Canada
Nucleus Independent Living
Oakville Community Foundation
Troy Pocaluyko

Contributors (\$5,000 - \$9,999)

First Canadian Title Charitable Foundation
May Court Club of Oakville
Manulife
Pioneer Energy
Union Gas/NPL
Walton Family Foundation
Willowood Foundation

Facilitators (\$1,000 - \$4,999)

Andrew Adams
Alan Tanner
Anya Yaffe
Brant Hills Presbyterian
Brenda & Doug Zinkewich
Caledon Ski Club
Catherine Potechin
Charity Intelligence Canada
Compass Point Bible Church
Derick Brenninkmeyer Charitable Foundation
Dermetics Centre for Advanced Skin Care
Diana Woods
Faith Christian Reformed Church
Federal Government Summer Student Program
Hayley & Luke Gilgan
Heather Lee
Jeffrey Zabudsky
Knights of Columbus Marien Council 3881
Melissa MacIntyre
Michael & Cathy Dwyer
Nathan & Lily Silver Family Foundation
Pampered Chef
PWC
Reefer Sales and Service
St. Albans Anglican Church
St. Judes Church Oakville
Tempus Choral Society
University of Toronto –First Aid Society
Ross & Janet Warriner
Wildeboer LLP



FINANCIAL DONORS (October 1, 2016—September 30, 2017)

Leadership Giving (2015/2016 - 2016/2017)

Brant Hills Presbyterian Church
Brenda & Doug Zinkewich
Catherine Potechin
Cobs Bread
Compass Point Bible Chapel
Derick Brenninkmeyer Charitable Foundation
Faith Christian Reformed Church
Federal Government
Summer Student Program
First Canadian Title Charitable Foundation
Fleck Family Foundation
Food Banks Canada
Halton Region Community Impact Fund
Hayley & Luke Gilgan
Heather Lee
Jeffrey Zabudsky
Knights of Columbus Marien Council 3881
Manulife
May Court Club of Oakville
Michael & Kathy Dwyer
Oakville Community Foundation

Ontario Trillium Foundation
Pampered Chef
PWC
Remsoft
Roy Speed and Ross
Sprott Foundation
St. Albans Anglican Church
St. Jude's Church Oakville
Tempus Choral Society
Troy Pocaluyko
Union Gas/NPL
United Way Halton & Hamilton
Walton Family Foundation
Wildeboer LLP

In-Kind Partners

Burlington Community Living
Confederation Freezers
Language Marketplace Inc.
Softchoice Corporation
The Co-Operators
Transplace Canada, Lakeside Division

Food for Life is proud to be one of Canada's top 10 Charities. Charity Intelligence believes that the key questions donors should ask of a charity is how much impact it is having per dollar donation. "For every dollar I give, how many dollars' worth of social value are being created?"

This impact can be measured directly using what is known as social return on Investment (SROI), which is a ratio that measures the amount of value created per dollar donated.

Food Donors

(Over 1,000 lbs of food, Oct 1, 2016—Sept 30, 2017)

Allison's Farm Market
Andrew's Scenic Acres
Baraka Oasis
Bayshore Vegetable Shippers
Canadian Fruit & Produce Company
Cobs Bread Bakery
Costco
Cumis
Earthfresh Foods
ED Smith (Treehouse Foods)
Element Nutrition
Sodexo (Feeding our Future Program)
Fisher Farms
Fortinos
Fresh Start Foods
Giraffe Foods Inc.
Gordon Food Service
Green City Produce
Grisson Bon
Grow to Give (Community Garden)
Ippolito
Kodra Foods
Lincoln Mushrooms
Longo's
Love Grown Foods
Luvo Inc.
Maple Leaf Foods
Maple Lodge Farms
Nutrabolt
Private Brands Consortium
QSP Canada
Sobeys
Sysco Milton

The Honest Company
Traffix
Tree of Life
Tregunno Fruit Farms
Versacold
Voortman Cookies
Wallace & Carey
Walmart
Whole Foods
Wonderland Foods

FOOD DRIVES

Clarkson Public School
James W. Hill Elementary School
Liberty Utilities
Oak Park Food Drive
Reliance Home Comfort
The Gift of Giving Back

FOOD SHARING PARTNERS

Brantford Food Bank
Burlington Food Bank
Daily Bread Food Bank (Toronto)
Downtown Mission (Windsor)
Eden Food for Change (Mississauga)
Georgetown Breadbasket
Halton Food for Thought
Hamilton Food Share
Moisson Montreal (Montreal)
Salvation Army (Milton, Burlington)
Second Harvest (Toronto)
Speroway (Burlington)
The Food Bank of Waterloo Region

2016/2017 Food for Life Canada Charitable Corporation Financial Statement

Fiscal Year End September 30, 2017	2017	2016
Revenues		
Amortization of deferred contributions	\$ 69,386	\$ 67,650
Donated Food	7,827,258	5,815,523
Donations and Fundraising	266,141	197,127
The Regional Municipality of Halton Grant	162,733	138,038
Other Grants	296,406	262,155
Other Income	10,737	8,648
United Way	108,143	107,625
	<u>8,740,804</u>	<u>6,596,766</u>
Expenditures		
Administration	\$ 27,539	\$ 22,278
Amortization	71,837	69,744
Distribution of Donated Food	7,827,258	5,815,523
Fundraising	4,301	6,194
Insurance	4,747	4,769
Other Agencies Support	25,353	41,285
Professional Fees	26,130	20,844
Promotion	23,010	9,642
Salaries, Benefits and Contracts	518,749	433,443
Telephone	6,745	5,794
Travel and Conferences	8,335	6,039
Utilities	14,697	16,676
Vehicle Operating Costs	80,834	80,273
Warehouse Rental	46,216	46,337
Warehousing and Supplies	43,473	21,291
	<u>8,729,224</u>	<u>6,600,132</u>
Excess of expenditures over revenues	<u>\$ 11,580</u>	<u>\$ (3,366)</u>

Financial statements have been audited by Charles Havill, Chartered Accountant
and are available on www.foodforlife.ca



food for life

Our Mission

To source and distribute fresh, nutritious food to those in need through community partnerships.



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(905) 635-1106

www.foodforlife.ca

www.finding-food.com



Food for Life



@foodforlife

Charitable Registration Number 890943772RR0001