

Looking Ahead

The stage is set for a fresh future at Food for Life. Thanks to funding from the Government of Ontario's Ministry of the Environment, Conservation and Parks and building on our first phase of renovations in late 2019, we are completing the largest renovation in our history. It will allow us to triple our ability to rescue and share **GOOD** food. We're also celebrating our rich history with stories and a special 25th-anniversary video highlighting our impact over two and a half decades. We do this as we enter the most challenging holiday period in our history as we ensure a **GOOD** holiday for all.

On January 1st, Food for Life will officially launch its new logo as a call to action as we embark on a new three-year strategic plan. This plan will meet the challenges of today, build our resiliency, engage our community, and most importantly enhance and deepen our impact.

By 2023, we aim to have a 98% rescued food diversion rate from landfills and to demonstrate

the power of rescued food as a tremendous tool to inspire economic and health outcomes for those struggling with life's challenges.

But we cannot do it alone. After all, these cities are built on rescued food that was made possible thanks to dedicated staff, thousands of volunteers and caring donors who want to help people and the planet.

To get involved or to learn more about what Food for Life is up to, be sure to follow us across social media on Facebook, Twitter, and Instagram!



Connecting Deeper

As part of our strategic priority to build our brand experience, we'll be releasing a bold new brand identity in the New Year! Here are a few things for you to look forward to:

A New Look! We can't wait for you to see our new logo and updated brand identity.

Newsletter We want to stay in touch with YOU! Our newsletter will keep you up to date on new and ongoing Food for Life initiatives, priorities, and success stories.

Website Our updated website will incorporate our new brand identity, while still featuring the same engaging content you look forward to reading (plus some exciting new features).

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

Acton As part of our North of 5 initiative, we continue to enhance access to **GOOD** healthy food in Acton. Through our direct delivery program, fresh food drive-up programs and engagement with Town of Halton Hills staff, we actively search for the best ways to serve. In one innovative example, volunteers

Burlington Food for Life moves millions of pounds of perishable food each year, and our warehouse in Burlington is where the magic happens. In a normal year, our volunteers contribute more than **50,000 hours**; however, the pandemic has made getting involved more challenging for many, and we were confronted with the task of reworking our programs and services to ensure volunteer safety, which remains one of our top priorities. We moved from providing large bulk food shipments, to a pre-bagged model. This program requires many hands to keep the more than **2800 bags each week** full of **GOOD**'ness. The demands on our warehouse team have been intense and, thanks to the United Way of Halton & Hamilton, we were able to bring a new role on board to support our amazing operations team. This new team of staff,

initiated a plan to serve **GOOD** food from a parking lot when the church was closed due to COVID-19 protocols. We know that access to vehicles and public transit is especially difficult for our neighbours in North Halton so we will continue to explore options for pick-up locations near community hubs like the recreation centre.

volunteers and summer students, supported by the Canada Summer Jobs Program, has ensured the **GOOD** food kept moving, including a special Summer Fun Food Box in partnership with Halton Food for Thought.

We also partnered with Halton Region to get deliveries of essential goods and **GOOD** food to people who had to isolate or quarantine. We were able to meet this need thanks to funding from several caring donors who supported our purchase of two additional refrigerated vans. The Oakville, Burlington, Hamilton, and North Halton Community Foundations were key to this success, along with a generous donation from the Balaz family, which helped kick-start our **GOOD** Soup Program and support our vehicles.

Georgetown In partnership with Links2Care, Food for Life opened its first office in Georgetown along with a fresh food fridge and freezer. This is the new home of our Food Rescue Lead who is championing new ways of serving.

We know accessibility is an issue, and with this in mind, we have embarked on a new partnership with ActiVan Accessible Transit. This is a specialized transportation service intended for seniors age 65 and older and persons with disabilities residing within Halton Hills. ActiVan helps Food for Life deliver

Hamilton Supported by a **three-year grant** from the Ontario Trillium Foundation, Food for Life is actively expanding key partnerships within the Hamilton community. Our expertise in food rescue is helping to drive more **GOOD** fresh food to allied partners who then provide access to people in need. This work supports our allied partners in the region, and we are proud to help fill the gap through our emerging partnerships with CityHousing Hamilton, St. Matthew's House, The AIDS Network, Catholic Family Services, Neighbour to Neighbour Centre, and

GOOD fresh food bags to those who are isolating or find it challenging to leave their homes.

Open-access drove our continued partnership with Halton Community Housing and our community fridge and freezer program, stocking three fridges in community spaces at three seniors' residences in Georgetown. These community fridges provide much more than food, as they are hubs for conversation and storytelling among isolated seniors. During COVID-19, volunteers are delivering food right to seniors' doors.

The King's Way Outreach Centre. We also look forward to new and growing partnerships and initiatives, including a mobile produce pilot program in conjunction with CityHousing Hamilton, St. Matthew's House, Wesley Urban Ministries, and Goodwill. The program will provide older adults struggling with financial challenges, food insecurity, and isolation with healthy food options. Food for Life works closely with CityHousing Hamilton to provide food pantries to be accessed by tenants in many buildings. Food for Life's work within the Hamilton community is critical and timely.

Milton One the fastest growing and dynamic communities in Halton, Milton also has the highest percentage of "working poor." In the wake of COVID-19, we saw an increase in friends and neighbours accessing our community and neighbourhood food programs.

Thanks to funding from the Federal Government and through the Community Foundation of North Halton, we were able to launch our first community kitchen at the Connect Centre.

The community kitchen is a busy hub that will allow our talented chefs and volunteers to turn **GOOD** surplus food into ready-to-eat meals and soup available for our friends and neighbours all over Halton.

Oakville During COVID-19, we have used our allied network to ensure **GOOD** food is safely shared and available to those most at risk. We have used our unique distribution system and partnerships to help the Town of Oakville go beyond providing just food to sharing other items to keep residents active and healthy, including sports equipment for youth and wellness jars for isolated seniors.

Food for Life shared more than **900,000 pounds** of **GOOD** food in Oakville this year, helping to meet the

need of thousands of people while we continued to find innovative ways to serve and help, including through partnerships with Halton Community Housing Corporation, the YMCA of Oakville, ArtHouse Halton, Front Line Outreach, and Home Suite Hope. We recently partnered with Home Suite Hope on the Empty Bowls at Home fundraiser. This event helped showcase our emerging social enterprise, The **GOOD** Soup Project, which turns bulk donations of rescued food into a healthy ready-to-eat meal.

Thank You To Our Food Heroes



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



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

Charitable Number 890943772 RR0001

foodforlife



CELEBRATING 25 YEARS!

IMPACT REPORT 2019-2020



#FoodHero

Composite image of your 2019-2020 Food for Life Covid-19 Response Team

Dear friends,

I am so proud of our amazing team at Food for Life. In the months since the pandemic began, our team has responded with innovative solutions to meet the needs of a 30 percent increase of neighbours reaching out for food support. Our team of dedicated staff, caring donors and tremendous volunteers have shown that when caring people work together with a common goal, there is nothing that cannot be done, including rescuing food and impacting lives. The pandemic has shown the cracks in our social systems. For low-income households, isolated seniors and those struggling to make ends meet, buying the food they need for a nutritious diet is more difficult than ever. Therefore, our work continues to be important for people and our planet. 2020 is our 25th year of rescuing food and impacting lives, and this pandemic has shown the importance and impact of rescuing **GOOD** surplus food and distributing it to households across Halton and Hamilton. We have done this with sustainability at our core and have saved neighbours and charities more than \$10 million while ensuring that everyone has access to **GOOD** healthy food. Food for Life brings hope and health to those who do not have regular access to **GOOD**, nutritious food. I thank our many volunteers, community partners, donors, and other stakeholders, who have made it possible to adjust to a new way of serving during this challenging year.

The **GOOD** we do, is because of you!

Graham Hill
Executive Director

Sustainability In Action

Sustainability is at the heart of what we do each day. We strive to find solutions to help the planet while ensuring that people have access to **GOOD** food. Inedible food and soiled unrecyclable cardboard are natural by-products of our food rescue activities. Finding a way to divert this waste from landfills was made possible thanks to the Peter Gilgan Foundation who believed in our dream of returning the

GOOD to the earth. In December 2019 we installed the first on-site composter in Canada at a food rescue organization. Our team of volunteers separates inedible food from its packaging and ensures it goes into the correct waste stream. We are currently working with the Compost Council of Canada and the Investment Readiness Program to turn our compost into a social enterprise.



| Municipality | # Of Food Programs | LBS. Food Shared | \$ Value of Food Shared | KGs Of Greenhouse Gas Diverted | # Of Weekly Food Bags March 16 - September 30 |
|--------------|--------------------|------------------|-------------------------|--------------------------------|---|
| Burlington | 35 | 1,097,545 | \$2,853,616 | 3,574,703 | 710 |
| Oakville | 39 | 921,283 | \$2,395,336 | 3,000,619 | 956 |
| Milton | 17 | 466,351 | \$1,212,511 | 1,518,904 | 355 |
| Hamilton | 10 | 273,338 | \$710,679 | 890,262 | 192 |
| Georgetown | 13 | 197,893 | \$514,523 | 644,538 | 155 |
| Acton | 7 | 43,973 | \$114,329 | 143,218 | 100 |

Pulling Together While 6 Feet Apart

How We Pivoted

March

Food for Life team pivots and moves to a new model of service in just two days to meet the increase in demand due to COVID-19. This ensures that everyone continues to have access to healthy food.

Food for Life launches the Essential Goods delivery program in partnership with Halton Region.



April

By the last week of April, we have packed just over 2500 fresh food bags per week.

Additional Food for Life programming is added to support during the COVID-19 pandemic.

Food for Life shares masks to protect against COVID-19 #fflcares.

Our first of three new refrigerated vans hits the road thanks to the Balaz family, Oakville, Burlington, and North Halton Community Foundations.

The **GOOD** Soup Project launches in partnership with Nuvo Taste to bring prepared nutritious food to those who need it across Halton, including isolated seniors.

How We Built Capacity

June

By mid-June, Food for Life has packed just over 30,000 fresh food bags.

Food for Life adds a North Halton staff member working in Georgetown.

Food for Life partners with ActiVan to help with Food for Life deliveries in Georgetown.

Summer Fun Boxes are launched in partnership with Halton Food for Thought.



May

Halton Catholic District School Board janitors step in to help us pack our fresh food bags.

By the end of May, we have already packed over 20,000 fresh food bags.



July

By the end of July, we've packed 50,000 fresh food bags for friends and neighbours in need.

We embark on new and exciting partnerships that will increase the amount of **GOOD** food in the City of Hamilton.

How We Continued To Serve

August

Food for Life community kitchen opens at the Connect Centre in Milton.

Formal meal program begins.



September

Second and third refrigerated vans hit the road to support dedicated food rescue work in Hamilton and North of 5 thanks to Hamilton Community Foundation and Hadley Family Foundation.



The **GOOD** We Do, Is Because Of YOU!

"Hello! I just want to send a big THANKS to all of you who are always thinking GOOD things to help out people especially kids! You guys are great! It's very helpful and makes a big difference in easy living for families. My kids are always happy and excited because of what you have done. May God bless all of you! Take care."

"A senior neighbour recently shared how much she looks forward to her GOOD food bag. She loves to cook so, when she receives her bag Friday morning, she spends the remainder of the day preparing and cooking her meals."

"A 12-year-old girl who attends the Acton Youth program shared that her dad, with whom she resides, does not cook. She looks forward to receiving her GOOD food bag as she can try new foods and have healthy options. She is also hoping for a Christmas turkey dinner, something which many of us may take for granted."

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

☐ \$18 ☐ \$25 ☐ \$50 ☐ Other _____

Donate online at [Foodforlife.ca](https://www.foodforlife.ca)

☐ 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 _____

Expiry Date ____ / ____ CSV _____

Cardholder Name _____

Cardholder Signature _____

Name _____

Address _____

City _____ Province _____

Postal Code _____ Phone # _____

Email Address _____

Please mail completed form to

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

food for life



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

LEARN. VOLUNTEER. DONATE.

Please visit our inspiring website to learn more about volunteer opportunities, corporate engagement, leaving a legacy.

For other giving opportunities please email Info@foodforlife.ca

- Volunteer
- Corporate Donations
- Individual Donations
- Food Donations



Donate Online At [Foodforlife.ca](https://www.foodforlife.ca)

Impact Stats
121 Food Programs Supported
73,892 Number of Weekly Food Bags (March 16-September 30)
\$8,109,041 Value Of Food Shared
3,947,942 Pounds Of Food Rescued
12,858,447 KGs Of Greenhouse Gas Diverted