

"This program has really helped my family a lot. It gives me hope that we will be able to still have some food on the table during these hard times. It reduces some of my anxiety, knowing that we will be able to get food from the program and that the money we do have can be put towards our bills and my daughter's physical therapies. Also, the sense of community it provides is comforting, and I've met some really lovely people along the way."

- Food for Life Neighbour



IMPACT REPORT

Thank You To Our Supporters



GOULD FAMILY

Learn more at [FoodForLife.Ca](https://www.foodforlife.ca)



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Charitable Number 890943772 RR0001

To view full audited statements visit [FoodForLife.Ca](https://www.foodforlife.ca)



2022

2022...Celebrating the Journey of Good

In 2022, we embarked on an exciting Journey of GOOD, marked by significant milestones and initiatives. We proudly introduced the Mountainside Market in Burlington and the Tremaine Market in Milton, revolutionizing the concept of rescued food shopping. These markets provided a 100% rescued food experience, offering our community a wider range of food choices, extended service hours, and additional resources.

In Hamilton, our journey expanded as we collaborated with more agency partners to combine our GOOD food with housing support, addressing the multifaceted needs of our neighbours. Additionally, we celebrated the launch of Halton Food Connect in Halton, a groundbreaking collaboration among three agencies generously funded by the Halton Region. This initiative aimed to enhance food security for our neighbours receiving Ontario Works assistance.

Throughout 2022, our dedicated team passionately shared the Journey of Good with more people than ever before. With the pandemic receding into the past, we joyfully welcomed back our Corporate Champions—compassionate companies who join us in the spirit of teamwork and doing good. We have the invaluable support of countless community and warehouse volunteers, who embody the heart and soul of Food for Life.

As part of our commitment to ensuring our neighbours are integral

to this journey, we launched a social impact-based research strategy. This strategy empowered us to gather insights, feedback, and data to serve our community, deepen our impact, and continuously improve our programs.

Inspired by the everyday Food Heroes among us—our extraordinary volunteers and donors—we set out to ignite a new generation of Food Heroes. We empowered youth with the knowledge and tools to make a positive difference in people's lives and our planet. We fostered a sense of empowerment and compassion through actions such as reducing food loss and waste, promoting healthy eating, and combating the stigma of poverty.

The journey is far from over. Your unwavering support and trust in us as your charity of choice continues to fuel our dedication to our shared mission of Rescuing Food and Impacting Lives. We extend our heartfelt gratitude for ensuring everyone in our community can access healthy food. Together, we are transforming lives.

Paul Keery
Chair, Board of Directors

**"I love everything about Food for Life. The systems are extremely well built. The people who work here are all super nice too. The amount of food I get from here is very satisfying! This is my life-saving place."
- Food for Life Neighbour**



Impact Stats

4,602,933

Pounds Of Food Rescued

\$14,916,456

Value Of Food Shared

6,000,000

KGs Of Greenhouse Gas Diverted

108

Food Access Points Supported across Hamilton + Halton

3200+

Households Supported Each Week

141,946

Neighbour Visits

20,000

Volunteer Hours By Program, Market And Warehouse Volunteers

4,000

Volunteer Hours By Corporate And Community Groups



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