

"After a few regular visits I felt good about being able to keep food out of the landfill and my stress levels have decreased more than I could have imagined - I still struggle financially but less and slowly it is getting better.  
Thank you for all you do."  
- Food for Life Neighbour



# IMPACT REPORT

## Thank You To Our Supporters



GOULD FAMILY

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



2258 Mountainside Drive  
Burlington Ontario, L7P 1B7  
905.635.1106



Charitable Number 890943772 RR0001

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



2023

## The Circle of GOOD in 2023

In 2023, our Circle of GOOD expanded to embrace a growing number of neighbours seeking food support through our Food for Life markets and programs.

Thanks to our amazing team and volunteers, we've been able to meet the growing demand for assistance. At the Mountainside Market in Burlington, we now assist over 375 families every week. In Milton's Tremaine Market, we help over 135 households each Wednesday. These numbers show how crucial our work is in addressing food insecurity in our community while building a more sustainable future for our planet.

Over the last year, we've enriched team experiences, fortified our commitment to addressing increased demand for food support, and solidified our position as a 5-Star Top 100 charity on Charity Intelligence Canada's prestigious list. Moreover, our efforts to ensure that food is accessible to all led us to launch the Oakville Town Hall Program in the Halton Region. This program bridges food and social supports to increase overall wellbeing, thanks to pilot funding from Halton Region's community investment fund.

Recognizing the importance of resilience, we have strategically invested in our volunteers, ensuring they remain the backbone of our operations. This focus on resiliency has been supported by the Ontario Trillium Foundation, empowering us to serve our communities more effectively while minimizing our environmental footprint.

Furthermore, recent research findings validate the profound impact of our services. 89% of respondents agreed that access to food from Food for Life has enabled them to stretch their budgets, providing much-needed relief for bills and other expenses. Similarly, 89% of respondents expressed that receiving food from Food for Life has significantly improved their access to fresh and healthy food items, contributing to both personal and planetary well-being.

As we embark on a new strategic plan centred on systems collaboration and efficiency, we aim to align our efforts for the optimal service to our community, preservation of our environment, and impact for our donors and funders.

Food for Life welcomed Karen Randell as our new Executive Director in late 2023. Karen brings a wealth of experience and a deep commitment to our mission, and we are excited to have her on our team.

I sincerely thank our team, volunteers, donors, fellow Board members, and all our supporters who make our work possible. Together, we are making a tangible difference in the lives of those who need it most while stewarding the environment we all live in.

With warm regards,



Paul Keery  
Chair, Board of Directors



## Impact Stats

**4,655,492**

**Pounds Of Food Rescued**

**\$15,312,440**

**Value Of Food Shared**

**6,000,000**

**KGs Of Greenhouse Gas Diverted**

**103**

**Food Access Points Supported Across  
Hamilton + Halton**

**4,000+**

**Households Supported Each Week**

**30,000**

**Volunteer Hours By Program, Market And  
Warehouse Volunteers**

**4,000**

**Volunteer Hours By Corporate And  
Community Groups**



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**FoodForLife.Ca**