



Food for Life

2024 Impact Report

Impacting Lives Across Our Community



ACTON



GEORGETOWN



MILTON



OAKVILLE



BURLINGTON



HAMILTON



A message from our **Executive Director & Board Chair**

Dear Friends,

As we reflect on the past year, we are filled with deep gratitude and pride in the incredible strides we've made together. The dedication and support of our community have been the driving force behind every milestone, helping us nourish more lives and strengthen our shared commitment to addressing food insecurity.

Because of you, we have continued to turn compassion into action. Together, we rescued over 4.5 million pounds of perfectly good, nutritious food that might otherwise have gone to waste. Instead, that food found its way to the tables of our neighbours experiencing food insecurity — providing not just nourishment, but dignity and hope. Thanks to your generosity, more than 4,500 households who rely on us each week were able to access the good food they need to support their health, financial stability, and overall wellbeing.

Our food rescue efforts have also made a tangible, positive impact on our environment. By diverting surplus food from landfills, we've significantly reduced greenhouse gas emissions and lessened the burden on our planet. Every pound of food we save protects precious resources like water, energy, and soil — creating a ripple effect of sustainability that extends well beyond our own community.

This year's accomplishments belong to all of us. From the dedicated volunteers to the generous donors, to our incredible staff team and board members — your belief in the power of neighbours helping neighbours ensures that good food reaches those who need it most.

As we look ahead, we remain inspired by what we've achieved and energized by the possibilities that lie before us. Together, we will continue to rescue more food, nourish more lives, and care for our planet — strengthening our community every step of the way.

Thank you for standing with us.

With heartfelt gratitude,



Paul Keery
Chair,
Board of Directors



Karen Randell
Executive Director



Operations & Environmental Impacts



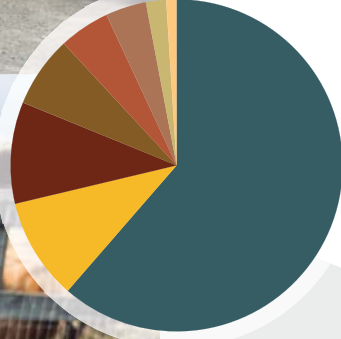
4,265,725 LBS FOOD DISTRIBUTED

Valued at \$15,271,296



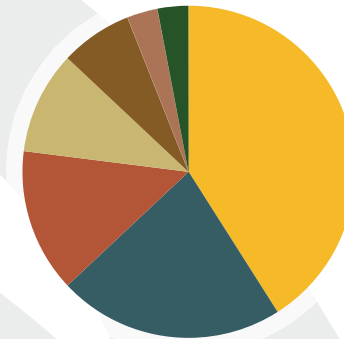
What We Rescue: Essential Food Categories

- Produce (62%)
- Meat/Plant Based/Protein (10%)
- Non-Perishables (10%)
- Dairy (7%)
- Bread/Baked Goods (5%)
- Prepared Food (4%)
- Non-Perishable Veg/Fruit (2%)



Rescued Food by Donor Type

- Retailer (41%)
- Wholesaler (22%)
- Reciprocal Partner (14%)
- Food Service (10%)
- Community (7%)
- Manufacturer (3%)
- Farmer (3%)

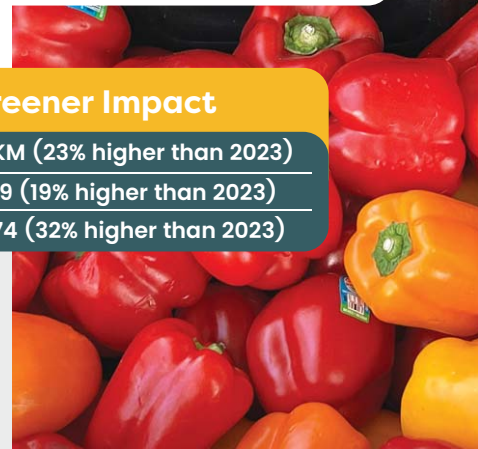


Efficient Transportation, Greener Impact

LBS/KM	61 KM (23% higher than 2023)
AVERAGE LBS Rescued/Pickup Stop	1,109 (19% higher than 2023)
AVERAGE LBS Distributed/Delivery Stop	1,074 (32% higher than 2023)

4,560,662 LBS Food Rescued

KG's of Greenhouse Gases Diverted	6,000,000 KG's
Inedible food diversions	6%
Food % sent to Animal Feed	3%
Food % sent to Compost	2%
Food % sent to Landfill	1%



Thank you to our Top 10 Food Rescue Donors



Our Programs & Community Partners



Programs Powered by Food Rescue

Food for Life supports over 90 programs throughout Halton and Hamilton through our programming and our community partners.

PROGRAM SPOTLIGHT

Senior Pop-Up Markets

Seniors are among the most vulnerable in our community, often living on a fixed income and facing tough choices as the cost of living rises. Access to fresh, nutritious food is essential — that's why Food for Life is committed to ensuring seniors have the good food they need to thrive. Nutritious food supports better health, helping seniors manage chronic conditions, maintain energy, and reduce the need for additional healthcare supports.

Through 11 weekly pop-up markets in subsidized housing communities across Halton, Food for Life serves approximately 500 seniors each week. These markets offer more than food — they create connection, community, and care. Together, we're helping seniors stay healthier, feel less isolated, and know they are not alone.

Average Number of Households Supported Each Week

Community	Food for Life Programs	Food for Life Agency Partners
Burlington	771	765
Oakville	924	225
Milton	367	53
Georgetown	222	92
Acton	132	16
Hamilton	35	977
TOTAL	2451	2128

Average Total Households per week: 4579

Our volunteers make it all possible!
Thank You!

In 2024, over 800 active volunteers contributed more than 37,000 hours across our community programs, markets, pack room, warehouse, events, and as drivers. Additionally, 1,400 volunteers from 60 corporate and community groups dedicated 3,500 hours to sorting and packing fresh food through 110 unique group experiences.

“

“Living in Halton Region for many years, volunteering with Food for Life makes me feel connected to the community in that I am hands on in making a positive difference in someone's life.”

– FFL volunteer.

”



Research & Impact:

Evidence of Lasting Change

Food for Life's 2024 research and evaluation initiatives highlight the power of rescued food to foster resilience, stability, health, and wellbeing across the communities we serve. Through our Neighbour Impact Survey and Agency Satisfaction Survey, we captured the measurable and meaningful difference rescued food makes in the lives of neighbours and the work of our agency partners.

In 2024, agency partners reported the following benefits of partnering with Food for Life:

100%

partner satisfaction, with high marks for food quality, quantity, delivery, communication, and safety

90%

improved their ability to support clients with fresh food access

57%

experienced agency cost savings that allowed them to reallocate resources and provide greater economic benefits to clients

In 2024, neighbours shared the change they experienced through accessing Food for Life programs:

92%

reported positive impacts on their overall health through access to fresh, nutritious food

43%

(almost 1 in 2!) experienced improved food security

\$171K+

in collective healthcare savings from reduced need for healthcare services

\$65

a week saved on groceries, freeing up over \$260/month for other essentials

24%

reported better financial stability

44%

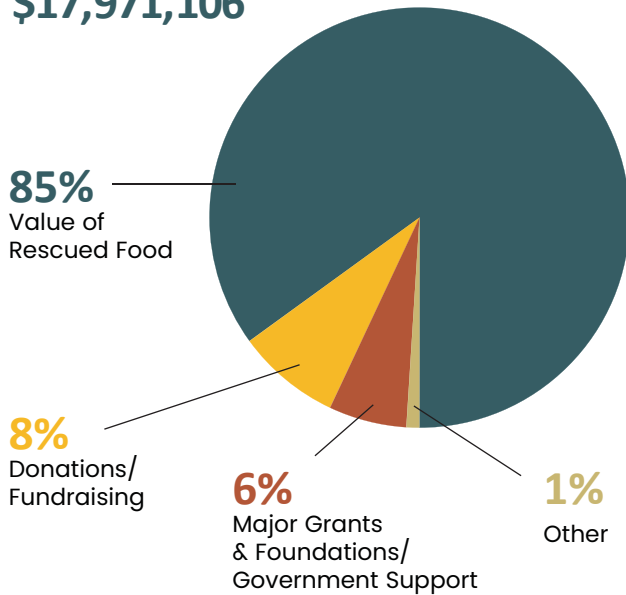
felt less household stress

These are just a few of the many ways **Food for Life** impacts neighbours and agency partners – learn more at FoodForLife.ca/Accountability

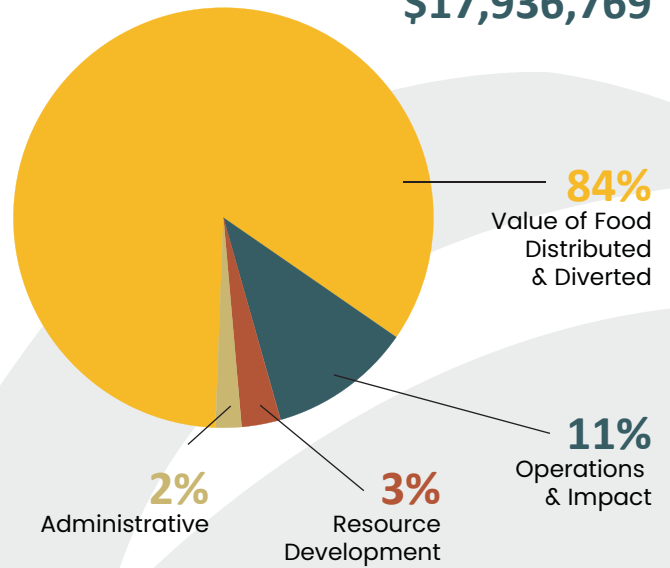
Community Coming Together

Financial Overview

Donations & Income \$17,971,106



Expenses \$17,936,769



In 2024, every \$10 donation transformed into \$63+ worth of food provided in the community.

*full audited financial statements are available on our website

Thank you to our Generous Donors



THE GOULD FAMILY



Watson Family Charitable Foundation





Join Us in Rescuing Food & *Impacting Lives*



At **Food for Life** our mission is simple: Rescuing Food, Impacting Lives. Together, we nourish our neighbours in need and create stronger, healthier communities, all while protecting our planet by reducing food waste.

Become a Food Donor

Partner with us to rescue surplus food from your business, farm, or organization, and help us deliver it where it's needed most.

Donate

Your financial support directly fuels our efforts to rescue food and distribute it to those who need it most. In 2025, every \$10 donation helps us provide over \$71 worth of food into community.

Become a Monthly Donor

Commit to making a lasting impact by joining our monthly giving program. Your ongoing contribution provides reliable support, ensuring we can continue our mission year-round.

Volunteer

Join our passionate team of volunteers, corporate and community groups to make an immediate impact in your community.

As our neighbours face some of life's greatest challenges, let's work together to fight food insecurity and ensure everyone has the nourishment they need to thrive.

LEARN. VOLUNTEER. DONATE.

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