

When people are hungry,
nothing else matters...
Everything starts with food

Burlington

Neighbour Satisfaction & Impact

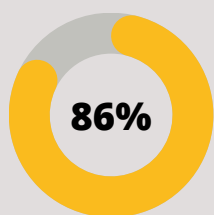


Food for Life regularly collects survey responses from community members who attend our programs, our 'Neighbours', on their program satisfaction & impacts of attending

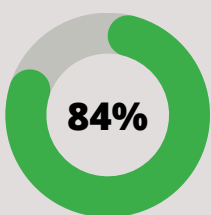
At Food for Life, we *Rescue Food* and *Impact Lives*. We believe that everyone deserves access to fresh, nutritious food and that quality surplus food should be shared—not wasted. By supporting over 90 programs across Halton and Hamilton, we're committed to making this vision a reality. **In Burlington, we provide healthy fresh food weekly to 1,373 households through offering a variety of program types where neighbours can choose from fresh food options like fruits and vegetables, meat, meat alternatives, and dairy.** Burlington proudly hosts the Mountainside Market, our premier destination for fresh, high-quality food. Recent 2024 Satisfaction and Impact surveys highlight the meaningful difference our programs are making in Burlington. Beyond meeting food access needs, our programs positively impact lives by supporting improved food security outcomes, better health and wellbeing, enhanced financial stability, and so much more! Through fresh food access and community connections, we help neighbours build resilience and improve their overall quality of life.

Program Satisfaction Highlights

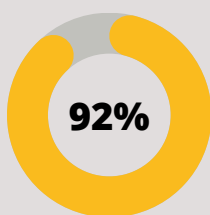
*Percent of Surveyed Burlington Neighbours who responded as either 'Very satisfied' or 'Satisfied' to the below prompts in December 2024



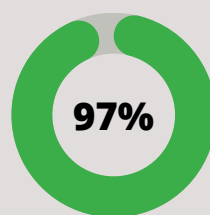
AMOUNT OF
FOOD



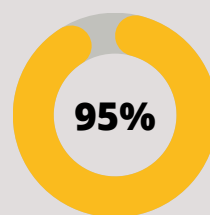
QUALITY OF
FOOD



HOW FOOD IS
OFFERED



ACCESSIBILITY OF
PROGRAM
LOCATION



OVERALL
SERVICE

"Food for Life is a beautiful community partner making a big impact in so many lives who are experiencing food insecurity and we get to share that and extend the table by transforming it into meals with volunteers and teaching cooking in our programs. It's a win win for everyone." – Next Door Social Space, Burlington

8

Food for Life Programs
in Burlington

16

Food for Life Agency
Partnerships in Burlington

1,373

Households
Supported Weekly in
Burlington in 2024

\$72.88

Average Weekly Food
Savings Reported by
Burlington neighbours

1,368,474 lbs

Rescued Food Shared
in Burlington
in 2024

\$4,830,713

Value of Rescued Food
Shared in Burlington in
2024

15,134

Volunteer Hours
Contributed in
Burlington in 2024

"Without it I would have nothing, thank you very much for all the work you do to get what is needed to me and others." - Burlington neighbour



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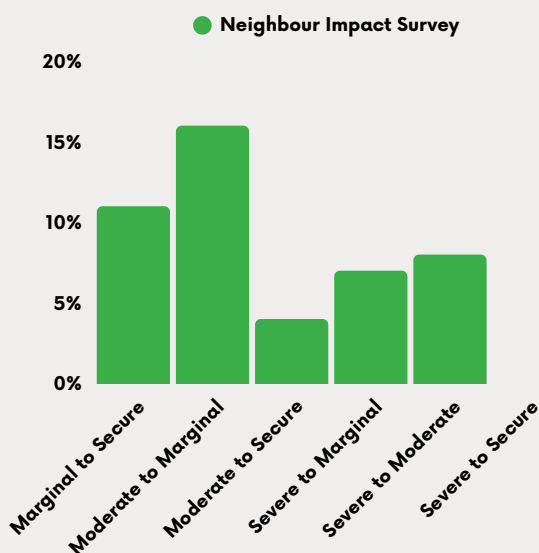


Fig. 1: Level of Food Security Improvement
Food for Life Burlington Programs
October 2024

*Data represents household-level changes

Nearly 1 in 2 (46%) of our Burlington neighbours who responded to our Neighbour Impact Survey reported improvements in their household's food security status since accessing our programs (Fig. 1)

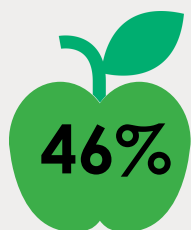
- Food security increased by **15%** with neighbours experiencing fewer worries about food access
- Marginal food insecurity increased by **23%** as neighbours previously experiencing severer forms of insecurity moved towards improvement
- Moderate food insecurity decreased by **20%**, reducing reliance on low-cost foods and skipping meals
- Severe food insecurity decreased by **15%**, alleviating extreme shortages and days without food
- **64%** reported experiencing dietary improvements including eating more fresh foods, eating more frequently, and eating balanced meals

"I really appreciate Food for Life for helping me with this food program. I was sick and desperate when I came there first and have received tremendous support from all of you."

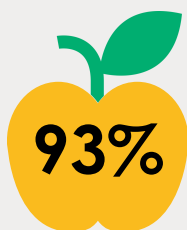
- Burlington neighbour

Transformative Impact: Health, Financial, & Social Wellbeing Change

*Percent of Surveyed Burlington Neighbours who self-reported the following health, financial, and social wellbeing impacts in October 2024



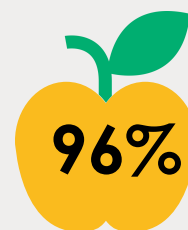
DECREASED STRESS



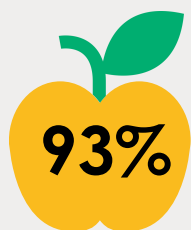
INCREASED ACCESS
TO FRESH & HEALTHY
FOOD



DECREASED NEED TO
ACCESS ADDITIONAL
FOOD PROGRAMS



POSITIVE IMPACTS TO
OVERALL HEALTH



ABLE TO STRETCH
BUDGET



SPENT LESS ON
CREDIT CARD
INTEREST



MONEY TO PURCHASE
OTHER NEEDED FOOD
ITEMS



IMPROVED
FINANCIAL SECURITY