

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

Halton

Neighbour Satisfaction & Impact

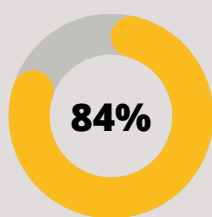


Food for Life regularly collects survey responses from community members who attend our programs, our 'Neighbours', on their program satisfaction & impacts of attending

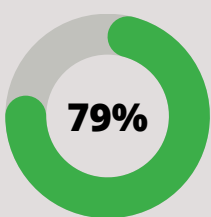
At Food for Life, we *Rescue Food* and *Impact Lives*. We believe that everyone deserves access to fresh, nutritious food and that quality surplus food should be shared—not wasted. By supporting over 90 programs across Halton and Hamilton, we're committed to making this vision a reality. **In Halton, we provide healthy fresh food weekly to over 3,400 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.** Recent 2024 Satisfaction and Impact surveys highlight the meaningful difference our programs are making across Halton. 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

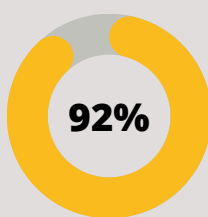
*Percent of Surveyed Halton Neighbours who responded as either 'Very satisfied' or 'Satisfied' to the below prompts in December 2024



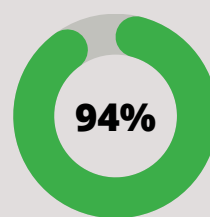
AMOUNT OF
FOOD



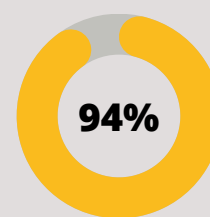
VARIETY OF
FOOD



HOW FOOD IS
OFFERED



ACCESSIBILITY OF
PROGRAM
LOCATION



OVERALL
SERVICE

“This partnership enables us to meet an essential need—food security—and offers stability to those who rely on us.” – Food for Life Halton Agency Partner

35

Food for Life
Programs in Halton

42

Food for Life Agency
Partnerships in Halton

3,403

Households Supported
Weekly in Halton in 2024

\$65.25

Average Weekly Food
Savings Reported by
Halton neighbours

2,949,775 lbs

Rescued Food Shared
in Halton in 2024

\$10,412,706

Value of Rescued Food
Shared in Halton in 2024

35,303

Volunteer Hours
Contributed in Halton
in 2024

**“When you're struggling it's great to know that there is help. Always thankful.”
- Halton neighbour**



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● Neighbour Impact Survey

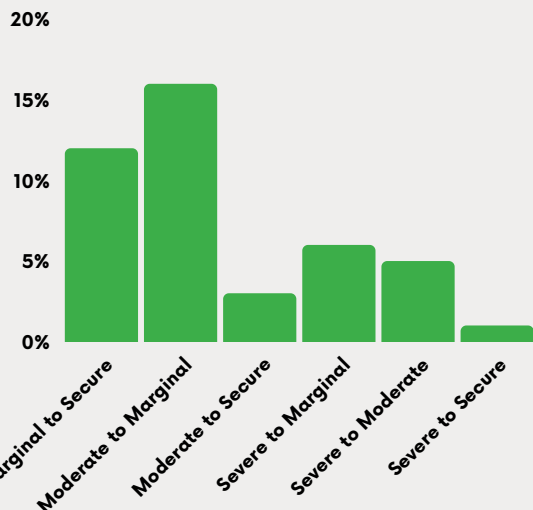


Fig. 1: Level of Food Security Improvement
Food for Life Halton Programs
October 2024

*Data represents household-level changes

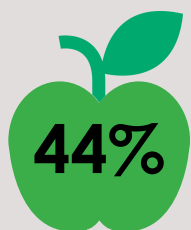
Nearly 1 in 2 (43%) of our Halton neighbours who responded to our Neighbour Impact Survey reported improvements in their household's food security status since accessing our programs (Fig. 1)

- Food security increased by **16%** with neighbours experiencing fewer worries about food access
- Marginal food insecurity increased by **22%** as neighbours previously experiencing severer forms of insecurity moved towards improvement
- Moderate food insecurity decreased by **19%**, reducing reliance on low-cost foods and skipping meals
- Severe food insecurity decreased by **12%**, alleviating extreme shortages and days without food
- **60%** reported experiencing dietary improvements including eating more fresh foods, eating more frequently, and eating balanced meals

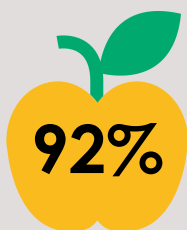
"I can eat a lot more fresh fruits and vegetables. I am diabetic and it is an enormous help."
- Halton neighbour

Transformative Impact: Health, Financial, & Social Wellbeing Change

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



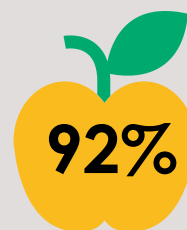
DECREASED STRESS



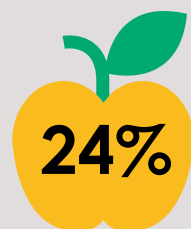
INCREASED ACCESS
TO FRESH & HEALTHY
FOOD



DECREASED NEED TO
ACCESS ADDITIONAL
FOOD PROGRAMS



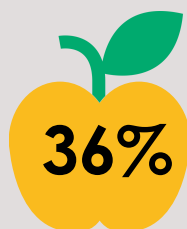
POSITIVE IMPACTS TO
OVERALL HEALTH



INCREASED
COMMUNITY
CONNECTIONS



ABLE TO STRETCH
BUDGET



MONEY TO PURCHASE
OTHER NEEDED FOOD
ITEMS



IMPROVED
FINANCIAL SECURITY