

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

Milton

Neighbour Satisfaction & Impact

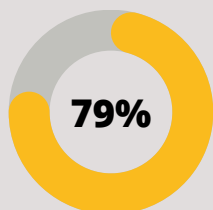


Food for Life regularly collects survey responses from community members who attend our programs, our 'Neighbours', on their program satisfaction & impacts of attending

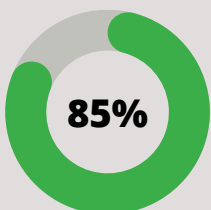
At Food for Life, we *Rescue Food* and *Impact Lives*. We believe that everyone deserves access to fresh, nutritious food and that quality surplus food should be shared—not wasted. By supporting over 90 programs across Halton and Hamilton, we're committed to making this vision a reality. **In Milton, we provide healthy fresh food weekly to 418 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 in Milton. 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

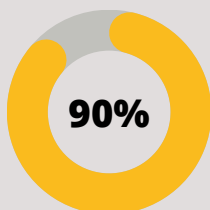
*Percent of Surveyed Milton Neighbours who responded as either 'Very satisfied' or 'Satisfied' to the below prompts in December 2024



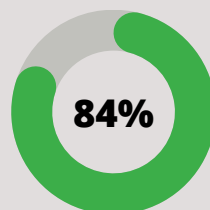
AMOUNT OF
FOOD



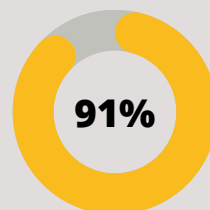
PROGRAM
HOURS



HOW FOOD IS
OFFERED



ACCESSIBILITY OF
PROGRAM
LOCATION



OVERALL
SERVICE

"The partnership supports our goals of feeding tummies and souls at the same time. Food for Life offers us opportunities to increase the intake of healthy food while decreasing loneliness. Thank you all for your passion and commitment to our neighbours." – Grace Church, Milton

5

Food for Life Programs
in Milton

6

Food for Life Agency
Partnerships in Milton

418

Households
Supported Weekly in
Milton in 2024

\$66.37

Average Weekly Food
Savings Reported by
Milton neighbours

563,744 lbs

Rescued Food Shared
in Milton
in 2024

\$1,990,016

Value of Rescued Food
Shared in Milton in 2024

5,933

Volunteer Hours
Contributed in Milton
in 2024

"I am very thankful to Food for Life for helping families who are refugees and are finding it very difficult to manage given the increased cost for groceries." - Milton neighbour

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Neighbour Satisfaction & Impact



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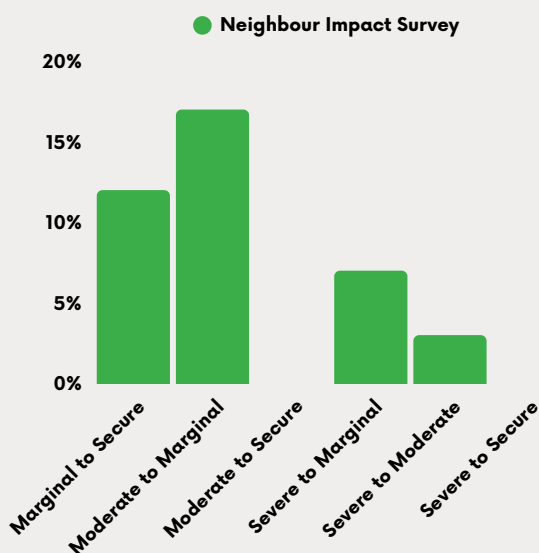


Fig. 1: Level of Food Security Improvement
Food for Life Milton Programs
October 2024

*Data represents household-level changes

>1 in 3 (39%) of our Milton 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 **12%** with neighbours experiencing fewer worries about food access
- Marginal food insecurity increased by **24%** as neighbours previously experiencing severer forms of insecurity moved towards improvement
- Moderate food insecurity decreased by **17%**, reducing reliance on low-cost foods and skipping meals
- Severe food insecurity decreased by **10%**, alleviating extreme shortages and days without food
- **59%** reported experiencing dietary improvements including eating more fresh foods, eating more frequently, and eating balanced meals

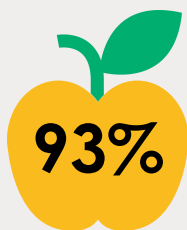
"I can now eat vegetables that I need for my health and still buy other food items for my family. I don't need to go without as much now."
- Milton neighbour

Transformative Impact: Health, Financial, & Social Wellbeing Change

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



DECREASED STRESS



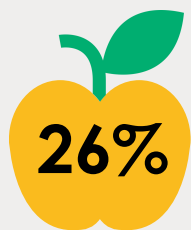
INCREASED ACCESS
TO FRESH & HEALTHY
FOOD



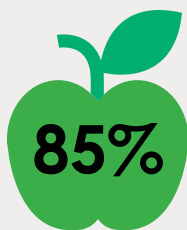
DECREASED NEED TO
ACCESS ADDITIONAL
FOOD PROGRAMS



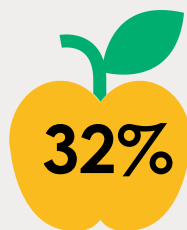
POSITIVE IMPACTS TO
OVERALL HEALTH



ABLE TO PAY BILLS
ON TIME



ABLE TO STRETCH
BUDGET



MONEY TO PURCHASE
OTHER NEEDED FOOD
ITEMS



IMPROVED
FINANCIAL SECURITY