

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

Halton

Neighbour Satisfaction & Impact

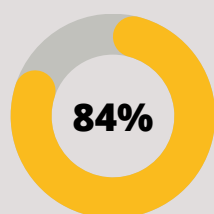


Food for Life regularly collects survey responses from community members who attend our programs, our 'Neighbours', on their program satisfaction & impacts of attending

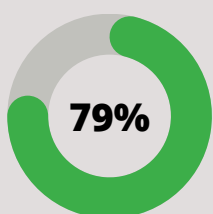
At Food for Life, we *Rescue Food* and *Impact Lives*. We believe that everyone deserves access to fresh, nutritious food and that quality surplus food should be shared—not wasted. By supporting over 90 programs across Halton and Hamilton, we're committed to making this vision a reality. **In Halton,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

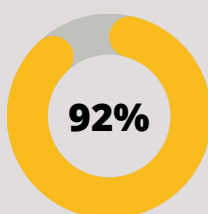
*Percent of Surveyed Halton Neighbours who responded as either 'Very satisfied' or 'Satisfied' to the below prompts in December 2024



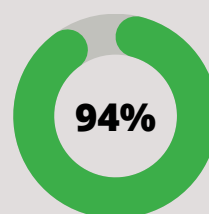
AMOUNT OF
FOOD



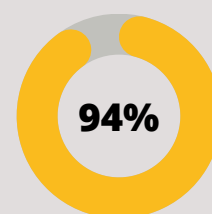
VARIETY OF
FOOD



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**

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

● Neighbour Impact Survey

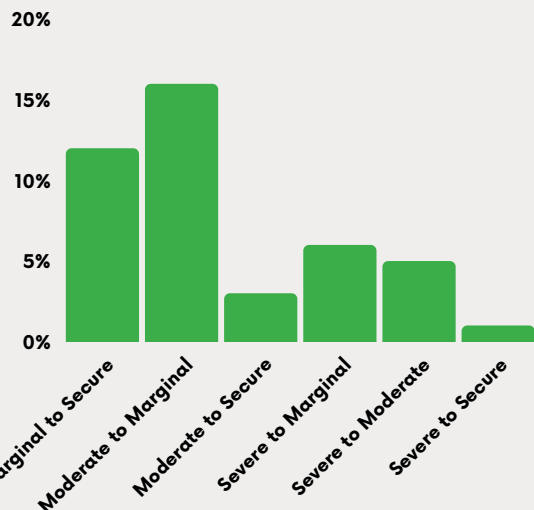


Fig. 1: Level of Food Security Improvement
Food for Life Halton Programs
October 2024

*Data represents household-level changes

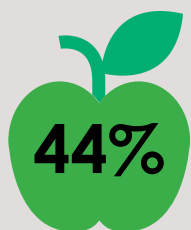
Nearly 1 in 2 (43%) of our Halton neighbours who responded to our Neighbour Impact Survey reported improvements in their household's food security status since accessing our programs (Fig. 1)

- 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

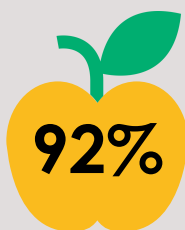
"I can eat a lot more fresh fruits and vegetables. I am diabetic and it is an enormous help."
- Halton neighbour

Transformative Impact: Health, Financial, & Social Wellbeing Change

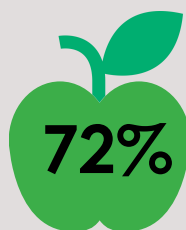
*Percent of Surveyed Halton Neighbours who self-reported the following health, financial, and social wellbeing impacts in October 2024



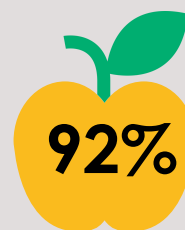
DECREASED STRESS



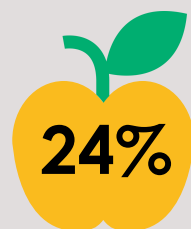
INCREASED ACCESS
TO FRESH & HEALTHY
FOOD



DECREASED NEED TO
ACCESS ADDITIONAL
FOOD PROGRAMS



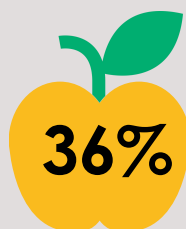
POSITIVE IMPACTS TO
OVERALL HEALTH



INCREASED
COMMUNITY
CONNECTIONS



ABLE TO STRETCH
BUDGET



MONEY TO PURCHASE
OTHER NEEDED FOOD
ITEMS



IMPROVED
FINANCIAL SECURITY

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

Acton

Neighbour Satisfaction & Impact

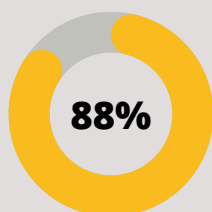


Food for Life regularly collects survey responses from community members who attend our programs, our 'Neighbours', on their program satisfaction & impacts of attending

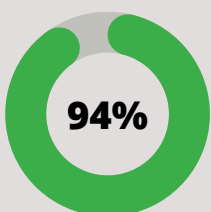
At Food for Life, we *Rescue Food* and *Impact Lives*. We believe that everyone deserves access to fresh, nutritious food and that quality surplus food should be shared—not wasted. By supporting over 90 programs across Halton and Hamilton, we're committed to making this vision a reality. **In Acton, we provide healthy fresh food weekly to 148 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 Acton. 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 Acton Neighbours who responded as either 'Very satisfied' or 'Satisfied' to the below prompts in December 2024



QUALITY OF
FOOD



VARIETY OF
FOOD



HOW FOOD IS
OFFERED



ACCESSIBILITY OF
PROGRAM
LOCATION



OVERALL
SERVICE

"Being a part of Food for Life has allowed us to pursue community opportunities and partnerships, it has also allowed us to expand our offerings." – The Roxy Centre, Acton

3

Food for Life
Programs in Acton

5

Food for Life Agency
Partnerships in Acton

148

Households Supported
Weekly in Acton in 2024

\$57.14

Average Weekly Food
Savings Reported by
Acton neighbours

63,459 lbs

Rescued Food Shared
in Acton in 2024

\$224,010

Value of Rescued Food
Shared in Acton in 2024

3,443

Volunteer Hours
Contributed in Acton
in 2024

"I appreciate all the help I receive for myself and my family." - Acton neighbour

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Acton

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

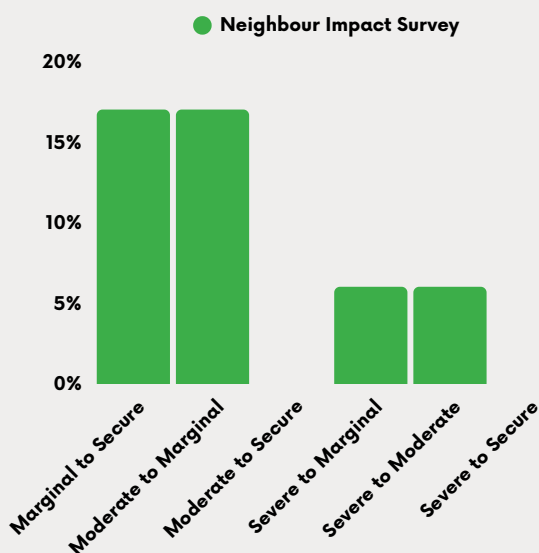


Fig. 1: Level of Food Security Improvement
Food for Life Acton Programs
October 2024

*Data represents household-level changes

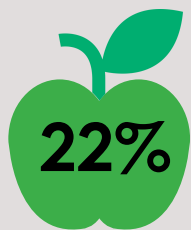
Nearly 1 in 2 (46%) of our Acton neighbours who responded to our Neighbour Impact Survey reported improvements in their household's food security status since accessing our programs (Fig. 1)

- Food security increased by **17%** 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 **17%**, reducing reliance on low-cost foods and skipping meals
- Severe food insecurity decreased by **6%**, alleviating extreme shortages and days without food
- **33%** reported experiencing dietary improvements including eating more fresh foods, eating more frequently, and eating balanced meals

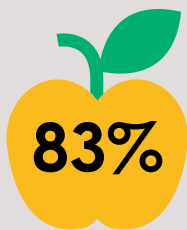
"Love how our small community comes together for one another."
- Acton neighbour

Transformative Impact: Health, Financial, & Social Wellbeing Change

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



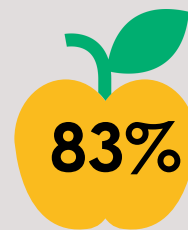
DECREASED STRESS



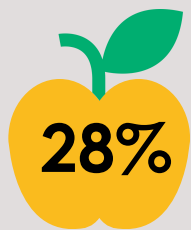
INCREASED ACCESS
TO FRESH & HEALTHY
FOOD



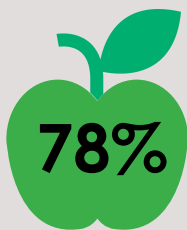
DECREASED NEED TO
ACCESS ADDITIONAL
FOOD PROGRAMS



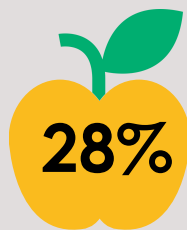
POSITIVE IMPACTS TO
OVERALL HEALTH



INCREASED
COMMUNITY
CONNECTIONS



ABLE TO STRETCH
BUDGET



MONEY TO PURCHASE
OTHER NEEDED FOOD
ITEMS



IMPROVED
FINANCIAL SECURITY

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Burlington

Neighbour Satisfaction & Impact

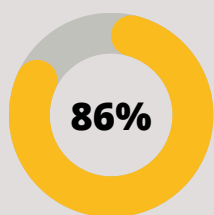


Food for Life regularly collects survey responses from community members who attend our programs, our 'Neighbours', on their program satisfaction & impacts of attending

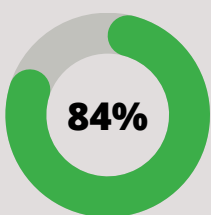
At Food for Life, we *Rescue Food* and *Impact Lives*. We believe that everyone deserves access to fresh, nutritious food and that quality surplus food should be shared—not wasted. By supporting over 90 programs across Halton and Hamilton, we're committed to making this vision a reality. **In Burlington,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

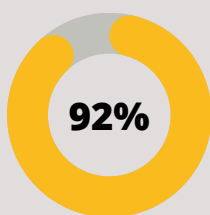
*Percent of Surveyed Burlington Neighbours who responded as either 'Very satisfied' or 'Satisfied' to the below prompts in December 2024



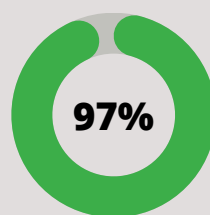
AMOUNT OF
FOOD



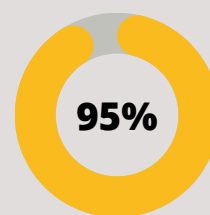
QUALITY OF
FOOD



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



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

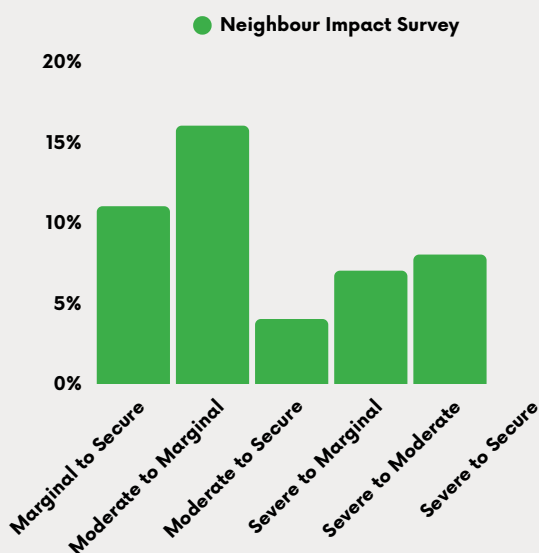


Fig. 1: Level of Food Security Improvement
Food for Life Burlington Programs
October 2024

*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)

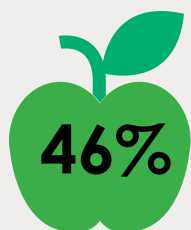
- Food security increased by **15%** with neighbours experiencing fewer worries about food access
- Marginal food insecurity increased by **23%** as neighbours previously experiencing severer forms of insecurity moved towards improvement
- Moderate food insecurity decreased by **20%**, reducing reliance 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."

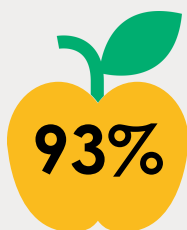
- Burlington neighbour

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



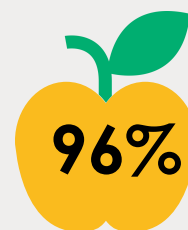
DECREASED STRESS



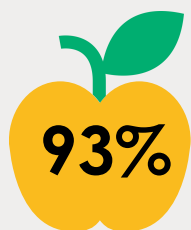
INCREASED ACCESS
TO FRESH & HEALTHY
FOOD



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

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Georgetown

Neighbour Satisfaction & Impact

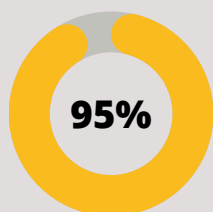


Food for Life regularly collects survey responses from community members who attend our programs, our 'Neighbours', on their program satisfaction & impacts of attending

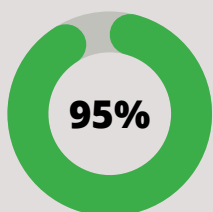
At Food for Life, we *Rescue Food* and *Impact Lives*. We believe that everyone deserves access to fresh, nutritious food and that quality surplus food should be shared—not wasted. By supporting over 90 programs across Halton and Hamilton, we're committed to making this vision a reality. **In Georgetown, we provide healthy fresh food weekly to 314 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 Georgetown. 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 Georgetown Neighbours who responded as either 'Very satisfied' or 'Satisfied' to the below prompts in December 2024



AMOUNT OF
FOOD



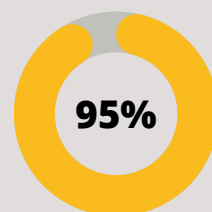
QUALITY OF
FOOD



HOW FOOD IS
OFFERED



ACCESSIBILITY OF
PROGRAM
LOCATION



OVERALL
SERVICE

“The opportunity to use rescue food allows us to expand everyone’s pallet and have a better balance and variety in the menu.” – Food for Life Agency Partner, Georgetown

5

Food for Life Programs
in Georgetown

7

Food for Life Agency
Partnerships in
Georgetown

314

Households
Supported Weekly in
Georgetown in 2024

\$68.18

Average Weekly Food
Savings Reported by
Georgetown neighbours

185,296 lbs

Rescued Food Shared
in Georgetown
in 2024

\$654,095

Value of Rescued Food
Shared in Georgetown in
2024

4,112

Volunteer Hours
Contributed in
Georgetown in 2024

“Everyone who is involved are so kind, friendly, and thoughtful. I want to say how much I appreciate them. It makes a big difference in my life. Thank you.” - Georgetown neighbour

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Georgetown

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

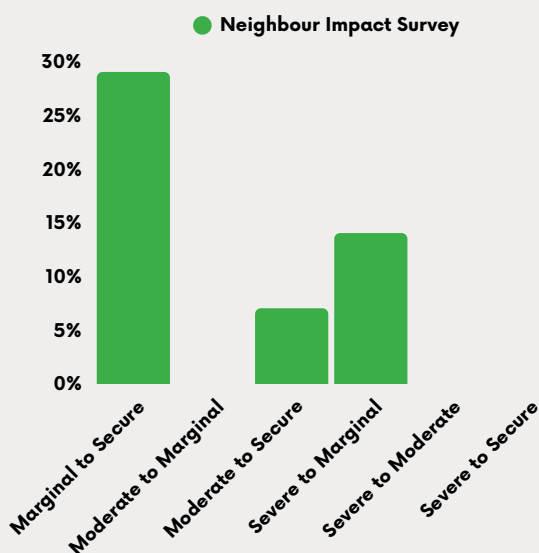


Fig. 1: Level of Food Security Improvement
Food for Life Georgetown Programs
October 2024

*Data represents household-level changes

1 in 2 (50%) of our Georgetown 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 **36%** with neighbours experiencing fewer worries about food access
- Marginal food insecurity increased by **14%** as neighbours previously experiencing severer forms of insecurity moved towards improvement
- Moderate food insecurity decreased by **7%**, reducing reliance on low-cost foods and skipping meals
- Severe food insecurity decreased by **14%**, alleviating extreme shortages and days without food
- **50%** reported experiencing dietary improvements including eating more fresh foods, eating more frequently, and eating balanced meals

"I like how the food is organized via market style and has a great flow to a large group of seniors. All the volunteers are cheerful and helpful to everyone."
- Georgetown neighbour

Transformative Impact: Health, Financial, & Social Wellbeing Change

*Percent of Surveyed Georgetown 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



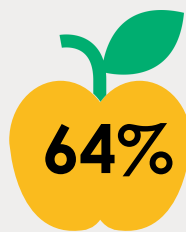
POSITIVE IMPACTS TO
OVERALL HEALTH



INCREASED
COMMUNITY
CONNECTIONS



ABLE TO STRETCH
BUDGET



MONEY TO PURCHASE
OTHER NEEDED FOOD
ITEMS



IMPROVED
FINANCIAL SECURITY

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Hamilton

Agency Satisfaction & Impact



Food for Life regularly collects survey responses from our Agency Partners on their satisfaction with our service & impacts of receiving rescued food

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 Hamilton, we provide fresh food weekly to 11 partner organizations, who distribute it through outreach programs, community fridges, seniors' home delivery, and more.** Our 2024 Agency Satisfaction survey highlights the meaningful impact of these partnerships. Beyond addressing food access, our partnerships help agencies expand their community impact and reduce program costs. Agencies report that our support improves access to fresh foods, health outcomes, and financial stability for their clients. Together, we help Hamilton neighbours build resilience and enhance their quality of life.

Agency Partner Satisfaction Highlights

*Percent of Surveyed Hamilton Agency Partners who responded as either 'Very satisfied' or 'Satisfied' to the below prompts in October 2024



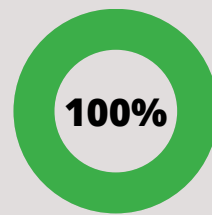
QUANTITY OF
FOOD
RECEIVED



QUALITY OF
FOOD
RECEIVED



HOW FOOD IS
PACKAGED



SAFETY MEASURES
PRESENT -
RECEIVING FOOD



OVERALL
EXPERIENCE -
RECEIVING FOOD

“Being a partner of Food for Life provides a regular consistent source of key nutritional food for our clients.” – Neighbour to Neighbour, Hamilton

11

Food for Life Agency
Partnerships in Hamilton

985

Average Households
Supported Weekly in
Hamilton in 2024

*Based on lbs of food received

597,836 lbs

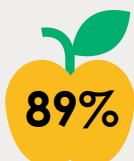
Rescued Food Shared
in Hamilton
in 2024

\$2,110,361

Value of Rescued Food
Shared in Hamilton in
2024

Partnership Impact: Building Stronger Communities, Health, & Sustainability

*Percent of Surveyed Hamilton Agency Partners who reported the following impacts in October 2024



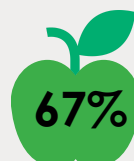
INCREASED
COMMUNITY
IMPACT



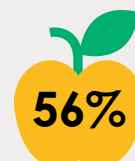
INCREASED
ACCESS TO FRESH
FOODS - CLIENTS



AGENCY COST
SAVINGS FOR
PROGRAMMING



ENHANCED
ENVIRONMENTAL
AWARENESS



IMPROVED HEALTH
OUTCOMES
- CLIENTS



IMPROVED
FINANCIAL SECURITY
- CLIENTS

“We are able to serve so many more in the community because of what we get from Food for Life.” – Parkview Church, Hamilton

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nothing else matters...
Everything starts with food

Milton

Neighbour Satisfaction & Impact

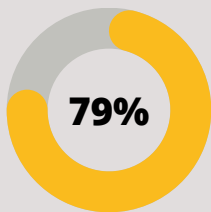


Food for Life regularly collects survey responses from community members who attend our programs, our 'Neighbours', on their program satisfaction & impacts of attending

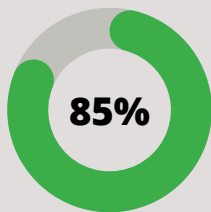
At Food for Life, we *Rescue Food* and *Impact Lives*. We believe that everyone deserves access to fresh, nutritious food and that quality surplus food should be shared—not wasted. By supporting over 90 programs across Halton and Hamilton, we're committed to making this vision a reality. **In Milton,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

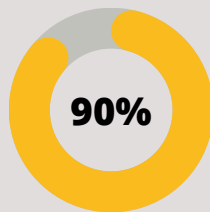
*Percent of Surveyed Milton Neighbours who responded as either 'Very satisfied' or 'Satisfied' to the below prompts in December 2024



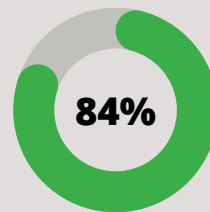
AMOUNT OF
FOOD



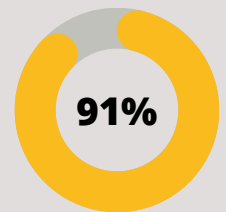
PROGRAM
HOURS



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

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

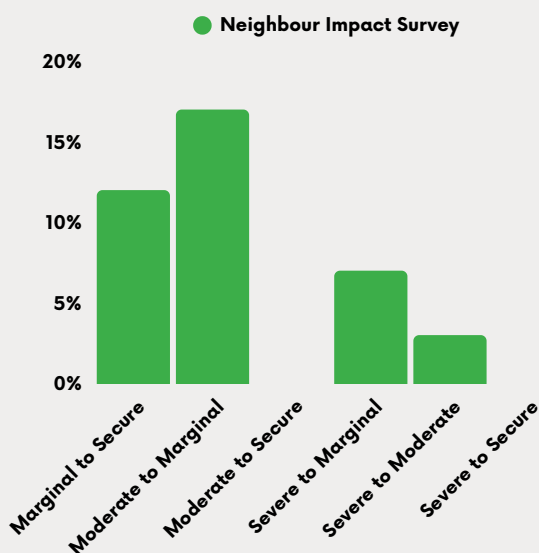


Fig. 1: Level of Food Security Improvement
Food for Life Milton Programs
October 2024

*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

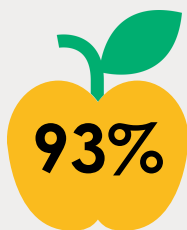
"I can now eat vegetables that I need for my health and still buy other food items for my family. I don't need to go without as much now."
- Milton neighbour

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



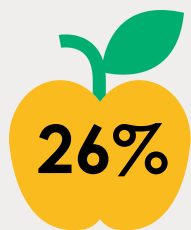
INCREASED ACCESS
TO FRESH & HEALTHY
FOOD



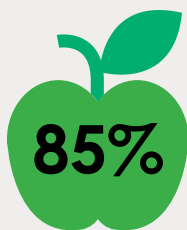
DECREASED NEED TO
ACCESS ADDITIONAL
FOOD PROGRAMS



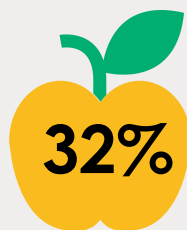
POSITIVE IMPACTS TO
OVERALL HEALTH



ABLE TO PAY BILLS
ON TIME



ABLE TO STRETCH
BUDGET



MONEY TO PURCHASE
OTHER NEEDED FOOD
ITEMS



IMPROVED
FINANCIAL SECURITY

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

Oakville

Neighbour Satisfaction & Impact

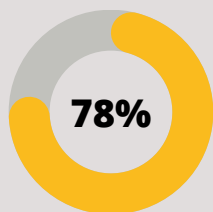


Food for Life regularly collects survey responses from community members who attend our programs, our 'Neighbours', on their program satisfaction & impacts of attending

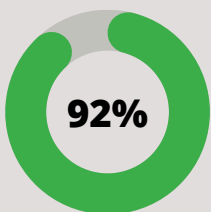
At Food for Life, we *Rescue Food* and *Impact Lives*. We believe that everyone deserves access to fresh, nutritious food and that quality surplus food should be shared—not wasted. By supporting over 90 programs across Halton and Hamilton, we're committed to making this vision a reality. **In Oakville, we provide healthy fresh food weekly to 1150 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 Oakville. 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

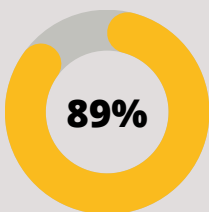
*Percent of Surveyed Oakville Neighbours who responded as either 'Very satisfied' or 'Satisfied' to the below prompts in December 2024



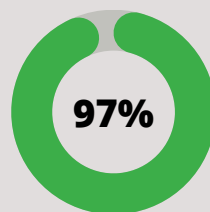
AMOUNT OF
FOOD



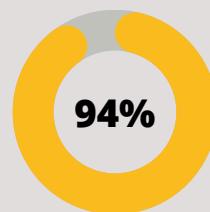
PROGRAM
HOURS



HOW FOOD IS
OFFERED



ACCESSIBILITY OF
PROGRAM
LOCATION



OVERALL
SERVICE

"This weekly donation means for us that I have menu options for our residents that I might not otherwise be able to afford. Just this month we made pasta sauce with all the tomatoes and vegetables we received one week. Our clients look forward to Tuesdays and all the treats!" – Support House, Oakville

14

Food for Life Programs
in Oakville

8

Food for Life Agency
Partnerships in Oakville

1,150

Households
Supported Weekly in
Oakville in 2024

\$47.92

Average Weekly Food
Savings Reported by
Oakville neighbours

768,802 lbs

Rescued Food Shared
in Oakville
in 2024

\$2,713,871

Value of Rescued Food
Shared in Oakville in
2024

6,681

Volunteer Hours
Contributed in
Oakville in 2024

"Thank you to Food for Life and all its volunteers for helping make our lives easier with less worry about nutritional eating and inflated food costs. You have been a blessing!" - Oakville neighbour



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

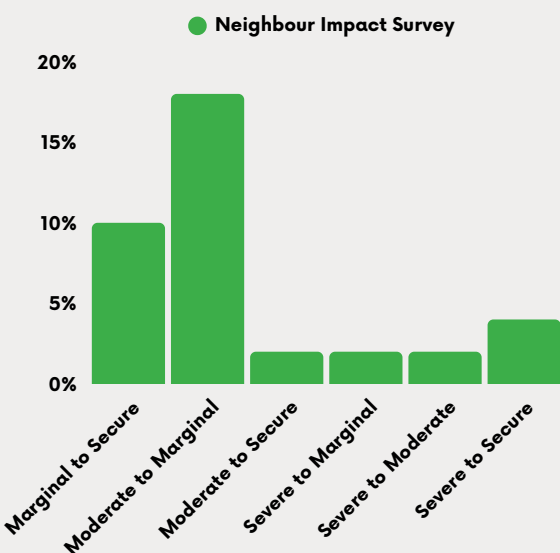


Fig. 1: Level of Food Security Improvement
Food for Life Oakville Programs
October 2024

*Data represents household-level changes

>1 in 3 (38%) of our Oakville neighbours who responded to our Neighbour Impact Survey reported improvements in their household's food security status since accessing our programs (Fig. 1)

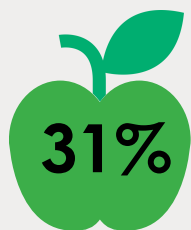
- Food security increased by **16%** with neighbours experiencing fewer worries about food access
- Marginal food insecurity increased by **20%** as neighbours previously experiencing severer forms of insecurity moved towards improvement
- Moderate food insecurity decreased by **20%**, reducing reliance on low-cost foods and skipping meals
- Severe food insecurity decreased by **8%**, alleviating extreme shortages and days without food
- **61%** reported experiencing dietary improvements including eating more fresh foods, eating more frequently, and eating balanced meals

"Programs like Food for Life are a great help, they are enabling me to stay independent and this is very important to me. For this I am very grateful."

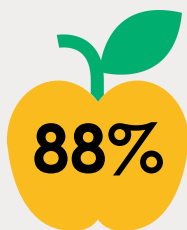
- Oakville neighbour

Transformative Impact: Health, Financial, & Social Wellbeing Change

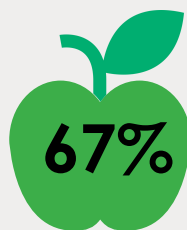
*Percent of Surveyed Oakville Neighbours who self-reported the following health, financial, and social wellbeing impacts in October 2024



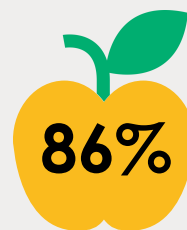
DECREASED STRESS



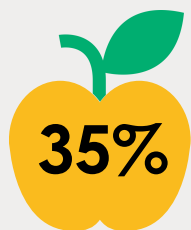
INCREASED ACCESS
TO FRESH & HEALTHY
FOOD



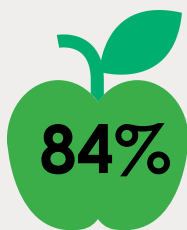
DECREASED NEED TO
ACCESS ADDITIONAL
FOOD PROGRAMS



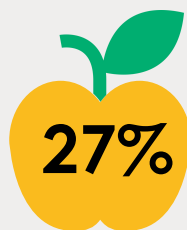
POSITIVE IMPACTS TO
OVERALL HEALTH



INCREASED
COMMUNITY
CONNECTIONS



ABLE TO STRETCH
BUDGET



MONEY TO PURCHASE
OTHER NEEDED FOOD
ITEMS



IMPROVED
FINANCIAL SECURITY