

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

Oakville

Neighbour Satisfaction & Impact

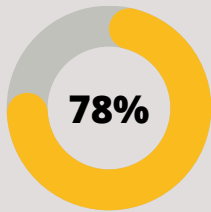


Food for Life regularly collects survey responses from community members who attend our programs, our 'Neighbours', on their program satisfaction & impacts of attending

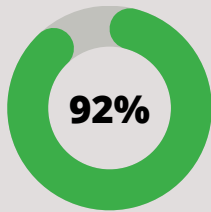
At Food for Life, we *Rescue Food* and *Impact Lives*. We believe that everyone deserves access to fresh, nutritious food and that quality surplus food should be shared—not wasted. By supporting over 90 programs across Halton and Hamilton, we're committed to making this vision a reality. **In Oakville,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

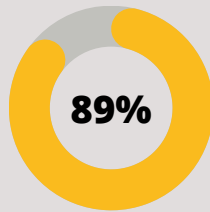
*Percent of Surveyed Oakville Neighbours who responded as either 'Very satisfied' or 'Satisfied' to the below prompts in December 2024



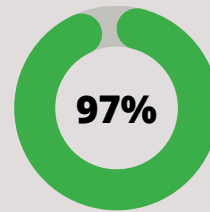
AMOUNT OF
FOOD



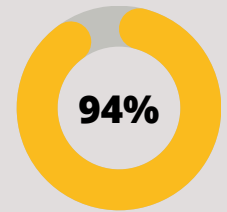
PROGRAM
HOURS



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



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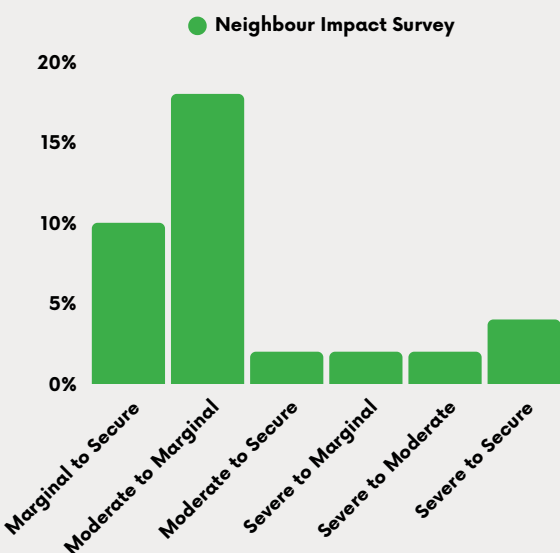


Fig. 1: Level of Food Security Improvement
Food for Life Oakville Programs
October 2024

*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)

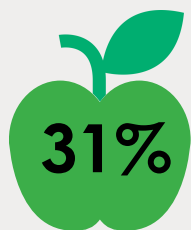
- Food security increased by **16%** with neighbours experiencing fewer worries about food access
- Marginal food insecurity increased by **20%** as neighbours previously experiencing severer forms of insecurity moved towards improvement
- Moderate food insecurity decreased by **20%**, reducing reliance 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."

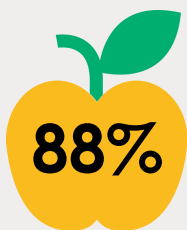
- Oakville neighbour

Transformative Impact: Health, Financial, & Social Wellbeing Change

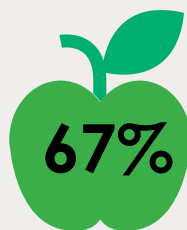
*Percent of Surveyed Oakville Neighbours who self-reported the following health, financial, and social wellbeing impacts in October 2024



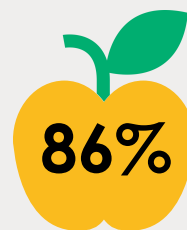
DECREASED STRESS



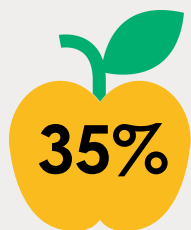
INCREASED ACCESS
TO FRESH & HEALTHY
FOOD



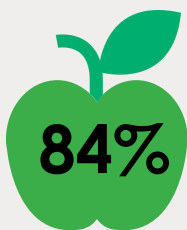
DECREASED NEED TO
ACCESS ADDITIONAL
FOOD PROGRAMS



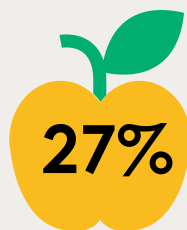
POSITIVE IMPACTS TO
OVERALL HEALTH



INCREASED
COMMUNITY
CONNECTIONS



ABLE TO STRETCH
BUDGET



MONEY TO PURCHASE
OTHER NEEDED FOOD
ITEMS



IMPROVED
FINANCIAL SECURITY