

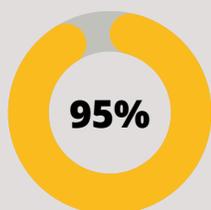


Food for Life regularly gathers feedback from Neighbours about their program satisfaction & impacts of attending

At Food for Life, fresh food is more than nourishment — it's a foundation for health, dignity, and community. We rescue high-quality surplus food and connect it with neighbours who need it most, turning good food into community and environmental impact. Through over 90 food access points across Halton and Hamilton, including Food for Life run programs and community partnerships, we expand access to fresh, nutritious food. **In Acton, an average of 149 households were supported each week in 2025 through programs that prioritize choice and dignity, offering fresh produce, meat and meat alternatives, and dairy.** Gathered in Food for Life's 30th year of service, the 2025 Neighbour Satisfaction and Impact survey results offer a snapshot of how our programs continue to make a difference. Neighbours report improvements in food security, health and wellbeing, financial stability, and their sense of community connection. Pairing fresh food access with welcoming, low-barrier, community-based programs helps create lasting impacts for neighbours across our communities.

### Program Satisfaction Highlights

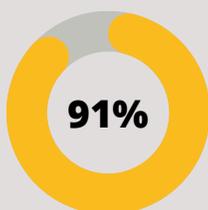
\*Percent of Surveyed Acton Neighbours who responded as either 'Very satisfied' or 'Satisfied' to the below prompts in Nov./ Dec. 2025



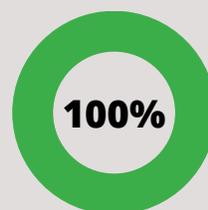
AMOUNT OF  
FOOD



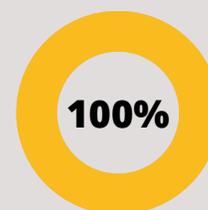
QUALITY OF  
FOOD



HOW FOOD IS  
OFFERED



ACCESSIBILITY OF  
PROGRAM  
LOCATION



OVERALL  
SERVICE

**“With grocery costs regularly increasing, we know a number of program participants wouldn't otherwise purchase fresh fruits and vegetables - this may be the only ones they get each week.”**

**– Food for Life Acton Agency Partner**

3

Food for Life  
Programs in Acton

4

Food for Life Agency  
Partnerships in Acton

149

Households Supported  
Weekly in Acton in 2025

\$79.11

Average Weekly Food  
Savings Reported by  
Acton neighbours

73,228 lbs

Rescued Food Shared  
in Acton in 2025

\$262,156

Value of Rescued Food  
Shared in Acton in 2025

3,375

Volunteer Hours  
Contributed in Acton  
in 2025

**“Great program, thank you for all the help and support.” - Acton Neighbour**



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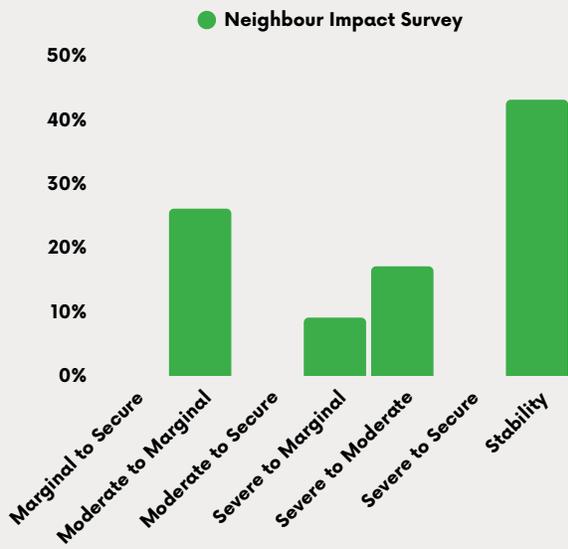


Fig. 1: Level of Food Security Improvement  
Food for Life Acton Programs  
2025

\*Data represents household-level changes

Greater than 1 in 2 (52%) 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)

- Marginal food insecurity increased by **35%** as neighbours previously experiencing severer forms of insecurity moved towards improvement
- Moderate food insecurity decreased by **26%**, reducing reliance on low-cost foods and skipping meals
- Severe food insecurity decreased by **26%**, alleviating extreme shortages and days without food
- **43%** experienced stability and avoided worsening food insecurity
- **48%** reported experiencing dietary improvements including eating more fresh foods, eating more frequently, and eating balanced meals

**"If it wasn't for Food for Life I would be starving halfway through the month."**  
- Acton Neighbour

### Beyond Food: Impacts on Health, Financial, and Social Wellbeing Outcomes

\*Percent of Surveyed Acton Neighbours who self-reported the following health, financial, and social wellbeing impacts in summer 2025



DECREASED STRESS



INCREASED ACCESS TO FRESH & HEALTHY FOOD



DECREASED NEED TO ACCESS ADDITIONAL FOOD PROGRAMS



POSITIVE IMPACTS TO OVERALL HEALTH



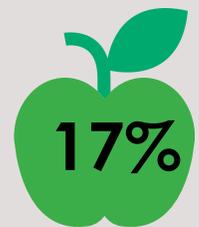
INCREASED COMMUNITY CONNECTIONS



ABLE TO STRETCH BUDGET



MONEY TO PURCHASE OTHER NEEDED FOOD ITEMS



REDUCED NEED TO TAKE OUT PAYDAY LOAN