

# Burlington

## Neighbour Satisfaction & Impact

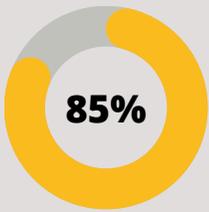


Food for Life regularly gathers feedback from Neighbours about their program satisfaction & impacts of attending

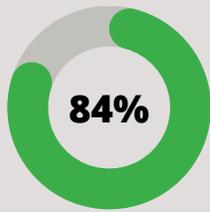
At Food for Life, fresh food is more than nourishment — it's a foundation for health, dignity, and community. We rescue high-quality surplus food and connect it with neighbours who need it most, turning good food into community and environmental impact. Through over 90 food access points across Halton and Hamilton, including Food for Life run programs and community partnerships, we expand access to fresh, nutritious food. **In Burlington, where Food for Life operates the Mountainside Market, an average of 1,392 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

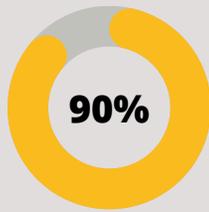
\*Percent of Surveyed Burlington Neighbours who responded as either 'Very satisfied' or 'Satisfied' to the below prompts in Nov./ Dec. 2025



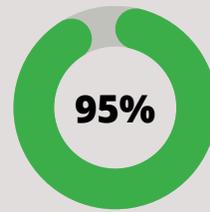
AMOUNT OF  
FOOD



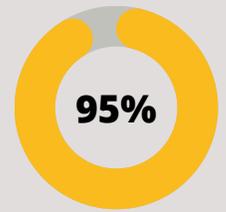
VARIETY OF  
FOOD



HOW FOOD IS  
OFFERED



ACCESSIBILITY OF  
PROGRAM  
LOCATION



OVERALL  
SERVICE

**"The individuals we serve are unhoused and often facing significant vulnerabilities, and this program gives them access to healthy, nourishing meals that they may not otherwise have. We are truly grateful for Food for Life's understanding of our unique needs." – Wesley Services, Burlington**

8

Food for Life Programs  
in Burlington

17

Food for Life Agency  
Partnerships in Burlington

1,392

Households  
Supported Weekly in  
Burlington in 2025

\$78.24

Average Weekly Food  
Savings Reported by  
Burlington neighbours

1,413,965 lbs

Rescued Food Shared  
in Burlington  
in 2025

\$5,061,995

Value of Rescued Food  
Shared in Burlington in  
2025

15,273

Volunteer Hours  
Contributed in  
Burlington in 2025

**"I wouldn't be able to afford to eat without this service." - Burlington Neighbour**



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

● Neighbour Impact Survey

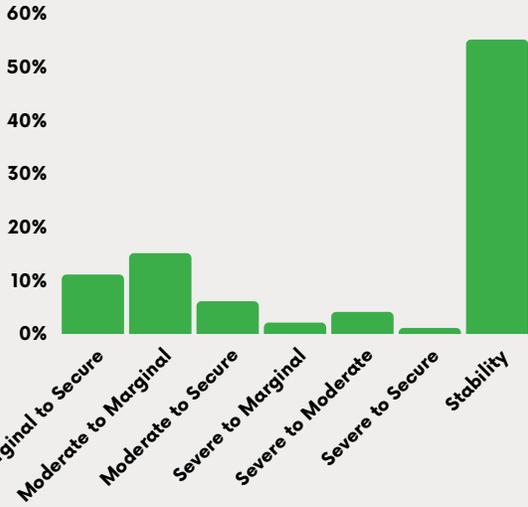


Fig. 1: Level of Food Security Improvement Food for Life Burlington Programs 2025

\*Data represents household-level changes

**Greater than 1 in 3 (39%) 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 **18%** with neighbours experiencing fewer worries about food access
- Marginal food insecurity increased by **17%** as neighbours previously experiencing severer forms of insecurity moved towards improvement
- Moderate food insecurity decreased by **21%**, reducing reliance on low-cost foods and skipping meals
- Severe food insecurity decreased by **7%**, alleviating extreme shortages and days without food
- **55%** experienced stability and avoided worsening food insecurity
- **60%** reported experiencing dietary improvements including eating more fresh foods, eating more frequently, and eating balanced meals

**"I am grateful for the opportunity to access fruit and veggie items. This program allows me to adequately meet my overall health needs and is very well planned and organized in a fair and equitable manner."**

- Burlington Neighbour

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

\*Percent of Surveyed Burlington 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 TRUST WITH SERVICE PROVIDERS



ABLE TO STRETCH BUDGET



MONEY TO PURCHASE OTHER NEEDED FOOD ITEMS



ABLE TO PAY BILLS ON TIME